

Beef Tea

A recipe from *Howard and Maschler on Food* (1987), quoted by Helen Garlick in *Lockdown Food Part 3*.

Ingredients

| | |
|---------|--------------------------|
| 500 g | lean beef — shin is good |
| 30 g | butter |
| 1 | clove |
| 1 small | onion |
| | salt |

Method

Cut the beef into small dice, and put into a saucepan with the butter, clove, onion and a little salt. Stir the meat over the heat until it produces a thin gravy. Then add a quart/1.1 litres of water and simmer for one hour, skimming off every particle of fat.

After cooking strain the liquid through a sieve and keep cool until required.

As the beef tea is needed for the patient, heat it through in a double saucepan. These quantities make about one pint/625 ml of good beef tea and heating in a double saucepan means that you don't lose any of it by reduction.