

Gravy For Roast Meat

Ingredients

Gravy, salt.

Method

Put a common dish with a small quantity of salt in it under the meat, about a quarter of an hour before it is removed from the fire. When the dish is full, take it away, baste the meat, and pour the gravy into the dish on which the joint is to be served. SAUCES AND GRAVIES IN THE MIDDLE AGES.--Neither poultry, butcher's meat, nor roast game were eaten dry in the middle ages, any more than fried fish is now. Different sauces, each having its own peculiar flavour, were served with all these dishes, and even with the various _parts_ of each animal. Strange and grotesque sauces, as, for example, "eggs cooked on the spit," "butter fried and roasted," were invented by the cooks of those days; but these preparations had hardly any other merit than that of being surprising and difficult to make. A QUICKLY-MADE GRAVY.

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

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