

# Baked Or Stewed Calf'S Foot

## Ingredients

1 calf's foot, 1 pint of milk, 1 pint of water, 1 blade of mace, the rind of 1/4 lemon, pepper and salt to taste.

## Method

Well clean the foot, and either stew or bake it in the milk-and-water with the other ingredients from 3 to 4 hours. To enhance the flavour, an onion and a small quantity of celery may be added, if approved; 1/2 a teacupful of cream, stirred in just before serving, is also a great improvement to this dish.

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

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