

# Recipe 438

## Ingredients

2 lbs. of shin of beef, 1 large onion or a few shalots, a little flour, a bunch of savoury herbs, 2 blades of mace, 2 or 3 cloves, 4 whole allspice, 1/4 teaspoonful of whole pepper, 1 slice of lean ham or bacon, 1/2 a head of celery (when at hand), 2 pints of boiling water; salt and cayenne to taste.

## Method

Cut the beef into thin slices, as also the onions, dredge them with flour, and fry of a pale brown, but do not allow them to get black; pour in the boiling water, let it boil up; and skim. Add the remaining ingredients, and simmer the whole very gently for 2 hours, or until all the juices are extracted from the meat; put it by to get cold, when take off all the fat. This gravy may be flavoured with ketchup, store sauces, wine, or, in fact, anything that may give additional and suitable relish to the dish it is intended for.

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

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