

Recipe 366

Ingredients

4 lbs. of knuckle of veal, 1 cow-heel, 3 or 4 slices of ham, any poultry trimmings, 2 carrots, 1 onion, 1 faggot of savoury herbs, 1 glass of sherry, 3 quarts of water; seasoning to taste of salt and whole white pepper; 3 eggs.

Method

Lay the ham on the bottom of a stewpan, cut up the veal and cow-heel into small pieces, and lay them on the ham; add the poultry trimmings, vegetables, herbs, sherry, and water, and let the whole simmer very gently for 4 hours, carefully taking away all scum that may rise to the surface; strain through a fine sieve, and pour into an earthen pan to get cold. Have ready a clean stewpan, put in the jelly, and be particular to leave the sediment behind, or it will not be clear. Add the whites of 3 eggs, with salt and pepper, to clarify; keep stirring over the fire, till the whole becomes very white; then draw it to the side, and let it stand till clear. When this is the case, strain it through a cloth or jelly-bag, and use it for moulding poultry, etc. (See Explanation of French Terms, page 44.) Tarragon vinegar may be added to give an additional flavour.

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

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