

Recipe 645

Ingredients

The remains of cold roast beef; to each pound of meat allow 3/4 lb. of bread crumbs, salt and pepper to taste, a few chopped savoury herbs, 1/2 a teaspoonful of minced lemon-peel, 1 or 2 eggs, according to the quantity of meat.

Method

Mince the beef very fine, which should be rather lean, and mix with this bread crumbs, herbs, seasoning, and lemon-peel, in the above proportion, to each pound of meat. Make all into a thick paste with 1 or 2 eggs; divide into balls or cones, and fry a rich brown. Garnish the dish with fried parsley, and send with them to table some good brown gravy in a tureen. Instead of garnishing with fried parsley, gravy may be poured in the dish, round the rissoles: in this case, it will not be necessary to send any in a tureen.

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

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