

Boiled Fowl And Rice

Ingredients

1 fowl, mutton broth, 2 onions, 2 small blades of pounded mace, pepper and salt to taste, 1/4 pint of rice, parsley and butter.

Method

Truss the fowl as for boiling, and put it into a stewpan with sufficient clear well-skimmed mutton broth to cover it; add the onion, mace, and a seasoning of pepper and salt; stew very gently for about 1 hour, should the fowl be large, and about 1/2 hour before it is ready put in the rice, which should be well washed and soaked. When the latter is tender, strain it from the liquor, and put it on a sieve reversed to dry before the fire, and, in the mean time, keep the fowl hot. Dish it, put the rice round as a border, pour a little parsley and butter over the fowl, and the remainder send to table in a tureen.

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

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