

Recipe 458

Ingredients

3/4 pint of cream, the rind and juice of 1 lemon, 1/2 teaspoonful of whole white pepper, 1 sprig of lemon thyme, 3 oz. of butter, 1 dessertspoonful of flour, 1 teacupful of white stock; salt to taste.

Method

Put the cream into a very clean saucepan (a lined one is best), with the lemon-peel, pepper, and thyme, and let these infuse for 1/2 hour, when simmer gently for a few minutes, or until there is a nice flavour of lemon. Strain it, and add a thickening of butter and flour in the above proportions; stir this well in, and put in the lemon-juice at the moment of serving; mix the stock with the cream, and add a little salt. This sauce should not boil after the cream and stock are mixed together.

Source: Mrs Beeton's Book of Household Management (1861)

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