

To Dress Salsify

Ingredients

Salsify; to each 1/2 gallon of water allow 1 heaped tablespoonful of salt, 1 oz. of butter, 2 tablespoonfuls of lemon-juice.

Method

Scrape the roots gently, so as to strip them only of their outside peel; cut them into pieces about 4 inches long, and, as they are peeled, throw them into water with which has been mixed a little lemon-juice, to prevent their discolouring. Put them into boiling water, with salt, butter, and lemon-juice in the above proportion, and let them boil rapidly until tender; try them with a fork; and, when it penetrates easily, they are done. Drain the salsify, and serve with a good white sauce or French melted butter.

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

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