

Recipe 653

Ingredients

4 palates, sufficient gravy to cover them (No. 438), cayenne to taste, 1 tablespoonful of mushroom ketchup, 1 tablespoonful of pickled-onion liquor, thickening of butter and flour.

Method

Wash the palates, and put them into a stewpan, with sufficient water to cover them, and let them boil until perfectly tender, or until the upper skin may be easily peeled off. Have ready sufficient gravy (No. 438) to cover them; add a good seasoning of cayenne, and thicken with roux, No. 625, or a little butter kneaded with flour; let it boil up, and skim. Cut the palates into square pieces, put them in the gravy, and let them simmer gently for 1/2 hour; add ketchup and onion-liquor, give one boil, and serve.

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

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