

Grouse Salad

Ingredients

8 eggs, butter, fresh salad, 1 or 2 grouse; for the sauce, 1 teaspoonful of minced shalot, 1 teaspoonful of pounded sugar, the yolk of 1 egg, 1 teaspoonful of minced parsley, 1/4 oz. of salt, 4 tablespoonfuls of oil, 2 tablespoonfuls of Chili vinegar, 1 gill of cream.

Method

Boil the eggs hard, shell them, throw them into cold water cut a thin slice off the bottom to facilitate the proper placing of them in the dish, cut each one into four lengthwise, and make a very thin flat border of butter, about one inch from the edge of the dish the salad is to be served on; fix the pieces of egg upright close to each other, the yolk outside, or the yolk and white alternately; lay in the centre a fresh salad of whatever is in season, and, having previously roasted the grouse rather underdone, cut it into eight or ten pieces, and prepare the sauce as follows:--Put the shalots into a basin, with the sugar, the yolk of an egg, the parsley, and salt, and mix in by degrees the oil and vinegar; when these ingredients are well mixed, put the sauce on ice or in a cool place. When ready to serve, whip the cream rather thick, which lightly mix with it; then lay the inferior parts of the grouse on the salad, sauce over so as to cover each piece, then lay over the salad and the remainder of the grouse, pour the rest of the sauce over, and serve. The eggs may be ornamented with a little dot of radishes or beetroot on the point. Anchovy and gherkin, cut into small diamonds, may be placed between, or cut gherkins in slices, and a border of them laid round. Tarragon or chervil-leaves are also a pretty addition. The remains of cold black-game, pheasant, or partridge may be used in the above manner, and will make a very delicate dish.

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

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