

# Breast Of Lamb And Green Peas

## Ingredients

1 breast of lamb, a few slices of bacon, 1/4 pint of stock No. 105, 1 lemon, 1 onion, 1 bunch of savoury herbs, green peas.

## Method

Remove the skin from a breast of lamb, put it into a saucepan of boiling water, and let it simmer for 5 minutes. Take it out and lay it in cold water. Line the bottom of a stewpan with a few thin slices of bacon; lay the lamb on these; peel the lemon, cut it into slices, and put these on the meat, to keep it white and make it tender; cover with 1 or 2 more slices of bacon; add the stock, onion, and herbs, and set it on a slow fire to simmer very gently until tender. Have ready some green peas, put these on a dish, and place the lamb on the top of these. The appearance of this dish may be much improved by glazing the lamb, and spinach may be substituted for the peas when variety is desired.

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

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