

To Make Mutton Broth

Ingredients

1 lb. of the scrag end of the neck of mutton, 1 onion, a bunch of sweet herbs, 4 turnip, 1/2 pints of water, pepper and salt to taste.

Method

Put the mutton into a stewpan; pour over the water cold and add the other ingredients. When it boils, skim it very carefully, cover the pan closely, and let it simmer very gently for an hour; strain it, let it cool, take off all the fat from the surface, and warm up as much as may be required, adding, if the patient be allowed to take it, a teaspoonful of minced parsley which has been previously scalded. Pearl barley or rice are very nice additions to mutton broth, and should be boiled as long as the other ingredients. When either of these is added, the broth must not be strained, but merely thoroughly skimmed. Plain mutton broth without seasoning is made by merely boiling the mutton, water, and salt together, straining it, letting the broth cool, skimming all the fat off, and warming up as much as is required. This preparation would be very tasteless and insipid, but likely to agree with very delicate stomachs, whereas the least addition of other ingredients would have the contrary effect.

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

Ingredify <https://ingredify.com>