Mrs. Child’s Egg Gruel

Original from *The American Frugal Housewife*.

Modern Version by Ava Martin.

“This is at once food and medicine. Some people have very great faith in its efficacy in cases of chronic dysentery. It is made thus: Boil a pint of new milk; beat four new-laid eggs to a light froth, and pour in while the milk boils; stir them together thoroughly, but do not let them boil; sweeten it with the best of loaf sugar, and grate in a whole nutmeg; add a little salt, if you like it. Drink half of it while it is warm, and the other half in two hours,” (Childs, 1833).

Ingredients:

* 2 cups of milk
* 4 eggs
* ¼ teaspoon of nutmeg
* Pinch of salt
* Sugar (optional)

Instructions:

Boil 2 cups of milk in a small pot. While heating, beat the eggs together until a thin froth forms on the top. Once the milk is boiling, immediately turn the heat to low. Whisk the milk *rapidly* while pouring the eggs in very slowly. Continue to whisk for another minute. Add the salt, nutmeg, and sugar, if using. If not serving right away, continue to stir occasionally to prevent separation.

Makes 2-3 servings.