

Stew Soup Of Salt Meat

Ingredients

Any pieces of salt beef or pork, say 2 lbs.; 4 carrots, 4 parsnips, 4 turnips, 4 potatoes, 1 cabbage, 2 oz. of oatmeal or ground rice, seasoning of salt and pepper, 2 quarts of water.

Method

Cut up the meat small, add the water, and let it simmer for 23/4 hours. Now add the vegetables, cut in thin small slices; season, and boil for 1 hour. Thicken with the oatmeal, and serve.

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

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