

Beef Tea

3 pounds of lean beef cut into pieces the size of walnuts

$\frac{1}{2}$ pound mixed vegetables, as available, such as:

- Onions
- Celery
- Turnips
- Carrots

1 ounce salt

A little pepper

2 ounces butter

$\frac{1}{2}$ pint of water

Mix into a convenient sized kettle and set on a sharp fire for 15 minutes, stirring occasionally until it forms a rather thick gravy at the bottom – but not brown.

Add 7 pints of hot water and simmer gently for an hour.

Skim off all the fat, strain through a sieve, and serve. Yields six pints.



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