

Recipe 442

Ingredients

2 slices of nicely flavoured lean ham, any poultry trimmings, 3 lbs. of lean veal, a faggot of savoury herbs, including parsley, a few green onions (or 1 large onion may be substituted for these), a few mushrooms, when obtainable; 1 blade of mace, salt to taste, 3 pints of water.

Method

Cut up the ham and veal into small square pieces, put these in a stewpan, moistening them with a small quantity of water; place them over the fire to draw down. When the bottom of the stewpan becomes covered with a white glaze, fill up with water in the above proportion; add the remaining ingredients, stew very slowly for 3 or 4 hours, and do not forget to skim well the moment it boils. Put it by, and, when cold, take off all the fat. This may be used for Bechamel, sauce tournee, and many other white sauces.

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

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