

## Vegetable Soup

Mrs. Beeton's Book of Household Management  
Isabella Beeton, London, 1861

by

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7 oz. of carrot, 10 oz. of parsnip, 10 oz. of potato, cut into thin slices; 1-1/4 oz. of butter, 5 teaspoonful's of flour, a teaspoonful of made mustard, salt and pepper to taste, the yolks of 2 eggs, rather more than 2 quarts of water.

Boil the vegetables in the water 2-1/2 hours; stir them often, and if the water boils away too quickly, add more, as there should be 2 quarts of soup when done. Mix up in a basin the butter and flour, mustard, salt, and pepper, with a teacupful of cold water; stir in the soup, and boil 10 minutes. Have ready the yolks of the eggs in the tureen; pour on, stir well, and serve....Sufficient for 8 persons.

### Modern Interpretation

Serves 8

1	medium onion, diced
1 tbsp	canola oil
2	large carrots cut into coins
5	parsnips cut into coins
3	medium potatoes, cubed
1/2 tsp	dried Oregano
1 tsp	dried rosemary
900 ml	vegetable broth, no salt added
1 tbsp	non-hydrogenated margarine
2 tbsp	flour
1 tsp	prepared mustard
1/2 tsp	salt
1/2 tsp	pepper
2	egg yolks, beaten
Parsley to garnish	

In a large pot, add canola oil and heat over medium high. Add onion and sauté until translucent. Add carrots, parsnips and potatoes, oregano, rosemary with vegetable stock. Bring to a boil. Cover and simmer until vegetables are tender. In a small bowl, mix margarine, flour, mustard, salt and pepper with small amount of hot broth. Stir into the soup and simmer for 10 minutes. Stir a small amount of hot broth into the egg yolks. Add this mixture to the soup and stir. Simmer for 5 minutes. Serve. Garnish with chopped fresh parsley.

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