

Fricasseed Calf'S Feet

Ingredients

A set of calf's feet; for the batter allow for each egg 1 tablespoonful of flour, 1 tablespoonful of bread crumbs, hot lard or clarified dripping, pepper and salt to taste.

Method

If the feet are purchased uncleaned, dip them into warm water repeatedly, and scrape off the hair, first one foot and then the other, until the skin looks perfectly clean, a saucepan of water being kept by the fire until they are finished. After washing and soaking in cold water, boil them in just sufficient water to cover them, until the bones come easily away. Then pick them out, and after straining the liquor into a clean vessel, put the meat into a pie-dish until the next day. Now cut it down in slices about 1/2 inch thick, lay on them a stiff batter made of egg, flour, and bread crumbs in the above proportion; season with pepper and salt, and plunge them into a pan of boiling lard. Fry the slices a nice brown, dry them before the fire for a minute or two, dish them on a napkin, and garnish with tufts of parsley. This should be eaten with melted butter, mustard, and vinegar. Be careful to have the lard boiling to set the batter, or the pieces of feet will run about the pan. The liquor they were boiled in should be saved, and will be found useful for enriching gravies, making jellies, &e. &e.

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

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