

Chapter Xxi

Ingredients

2 chickens; seasoning to taste of salt, white pepper, and cayenne; 2 blades of pounded mace, egg and bread crumbs, clarified butter, 1 strip of lemon-rind, 2 carrots, 1 onion, 2 tablespoonfuls of mushroom ketchup, thickening of butter and flour, 1 egg.

Method

Remove the breast and leg bones of the chickens; cut the meat into neat pieces after having skinned it, and season the cutlets with pepper, salt, pounded mace, and cayenne. Put the bones, trimmings, &c., into a stewpan with 1 pint of water, adding carrots, onions, and lemon-peel in the above proportion; stew gently for 1-1/2 hour, and strain the gravy. Thicken it with butter and flour, add the ketchup and 1 egg well beaten; stir it over the fire, and bring it to the simmering-point, but do not allow it to boil. In the mean time, egg and bread-crumbs the cutlets, and give them a few drops of clarified butter; fry them a delicate brown, occasionally turning them; arrange them pyramidically on the dish, and pour over them the sauce.

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

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