

Recipe 666

Ingredients

About 2 lbs. of beef or rump steak, 3 onions, 2 turnips, 3 carrots, 2 or 3 oz. of butter, 1/2 pint of water, 1 teaspoonful of salt, 1/2 do. of pepper, 1 tablespoonful of ketchup, 1 tablespoonful of flour.

Method

Have the steaks cut tolerably thick and rather lean; divide them into convenient-sized pieces, and fry them in the butter a nice brown on both sides. Cleanse and pare the vegetables, cut the onions and carrots into thin slices, and the turnips into dice, and fry these in the same fat that the steaks were done in. Put all into a saucepan, add 1/2 pint of water, or rather more should it be necessary, and simmer very gently for 2-1/2 or 3 hours; when nearly done, skim well, add salt, pepper, and ketchup in the above proportions, and thicken with a tablespoonful of flour mixed with 2 of cold water. Let it boil up for a minute or two after the thickening is added, and serve. When a vegetable-scoop is at hand, use it to cut the vegetables in fanciful shapes, and tomato, Harvey's sauce, or walnut-liquor may be used to flavour the gravy. It is less rich if stewed the previous day, so that the fat may be taken off when cold; when wanted for table, it will merely require warming through.

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

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