

Butter Milk Soup & Lemon Soup

Recipe Bio

This typewritten page contains two separate recipes, Buttermilk Soup and Lemon Soup, both examples of sweet soups that could be enjoyed on their own rather than as part of a savory meal. Buttermilk Soup combines oatmeal, raisins, and lemon peel in a creamy, slightly tangy base, resembling a thinner version of sweet oatmeal porridge. Lemon Soup takes a different approach, using tapioca, raisins, and fresh lemon to create something closer to a light, spoonable fruit pudding. Both are enriched with egg yolks beaten with sugar, giving them a smooth, delicate finish. Sweet soups have a long tradition in Northern European cooking, where they were enjoyed as light meals or desserts. These recipes offer an interesting glimpse into a style of cooking that may be unfamiliar to many modern readers.

BUTTER MILK SOUP

Fresh butter milk - let it come to boil then add 1 cup of oat meal; stir often and let boil one hour; add $\frac{1}{2}$ cup seedless raisins and boil $\frac{1}{2}$ hour; add a little lemon peel. Yoke of 1 egg for each person and one cup of sugar; cream well; add to this a little of the soup and stir; then add this mixture to the hot soup but do not boil; ready to serve.

LEMON SOUP

Pour boiling water over $\frac{1}{2}$ cup of tapioca and let boil until tapioca is clear; add $\frac{1}{2}$ cup seedless raisins; peel 1 lemon and slice the lemon into the soup; add egg same as butter milk soup.

This is the egg receipt: Yoke of one egg for each person; add 1 cup of sugar; cream well; add to this a little of the soup and stir; add to the hot soup but do not boil; ready to serve.