

Boiled Leg Of Lamb A La Bechamel

Ingredients

Leg of lamb, Bechamel sauce, No. 367.

Method

Do not choose a very large joint, but one weighing about 5 lbs. Have ready a saucepan of boiling water, into which plunge the lamb, and when it boils up again, draw it to the side of the fire, and let the water cool a little. Then stew very gently for about 1-1/4 hour, reckoning from the time that the water begins to simmer. Make some Bechamel by recipe No. 367, dish the lamb, pour the sauce over it, and garnish with tufts of boiled cauliflower or carrots. When liked, melted butter may be substituted for the Bechamel: this is a more simple method, but not nearly so nice. Send to table with it some of the sauce in a tureen, and boiled cauliflowers or spinach, with whichever vegetable the dish is garnished.

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

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