

Boiled Round Of Beef

Ingredients

Beef, water.

Method

As a whole round of beef, generally speaking, is too large for small families, and very seldom required, we here give the recipe for dressing a portion of the silver side of the round. Take from 12 to 16 lbs., after it has been in salt about 10 days; just wash off the salt, skewer it up in a nice round-looking form, and bind it with tape to keep the skewers in their places. Put it in a saucepan of boiling water, as in the preceding recipe, set it upon a good fire, and when it begins to boil, carefully remove all scum from the surface, as, if this is not attended to, it sinks on to the meat, and when brought to table, presents a very unsightly appearance. When it is well skimmed, draw the pot to the corner of the fire, and let it simmer very gently until done. Remove the tape and skewers, which should be replaced by a silver one; pour over a little of the pot-liquor, and garnish with carrots. (_See_ coloured plate 2.) Carrots, turnips, parsnips, and sometimes suet dumplings, accompany this dish; and these may all be boiled with the beef. The pot-liquor should be saved, and converted into pea-soup; and the outside slices, which are generally hard, and of an uninviting appearance, may be cut off before being sent to table, and potted. These make an excellent relish for the breakfast or luncheon table.

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

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