

# WORLD CARROT MUSEUM

Extract from Mrs Beeton's Book of Household Management

## Isabella Beeton, 1836-1865

### Biographical note

Isabella Mary Mayson, usually known as Mrs Beeton, was the author of *Mrs Beeton's Book of Household Management* and is the most famous cookery writer in British history.



On a visit to London she was introduced to Samuel Orchard Beeton, a publisher of books and popular magazines, and on July 10, 1856 they were married. She began to write articles on cooking and household management for her husband's publications and between 1859 and 1861 she wrote a monthly supplement to *The Englishwoman's Domestic Magazine*. The supplements were subsequently published in October 1861 as a single volume entitled *The Book of Household Management Comprising information for the Mistress, Housekeeper, Cook, Kitchen-Maid, Butler, Footman, Coachman, Valet, Upper and Under House-Maids, Lady's-Maid, Maid-of-all-Work, Laundry-Maid, Nurse and Nurse-Maid, Monthly Wet and Sick Nurses, etc. etc.* – also *Sanitary, Medical, & Legal Memoranda: with a History of the Origin, Properties, and Uses of all Things Connected with Home Life and Comfort.*

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### EXTRACT FROM CHAPTER XXV

#### BOILED CARROTS.

1100. INGREDIENTS.—To each 1/2 gallon of water, allow 1 heaped tablespoonful of salt; carrots.

*Mode.*—Cut off the green tops, wash and scrape the carrots, and should there be any black specks, remove them. If very large, cut them in halves, divide them lengthwise into four pieces, and put them into boiling water, salted in the above proportion; let them boil until tender, which may be ascertained by thrusting a fork into them: dish, and serve very hot. This vegetable is an indispensable accompaniment to boiled beef. When thus served, it is usually boiled with the beef; a few carrots are placed round the dish as a garnish, and the

remainder sent to table in a vegetable-dish. Young carrots do not require nearly so much boiling, nor should they be divided: these make a nice addition to stewed veal, &c.

*Time.*—Large carrots, 1–3/4 to 2–1/4 hours; young ones, about 1/2 hour.

*Average cost*, 6d. to 8d. per bunch of 18.

*Sufficient*,—4 large carrots for 5 or 6 persons.

*Seasonable.*—Young carrots from April to June, old ones at any time.

[Illustration: CARROTS.]

ORIGIN OF THE CARROT.—In its wild state, this vegetable is found plentifully in Britain, both in cultivated lands and by waysides, and is known by the name of birds-nest, from its umbels of fruit becoming incurved from a hollow cup, like a birds-nest. In this state its root is whitish, slender, and hard, with an acrid, disagreeable taste, and a strong aromatic smell, and was formerly used as an aperient. When cultivated, it is reddish, thick, fleshy, with a pleasant odour, and a peculiar, sweet, mucilaginous taste. The carrot is said by naturalists not to contain much nourishing matter, and, generally speaking, is somewhat difficult of digestion.

#### TO DRESS CARROTS IN THE GERMAN WAY.

1101. INGREDIENTS.—8 large carrots, 3 oz. of butter, salt to taste, a very little grated nutmeg, 1 tablespoonful of finely-minced parsley, 1 dessertspoonful of minced onion, rather more than 1 pint of weak stock or broth, 1 tablespoonful of flour.

*Mode.*—Wash and scrape the carrots, and cut them into rings of about 1/4 inch in thickness. Put the butter into a stewpan; when it is melted, lay in the carrots, with salt, nutmeg, parsley, and onion in the above proportions. Toss the stewpan over the fire for a few minutes, and when the carrots are well saturated with the butter, pour in the stock, and simmer gently until they are nearly tender. Then put into another stewpan a small piece of butter; dredge in about a tablespoonful of flour; stir this over the fire, and when of a nice brown colour, add the liquor that the carrots have been boiling in; let this just boil up, pour it over the carrots in the other stewpan, and let them finish simmering until quite tender. Serve very hot.

This vegetable, dressed as above, is a favourite accompaniment of roast pork, sausages, &c. &c.

*Time.*—About 3/4 hour. Average cost, 6d. to 8d. per bunch of 18.

*Sufficient* for 6 or 7 persons.

