

# Recipe 483

## Ingredients

1/2 pint of Bechamel, No. 367, 1 bay-leaf, seasoning to taste of pounded mace and cayenne, 6 onions, a small piece of ham.

## Method

Peel the onions and cut them in halves; put them in a stewpan, with just sufficient water to cover them, and add the bay-leaf, ham, cayenne, and mace; be careful to keep the lid closely shut, and simmer them until tender. Take them out and drain thoroughly; rub them through a tammy or sieve (an old one does for the purpose) with a wooden spoon, and put them to 1/2 pint of Bechamel; keep stirring over the fire until it boils, when serve. If it should require any more seasoning, add it to taste.

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

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