

Recipe 469

Ingredients

4 dessertspoonfuls of chopped mint, 2 dessertspoonfuls of pounded white sugar, 1/4 pint of vinegar.

Method

Wash the mint, which should be young and fresh-gathered, free from grit; pick the leaves from the stalks, mince them very fine, and put them into a tureen; add the sugar and vinegar, and stir till the former is dissolved. This sauce is better by being made 2 or 3 hours before wanted for table, as the vinegar then becomes impregnated with the flavour of the mint. By many persons, the above proportion of sugar would not be considered sufficient; but as tastes vary, we have given the quantity which we have found to suit the general palate.

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

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