

Boiled Neck Of Mutton

Ingredients

4 lbs. of the middle, or best end of the neck of mutton; a little salt.

Method

Trim off a portion of the fat, should there be too much, and if it is to look particularly nice, the chine-bone should be sawn down, the ribs stripped halfway down, and the ends of the bones chopped off; this is, however, not necessary. Put the meat into sufficient *_boiling_* water to cover it; when it boils, add a little salt and remove all the scum. Draw the saucepan to the side of the fire, and let the water get so cool that the finger may be borne in it; then simmer very *_slowly_* and gently until the meat is done, which will be in about 1-1/2 hour, or rather more, reckoning from the time that it begins to simmer. Serve with turnips and caper sauce, No. 382, and pour a little of it over the meat. The turnips should be boiled with the mutton; and, when at hand, a few carrots will also be found an improvement. These, however, if very large and thick, must be cut into long thinnish pieces, or they will not be sufficiently done by the time the mutton is ready. Garnish the dish with carrots and turnips placed alternately round the mutton.

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

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