*Seasonable.*—Young carrots from April to June, old ones at any time.

CONSTITUENTS OF THE CARROT.—These are crystallizable and uncrystallizable sugar, a little starch, extractive, gluten, albumen, volatile oil, vegetable jelly, or pectin, saline matter, malic acid, and a peculiar crystallizable ruby-red neuter principle, without odour or taste, called carotin. This vegetable jelly, or pectin, so named from its singular

property of gelatinizing, is considered by some as another form of gum or mucilage, combined with vegetable acid. It exists more or less in all vegetables, and is especially abundant in those roots and fruits from which jellies are prepared.

### **STEWED CARROTS.**

1102. **INGREDIENTS.**—7 or 8 large carrots, 1 teacupful of broth, pepper and salt to taste, 1/2 teacupful of cream, thickening of butter and flour.

*Mode.*—Scrape the carrots nicely; half-boil, and slice them into a stewpan; add the broth, pepper and salt, and cream; simmer till tender, and be careful the carrots are not broken. A few minutes before serving, mix a little flour with about 1 oz. of butter; thicken the gravy with this; let it just boil up, and serve.

*Time.*—About 3/4 hour to parboil the carrots, about 20 minutes to cook them after they are sliced.

*Average cost,* 6d. to 8d. per bunch of 18.

*Sufficient* for 5 or 6 persons.

*Seasonable.*—Young carrots from April to June, old ones at any time.

**NUTRITIVE PROPERTIES OF THE CARROT.**—Sir H. Davy ascertained the nutritive matter of the carrot to amount to ninety-eight parts in one thousand; of which ninety-five are sugar and three are starch. It is used in winter and spring in the dairy to give colour and flavour to butter; and it is excellent in stews, haricots, soups, and, when boiled whole, with salt beef. In the distillery, owing to the great proportion of sugar in its composition, it yields more spirit than the potato. The usual quantity is twelve gallons per ton.

### **SLICED CARROTS.**

(Entremets, or to be served with the Second Course, as a Side-dish.)

1103. **INGREDIENTS.**—5 or 6 large carrots, a large lump of sugar, 1 pint of weak stock, 3 oz. of fresh butter, salt to taste.

*Mode.*—Scrape and wash the carrots, cut them into slices of an equal size, and boil them in salt and water, until half done; drain them well, put them into a stewpan with the sugar and stock, and let them boil over a brisk fire. When reduced to a glaze, add the fresh butter and a seasoning of salt; shake the stewpan about well, and when the butter is well mixed with the carrots, serve. There should be no sauce in the dish when it comes to table, but it should all adhere to the carrots.

*Time.*—Altogether, 3/4 hour.

*Average cost,* 6d. to 8d. per bunch of 18.

*Sufficient* for 1 dish.

*Seasonable.*—Young carrots from April to June, old ones at any time.

THE SEED OF THE CARROT.—In order to save the seed of carrots, the plan is, to select annually the most perfect and best-shaped roots in the taking-up season, and either preserve them in sand in a cellar till spring, or plant them immediately in an open airy part of the garden, protecting them with litter during severe frost, or earthing them over, and uncovering them in March following. The seed is in no danger from being injured by any other plant. In August it is fit to gather, and is best preserved on the stalks till wanted.

#### LATER IN THE WORK

[Illustration: VEGETABLE-CUTTER.]

1172. The annexed engraving represents a cutter for shaping vegetables for soups, ragouts, stews, &c.; carrots and turnips being the usual vegetables for which this utensil is used. Cut the vegetables into slices about  $\frac{1}{4}$  inch in thickness, stamp them out with the cutter, and boil them for a few minutes in salt and water, until tender. Turnips should be cut in rather thicker slices than carrots, on account of the former boiling more quickly to a pulp than the latter.

CARROTS.—Several species of carrots are cultivated,—the red, the yellow, and the orange. Those known as the Crecy carrots are considered the best, and are very sweet. The carrot has been classed by hygienists among flatulent vegetables, and as difficult of digestion. When the root becomes old, it is almost as hard as wood; but the young carrot, which has not reached its full growth, is tender, relishing, nutritious, and digests well when properly cooked.

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