

An Excellent Way To Cook A Breast Of Mutton

Ingredients

Breast of mutton, 2 onions, salt and pepper to taste, flour, a bunch of savoury herbs, green peas.

Method

Cut the mutton into pieces about 2 inches square, and let it be tolerably lean; put it into a stewpan, with a little fat or butter, and fry it of a nice brown; then dredge in a little flour, slice the onions, and put it with the herbs in the stewpan; pour in sufficient water _just_ to cover the meat, and simmer the whole gently until the mutton is tender. Take out the meat, strain, and skim off all the fat from the gravy, and put both the meat and gravy back into the stewpan; add about a quart of young green peas, and let them boil gently until done. 2 or 3 slices of bacon added and stewed with the mutton give additional flavour; and, to insure the peas being a beautiful green colour, they may be boiled in water separately, and added to the stew at the moment of serving.

Source: Mrs Beeton's Book of Household Management (1861)

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