

Medium Stock

Ingredients

4 lbs. of shin of beef, or 4 lbs. of knuckle of veal, or 2 lbs. of each; any bones, trimmings of poultry, or fresh meat, 1/2 a lb. of lean bacon or ham, 2 oz. of butter, 2 large onions, each stuck with 3 cloves; 1 turnip, 3 carrots, 1/2 a leek, 1 head of celery, 2 oz. of salt, 1/2 a teaspoonful of whole pepper, 1 large blade of mace, 1 small bunch of savoury herbs, 4 quarts and 1/2 pint of cold water.

Method

Cut up the meat and bacon or ham into pieces about 3 inches square; rub the butter on the bottom of the stewpan; put in 1/2 a pint of water, the meat, and all the other ingredients. Cover the stewpan, and place it on a sharp fire, occasionally stirring its contents. When the bottom of the pan becomes covered with a pale, jelly-like substance, add 4 quarts of cold water, and simmer very gently for 5 hours. As we have said before, do not let it boil quickly. Skim off every particle of grease whilst it is doing, and strain it through a fine hair sieve. This is the basis of many of the soups afterwards mentioned, and will be found quite strong enough for ordinary purposes.

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

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