

Recipe 649

Ingredients

About 6 or 8 lbs. of the brisket of beef, 4 or 5 slices of bacon, 2 carrots, 1 onion, a bunch of savoury herbs, salt and pepper to taste, 4 cloves, 4 whole allspice, 2 blades of mace.

Method

Choose that portion of the brisket which contains the gristle, trim it, and put it into a stewpan with the slices of bacon, which should be put under and over the meat. Add the vegetables, herbs, spices, and seasoning, and cover with a little weak stock or water; close the stewpan as hermetically as possible, and simmer very gently for 4 hours. Strain the liquor, reserve a portion of it for sauce, and the remainder boil quickly over a sharp fire until reduced to a glaze, with which glaze the meat. Garnish the dish with scooped carrots and turnips, and when liked, a little cabbage; all of which must be cooked separately. Thicken and flavour the liquor that was saved for sauce, pour it round the meat, and serve. The beef may also be garnished with glazed onions, artichoke-bottoms, &c.

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

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