

Spinach Green For Colouring Various Dishes

Ingredients

2 handfuls of spinach.

Method

Pick and wash the spinach free from dirt, and pound the leaves in a mortar to extract the juice; then press it through a hair sieve, and put the juice into a small stewpan or jar. Place this in a bain marie, or saucepan of boiling water, and let it set. Watch it closely, as it should not boil; and, as soon as it is done, lay it in a sieve, so that all the water may drain from it, and the green will then be ready for colouring. If made according to this recipe, the spinach-green will be found far superior to that boiled in the ordinary way. HOT SPICE, a Delicious Adjunct to Chops, Steaks, Gravies, &c.

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

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