

Recipe 422

Ingredients

Equal quantities of veal, panada (No. 420), and calf's udder (No. 421), 2 eggs; seasoning to taste of pepper, salt, and pounded mace, or grated nutmeg; a little flour.

Method

Take the fleshy part of veal, scrape it with a knife, till all the meat is separated from the sinews, and allow about 1/2 lb. for an entree. Chop the meat, and pound it in a mortar till reduced to a paste; then roll it into a ball; make another of panada (No. 420), the same size, and another of udder (No. 421), taking care that these three balls be of the same *_size_*. It is to be remembered, that equality of *_size_*, and not of weight, is here necessary. When the three ingredients are properly prepared, pound them altogether in a mortar for some time; for the more quenelles are pounded, the more delicate they are. Now moisten with the eggs, whites and yolks, and continue pounding, adding a seasoning of pepper, spices, &c. When the whole is well blended together, mould it into balls, or whatever shape is intended, roll them in flour, and poach in boiling water, to which a little salt should have been added. If the quenelles are not firm enough, add the yolk of another egg, but omit the white, which only makes them hollow and puffy inside. In the preparation of this recipe, it would be well to bear in mind that the ingredients are to be well pounded and seasoned, and must be made hard or soft according to the dishes they are intended for. For brown or white ragouts they should be firm, and when the quenelles are used very small, extreme delicacy will be necessary in their preparation. Their flavour may be varied by using the flesh of rabbit, fowl, hare, pheasant, grouse, or an extra quantity of mushroom, parsley, &c. *_Time_*,--About 1/4 hour to poach in boiling water.

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

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