

To Boil Young Greens Or Sprouts

Ingredients

To each 1/2 gallon of water allow 1 heaped tablespoonful of salt; a *_very small_* piece of soda. [Illustration: BRUSSELS SPROUTS.]

Method

Pick away all the dead leaves, and wash the greens well in cold water; drain them in a colander, and put them into fast-boiling water, with salt and soda in the above proportion. Keep them boiling quickly, with the lid uncovered, until tender; and the moment they are done, take them up, or their colour will be spoiled; when well drained, serve. The great art in cooking greens properly, and to have them a good colour, is to put them into *_plenty_* of *_fast-boiling_* water, to let them boil very quickly, and to take them up the moment they become tender.

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

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