

# Boiled Breast Of Mutton And Caper Sauce

## Ingredients

Breast of mutton, bread crumbs, 2 tablespoonfuls of minced savoury herbs (put a large proportion of parsley), pepper and salt to taste.

## Method

Cut off the superfluous fat; bone it; sprinkle over a layer of bread crumbs, minced herbs, and seasoning; roll, and bind it up firmly. Boil gently for 2 hours, remove the tape, and serve with caper sauce, No. 382, a little of which should be poured over the meat.

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

*Ingredify <https://ingredify.com>*