

Recipe 441

Ingredients

2 lbs. of shin of beef, 1/4 lb. of lean ham, 1 onion or a few shalots, 2 pints of water, salt and whole pepper to taste, 1 blade of mace, a faggot of savoury herbs, 1/2 a large carrot, 1/2 a head of celery.

Method

Cut up the beef and ham into small pieces, and slice the vegetables; take a jar, capable of holding two pints of water, and arrange therein, in layers, the ham, meat, vegetables, and seasoning, alternately, filling up with the above quantity of water; tie down the jar, or put a plate over the top, so that the steam may not escape; place it in the oven, and let it remain there from 6 to 8 hours; should, however, the oven be very hot, less time will be required. When sufficiently cooked, strain the gravy, and when cold, remove the fat. It may be flavoured with ketchup, wines, or any other store sauce that may be preferred. It is a good plan to put the jar in a cool oven over-night, to draw the gravy; and then it will not require so long baking the following day.

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

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