Ann [Cheston] Morris Receipt book

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Eggs, Cream and Extract of Beef

Wash 2oz. of the best pearl Sago until the water poured from it is clear. Then stew the Sago in a half pint of water until it is quite tender and very thick. Mix with it half a pint of good boiling cream and the yolks of 4 fresh eggs, and mingle the whole carefully with one quart of good beef tea, which should be boiling — Season with salt

Recommended by Dr. Albert Smith from "Lancet Practice of Medicine"