

Fricandeau Of Beef

Ingredients

About 3 lbs. of the inside fillet of the sirloin (a piece of the rump may be substituted for this), pepper and salt to taste, 3 cloves, 2 blades of mace, 6 whole allspice, 1 pint of stock No. 105, or water, 1 glass of sherry, 1 bunch of savoury herbs, 2 shalots, bacon.

Method

Cut some bacon into thin strips, and sprinkle over them a seasoning of pepper and salt, mixed with cloves, mace, and allspice, well pounded. Lard the beef with these, put it into a stewpan with the stock or water, sherry, herbs, shalots, 2 cloves, and more pepper and salt. Stew the meat gently until tender, when take it out, cover it closely, skim off all the fat from the gravy, and strain it. Set it on the fire, and boil, till it becomes a glaze. Glaze the larded side of the beef with this, and serve on sorrel sauce, which is made as follows:--Wash and pick some sorrel, and put it into a stewpan with only the water that hangs about it. Keep stirring, to prevent its burning, and when done, lay it in a sieve to drain. Chop it, and stew it with a small piece of butter and 4 or 6 tablespoonfuls of good gravy, for an hour, and rub it through a tammy. If too acid, add a little sugar; and a little cabbage-lettuce boiled with the sorrel will be found an improvement.

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

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