

Gravy Made Without Meat For Fowls

Ingredients

The necks, feet, livers, and gizzards of the fowls, 1 slice of toasted bread, 1/2 onion, 1 faggot of savoury herbs, salt and pepper to taste, 1/2 pint of water, thickening of butter and flour, 1 dessertspoonful of ketchup.

Method

Wash the feet of the fowls thoroughly clean, and cut them and the neck into small pieces. Put these into a stewpan with the bread, onion, herbs, seasoning, livers, and gizzards; pour the water over them and simmer gently for 1 hour. Now take out the liver, pound it, and strain the liquor to it. Add a thickening of butter and flour, and a flavouring of mushroom ketchup; boil it up and serve.

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

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