

Recipe 627

Ingredients

The remains of cold roast beef, pepper and salt to taste, 3/4 lb. of flour, 1/2 pint of water, 2 oz. of butter, the whites of 2 eggs.

Method

Mix very smoothly, and by degrees, the flour with the above proportion of water; stir in 2 oz. of butter, which must be melted, but not oiled, and, just before it is to be used, add the whites of two well-whisked eggs. Should the batter be too thick, more water must be added. Pare down the cold beef into thin shreds, season with pepper and salt, and mix it with the batter. Drop a small quantity at a time into a pan of boiling lard, and fry from 7 to 10 minutes, according to the size. When done on one side, turn and brown them on the other. Let them dry for a minute or two before the fire, and serve on a folded napkin. A small quantity of finely-minced onions, mixed with the batter, is an improvement.

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

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