

To Make Beef Tea

Ingredients

1 lb. of lean gravy-beef, 1 quart of water, 1 saltspoonful of salt.

Method

Have the meat cut without fat and bone, and choose a nice fleshy piece. Cut it into small pieces about the size of dice, and put it into a clean saucepan. Add the water *_cold_* to it; put it on the fire, and bring it to the boiling-point; then skim well. Put in the salt when the water boils, and *_simmer_* the beef tea *_gently_* from 1/2 to 3/4 hour, removing any more scum should it appear on the surface. Strain the tea through a hair sieve, and set it by in a cool place. When wanted for use, remove every particle of fat from the top; warm up as much as may be required, adding, if necessary, a little more salt. This preparation is simple beef tea, and is to be administered to those invalids to whom flavourings and seasonings are not allowed. When the patient is very low, use double the quantity of meat to the same proportion of water. Should the invalid be able to take the tea prepared in a more palatable manner, it is easy to make it so by following the directions in the next recipe, which is an admirable one for making savoury beef tea. Beef tea is always better when made the day before it is wanted, and then warmed up. It is a good plan to put the tea into a small cup or basin, and to place this basin in a saucepan of boiling water. When the tea is warm, it is ready to serve.

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

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