

# Recipe 539

## Ingredients

1-1/2 pint of milk, 1-1/2 oz. of rice, 1 strip of lemon-peel, 1 small blade of pounded mace, salt and cayenne to taste.

## Method

Boil the milk with the lemon-peel and rice until the latter is perfectly tender, then take out the lemon-peel and pound the milk and rice together; put it back into the stewpan to warm, add the mace and seasoning, give it one boil, and serve. This sauce should be of the consistency of thick cream.

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

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