

Useful Soup For Benevolent Purposes

Ingredients

An ox-cheek, any pieces of trimmings of beef, which may be bought very cheaply (say 4 lbs.), a few bones, any pot-liquor the larder may furnish, 1/4 peck of onions, 6 leeks, a large bunch of herbs, 1/2 lb. of celery (the outside pieces, or green tops, do very well); 1/2 lb. of carrots, 1/2 lb. of turnips, 1/2 lb. of coarse brown sugar, 1/2 a pint of beer, 4 lbs. of common rice, or pearl barley; 1/2 lb. of salt, 1 oz. of black pepper, a few raspings, 10 gallons of water.

Method

Cut up the meat in small pieces, break the bones, put them in a copper, with the 10 gallons of water, and stew for 1/2 an hour. Cut up the vegetables, put them in with the sugar and beer, and boil for 4 hours. Two hours before the soup is wanted, add the rice and raspings, and keep stirring till it is well mixed in the soup, which simmer gently. If the liquor reduces too much, fill up with water.

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

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