

# Recipe 909

## Ingredients

The gristles from 2 breasts of veal, stock No. 107, 1 faggot of savoury herbs, 2 blades of pounded mace, 4 cloves, 2 carrots, 2 onions, a strip of lemon-peel.

## Method

The tendrions or gristles, which are found round the front of a breast of veal, are now very frequently served as an entree, and when well dressed, make a nice and favourite dish. Detach the gristles from the bone, and cut them neatly out, so as not to spoil the joint for roasting or stewing. Put them into a stewpan, with sufficient stock, No. 107, to cover them; add the herbs, mace, cloves, carrots, onions, and lemon, and simmer these for nearly, or quite, 4 hours. They should be stewed until a fork will enter the meat easily. Take them up, drain them, strain the gravy, boil it down to a glaze, with which glaze the meat. Dish the tendrions in a circle, with croutons fried of a nice colour placed between each; and put mushroom sauce, or a puree of green peas or tomatoes, in the middle.

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

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