

Recipe 729

Ingredients

About 6 lbs. of a loin of mutton, 1/2 teaspoonful of pepper, 1/4 teaspoonful of pounded allspice, 1/4 teaspoonful of mace, 1/4 teaspoonful of nutmeg, 6 cloves, forcemeat No. 417, 1 glass of port wine, 2 tablespoonfuls of mushroom ketchup.

Method

Hang the mutton till tender, bone it, and sprinkle over it pepper, mace, cloves, allspice, and nutmeg in the above proportion, all of which must be pounded very fine. Let it remain for a day, then make a forcemeat by recipe No. 417, cover the meat with it, and roll and bind it up firmly. Half bake it in a slow oven, let it grow cold, take off the fat, and put the gravy into a stewpan; flour the meat, put it in the gravy, and stew it till perfectly tender. Now take out the meat, unbind it, add to the gravy wine and ketchup as above, give one boil, and pour over the meat. Serve with red-currant jelly; and, if obtainable, a few mushrooms stewed for a few minutes in the gravy, will be found a great improvement.

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

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