

# Recipe 538

## Ingredients

2 oz. of butter, 2 small onions, 1 carrot, 1/2 a small teacupful of flour, 1 pint of new milk, salt and cayenne to taste.

## Method

Cut up the onions and carrot very small, and put them into a stewpan with the butter; simmer them till the butter is nearly dried up; then stir in the flour, and add the milk; boil the whole gently until it thickens, strain it, season with salt and cayenne, and it will be ready to serve.

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

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