

Ragout Of Fowl

Ingredients

The remains of cold roast fowls, 3 shalots, 2 blades of mace, a faggot of savoury herbs, 2 or three slices of lean ham, 1 pint of stock or water, pepper and salt to taste, 1 onion, 1 dessertspoonful of flour, 1 tablespoonful of lemon-juice, 1/2 teaspoonful of pounded sugar, 1 oz. of butter.

Method

Cut the fowls up into neat pieces, the same as for a fricassee; put the trimmings into a stewpan with the shalots, mace, herbs, ham, onion, and stock (water may be substituted for this). Boil it slowly for 1 hour, strain the liquor, and put a small piece of butter into a stewpan; when melted, dredge in sufficient flour to dry up the butter, and stir it over the fire. Put in the strained liquor, boil for a few minutes, and strain it again over the pieces of fowl. Squeeze in the lemon-juice, add the sugar and a seasoning of pepper and salt, make it hot, but do not allow it to boil; lay the fowl neatly on the dish, and garnish with croutons.

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

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