

Recipe 435

Ingredients

1/2 lb. of lean beef, 1/2 pint of cold water, 1 shalot or small onion, 1/2 a teaspoonful of salt, a little pepper, 1 tablespoonful of Harvey's sauce or mushroom ketchup, 1/2 a teaspoonful of arrowroot.

Method

Cut up the beef into small pieces, and put it, with the water, into a stewpan. Add the shalot and seasoning, and simmer gently for 3 hours, taking care that it does not boil fast. A short time before it is required, take the arrowroot, and having mixed it with a little cold water, pour it into the gravy, which keep stirring, adding the Harvey's sauce, and just letting it boil. Strain off the gravy in a tureen, and serve very hot.

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

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