

Recipe 905

Ingredients

3 or 4 lbs. of the loin or neck of veal, 15 young carrots, a few green onions, 1 pint of green peas, 12 new potatoes, a bunch of savoury herbs, pepper and salt to taste, 1 tablespoonful of lemon-juice, 2 tablespoonfuls of tomato sauce, 2 tablespoonfuls of mushroom ketchup.

Method

Dredge the meat with flour, and roast or bake it for about 3/4 hour: it should acquire a nice brown colour. Put the meat into a stewpan with the carrots, onions, potatoes, herbs, pepper, and salt; pour over it sufficient boiling water to cover it, and stew gently for 2 hours. Take out the meat and herbs, put it in a deep dish, skim off all the fat from the gravy, and flavour it with lemon-juice, tomato sauce, and mushroom ketchup in the above proportion. Have ready a pint of green peas boiled; put these with the meat, pour over it the gravy, and serve. The dish may be garnished with a few forcemeat balls. The meat, when preferred, may be cut into chops, and floured and fried instead of being roasted; and any part of veal dressed in this way will be found extremely savoury and good.

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

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