

Collared Beef

Ingredients

7 lbs. of the thin end of the flank of beef, 2 oz. of coarse sugar, 6 oz. of salt, 1 oz. of saltpetre, 1 large handful of parsley minced, 1 dessertspoonful of minced sage, a bunch of savoury herbs, 1/2 teaspoonful of pounded allspice; salt and pepper to taste.

Method

Choose fine tender beef, but not too fat; lay it in a dish; rub in the sugar, salt, and saltpetre, and let it remain in the pickle for a week or ten days, turning and rubbing it every day. Then bone it, remove all the gristle and the coarse skin of the inside part, and sprinkle it thickly with parsley, herbs, spice, and seasoning in the above proportion, taking care that the former are finely minced, and the latter well pounded. Roll the meat up in a cloth as tightly as possible, in the same shape as shown in the engraving; bind it firmly with broad tape, and boil it gently for 6 hours. Immediately on taking it out of the pot, put it under a good weight, without undoing it, and let it remain until cold. This dish is a very nice addition to the breakfast-table.

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

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