

# Boiled Aitch-Bone Of Beef

## Ingredients

Beef, water.

## Method

After this joint has been in salt 5 or 6 days, it will be ready for use, and will not take so long boiling: as a round, for it is not so solid. Wash the meat, and, if too salt, soak it for a few hours, changing the water once or twice, till the required freshness is obtained. Put into a saucepan, or boiling-pot, sufficient water to cover the meat; set it over the fire, and when it boils, plunge in the joint (see No. 557), and let it boil up quickly. Now draw the pot to the side of the fire, and let the process be very gradual, as the water must only simmer, or the meat will be hard and tough. Carefully remove the scum from the surface of the water, and continue doing this for a few minutes after it first boils. Carrots and turnips are served with this dish, and sometimes suet dumplings, which may be boiled with the beef. Garnish with a few of the carrots and turnips, and serve the remainder in a vegetable-dish.

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

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