

# Stewed Endive

## Ingredients

6 heads of endive, salt and water, 1 pint of broth, thickening of butter and flour, 1 tablespoonful of lemon-juice, a small lump of sugar.

## Method

Wash and free the endive thoroughly from insects, remove the green part of the leaves, and put it into boiling water, slightly salted. Let it remain for 10 minutes; then take it out, drain it till there is no water remaining, and chop it very fine. Put it into a stewpan with the broth; add a little salt and a lump of sugar, and boil until the endive is perfectly tender. When done, which may be ascertained by squeezing a piece between the thumb and finger, add a thickening of butter and flour and the lemon-juice: let the sauce boil up, and serve.

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

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