

To Dress A Sheep'S Head

Ingredients

1 sheep's head, sufficient water to cover it, 3 carrots, 3 turnips, 2 or 3 parsnips, 3 onions, a small bunch of parsley, 1 teaspoonful of pepper, 3 teaspoonfuls of salt, 1/4 lb. of Scotch oatmeal.

Method

Clean the head well, and let it soak in warm water for 2 hours, to get rid of the blood; put it into a saucepan, with sufficient cold water to cover it, and when it boils, add the vegetables, peeled and sliced, and the remaining ingredients; before adding the oatmeal, mix it to a smooth batter with a little of the liquor. Keep stirring till it boils up; then shut the saucepan closely, and let it stew gently for 1-1/2 or 2 hours. It may be thickened with rice or barley, but oatmeal is preferable.

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

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