

Panada

Ingredients

The crumb of 2 penny rolls, 4 tablespoonfuls of white stock, No. 107, 1 oz. of butter, 1 slice of ham, 1 bay-leaf, a little minced parsley, 2 shalots, 1 clove, 2 blades of mace, a few mushrooms (when obtainable), butter, the yolks of 2 eggs.

Method

Soak the crumb of the rolls in milk for about 1/2 hour, then take it out, and squeeze so as to press the milk from it; put the soaked bread into a stewpan with the above quantity of white stock, and set it on one side; then put into a separate stewpan 1 oz. of butter, a slice of lean ham cut small, with a bay-leaf, herbs, mushrooms, spices, &c., in the above proportions, and fry them gently over a slow fire. When done, moisten with 2 teacupfuls of white stock, boil for 20 minutes, and strain the whole through a sieve over the panada in the other stewpan. Place it over the fire, keep constantly stirring, to prevent its burning, and when quite dry, put in a small piece of butter. Let this again dry up by stirring over the fire; then add the yolks of 2 eggs, mix well, put the panada to cool on a clean plate, and use it when required. Panada should always be well flavoured, as the forcemeat receives no taste from any of the other ingredients used in its preparation.

Boiled Calf's Udder for French Forcemeats. 421. Put the udder into a stewpan with sufficient water to cover it; let it stew gently till quite done, when take it out to cool. Trim all the upper parts, cut it into small pieces, and pound well in a mortar, till it can be rubbed through a sieve. That portion which passes through the strainer is one of the three ingredients of which French forcemeats are generally composed; but many cooks substitute butter for this, being a less troublesome and more expeditious mode of preparation.

[Illustration: PESTLE AND MORTAR.] PESTLE AND MORTAR.--No cookery can be perfectly performed without the aid of the useful instruments shown in the engraving. For pounding things sufficiently fine, they are invaluable, and the use of them will save a good deal of time, besides increasing the excellence of the preparations. They are made of iron, and, in that material, can be bought cheap; but as these are not available, for all purposes, we should recommend, as more economical in the end, those made of Wedgwood, although these are considerably more expensive than the former. Veal Quenelles.

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

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