

To Make Syllabub

Ingredients

1 pint of sherry or white wine, 1/2 grated nutmeg, sugar to taste, 1-1/2 pint of milk.

Method

Put the wine into a bowl, with the grated nutmeg and plenty of pounded sugar, and milk into it the above proportion of milk frothed up. Clouted cream may be laid on the top, with pounded cinnamon or nutmeg and sugar; and a little brandy may be added to the wine before the milk is put in. In some counties, cider is substituted for the wine: when this is used, brandy must always be added. Warm milk may be poured on from a spouted jug or teapot; but it must be held very high.

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

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