

# Minced Veal And Macaroni

## Ingredients

3/4 lb. of minced cold roast veal, 3 oz. of ham, 1 tablespoonful of gravy, pepper and salt to taste, 3 teaspoonful of grated nutmeg, 1/4 lb. of bread crumbs, 1/4 lb. of macaroni, 1 or 2 eggs to bind, a small piece of butter.

## Method

Cut some nice slices from a cold fillet of veal, trim off the brown outside, and mince the meat finely with the above proportion of ham: should the meat be very dry, add a spoonful of good gravy. Season highly with pepper and salt, add the grated nutmeg and bread crumbs, and mix these ingredients with 1 or 2 eggs well beaten, which should bind the mixture and make it like forcemeat. In the mean time, boil the macaroni in salt and water, and drain it; butter a mould, put some of the macaroni at the bottom and sides of it, in whatever form is liked; mix the remainder with the forcemeat, fill the mould up to the top, put a plate or small dish on it, and steam for 1/2 hour. Turn it out carefully, and serve with good gravy poured round, but not over, the meat.

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

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