

# Recipe 903

## Ingredients

A shoulder of veal, a few slices of ham or bacon, forcemeat No. 417, 3 carrots, 2 onions, salt and pepper to taste, a faggot of savoury herbs, 3 blades of pounded mace, water, thickening of butter and flour.

## Method

Bone the joint by carefully detaching the meat from the blade-bone on one side, and then on the other, being particular not to pierce the skin; then cut the bone from the knuckle, and take it out. Fill the cavity whence the bone was taken with a forcemeat made by recipe No. 417. Roll and bind the veal up tightly; put it into a stew-pan with the carrots, onions, seasoning, herbs, and mace; pour in just sufficient water to cover it, and let it stew *\_very gently\_* for about 5 hours. Before taking it up, try if it is properly done by thrusting a larding-needle in it: if it penetrates easily, it is sufficiently cooked. Strain and skim the gravy, thicken with butter and flour, give one boil, and pour it round the meat. A few young carrots may be boiled and placed round the dish as a garnish, and, when in season, green peas should always be served with this dish.

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

*Ingredify <https://ingredify.com>*