

To Make Barley-Water

Ingredients

2 oz. of pearl barley, 2 quarts of boiling water, 1 pint of cold water.

Method

Wash the barley in cold water; put it into a saucepan with the above proportion of cold water, and when it has boiled for about 1/4 hour, strain off the water, and add the 2 quarts of fresh boiling water. Boil it until the liquid is reduced one half; strain it, and it will be ready for use. It may be flavoured with lemon-peel, after being sweetened, or a small piece may be simmered with the barley. When the invalid may take it, a little lemon-juice gives this pleasant drink in illness a very nice flavour.

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

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