

Try Bospur : the new gravy powder / made by Bovril Limited.

Contributors

Bovril Limited.

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TRY
B O S P U R
— THE NEW —
GRAVY POWDER

MADE BY
BOVRIL LIMITED



It thickens, colours and improves all Gravies, Soups, Stews and Meat Dishes.

BOSPUR GRAVY POWDER is different and better. Why? Because it contains meat protein and also the valuable food accessory factor, Vitamin B.

ASK YOUR GROCER FOR A PACKET TO-DAY

There are two sizes,

2d. and **6d.**

BOSPUR

**IMPROVES ALL
MEAT DISHES!**

Recipes for Bospur Gravy Powder

GRAVY.

1 teaspoonful Bospur Gravy Powder. $\frac{1}{2}$ pint water (warm).
Pour off the fat from the meat tin in which the joint has been cooked, leaving the sediment. Mix the powder smoothly with the water, pour into the tin and bring to the boil. Strain and serve.

CURRY SAUCE.

$\frac{3}{4}$ pint water (warm).
2 teaspoonsful Bospur Gravy Powder.
2 ozs. dripping or margarine.
1 onion (chopped).
1 apple (chopped).
1 dessert spoon curry powder.
1 dessert spoon coconut.
1 teaspoon sugar.
Lemon juice.
2 ozs. sultanas (if liked).
 $\frac{1}{4}$ pint rice water.

Mix the Bospur Gravy Powder smoothly with the $\frac{3}{4}$ pint warm water, bring to the boil, add the coconut, cover, leave aside for 15 minutes. Melt the dripping, fry the chopped apple and onion, then add the curry powder, fry, lastly add the Gravy Powder stock (after straining off the coconut) bring to the boil, add the sultanas and allow to simmer for $\frac{1}{2}$ an hour. Add the lemon juice and sugar. If liked, the $\frac{1}{4}$ pint rice water (water in which the rice has been cooked) can be added to thicken. This sauce can be used for currying meat, fish, eggs, poultry, etc. With curries separate dishes are served, such as chutney, cucumber, Bombay-duck, etc.

BROWN VEGETABLE SOUP.

1 teaspoonful Bospur Gravy Powder.
1 pint warm water.
1 carrot.
1 turnip.
1 stick of celery.
Bouquet garni (herbs, parsley, bay-leaf, etc., tied in muslin).
 $\frac{1}{2}$ oz. dripping.
1 onion (chopped).

Melt the dripping, fry the chopped onion until golden brown, mix the Gravy Powder with the warm water and add, bring to the boil. Add the cut vegetables and bouquet garni, simmer until tender. Remove the flavouring and serve. If liked, the soup may be passed through a sieve. A very small amount of sugar is an improvement, added before serving.

All soups, requiring a good brown stock, can be made with the foundation of Gravy Powder and water in the above proportions.

STEWED STEAK.

$1\frac{1}{2}$ teaspoonsful Bospur Gravy Powder.
 $\frac{3}{4}$ pint warm water.
1 lb. stewing steak.
2 onions (large).
2 carrots.
2 turnips.
Bouquet garni.
1 oz. dripping.
1 tablespoon tomato ketchup.
1 teaspoon finely chopped parsley.
1 tablespoon of flour.

Mix the Gravy Powder with the warm water smoothly. Slice the onion, cut the carrot and turnip into neat shapes, wipe the meat. Melt the dripping, fry the meat, which has been coated with the flour. Remove and fry the onions until well browned. Add the liquid, bring to the boil, stirring well, replace the meat. Stew gently for one hour, then add the carrot and turnip and stew for another hour. Place on a hot dish and sprinkle with the chopped parsley.

When the gravy in meat dishes is required rather thick, a small proportion of flour only should be used, as Bospur Gravy Powder has thickening qualities.