

# To Make Arrowroot

## Ingredients

Two teaspoonfuls of arrowroot, 3 tablespoonfuls of cold water, 1/2 pint of boiling water.

## Method

Mix the arrowroot smoothly in a basin with the cold water, then pour on it the boiling water, stirring all the time. The water must be boiling at the time it is poured on the mixture, or it will not thicken; if mixed with hot water only, it must be put into a clean saucepan, and boiled until it thickens; but this is more trouble, and quite unnecessary if the water is boiling at first. Put the arrowroot into a tumbler, sweeten it with lump sugar, and flavour it with grated nutmeg or cinnamon, or a piece of lemon-peel, or, when allowed, 3 tablespoonfuls of port or sherry. As arrowroot is in itself flavourless and insipid, it is almost necessary to add the wine to make it palatable. Arrowroot made with milk instead of water is far nicer, but is not so easily digested. It should be mixed in the same manner, with 3 tablespoonfuls of cold water, the boiling milk then poured on it, and well stirred. When made in this manner, no wine should be added, but merely sugar, and a little grated nutmeg or lemon-peel.

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

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