

Recipe 945

Ingredients

2 small fowls or 1 large one, 3 oz. of butter, a bunch of parsley and green onions, 1 clove, 2 blades of mace, 1 shalot, 1 bay-leaf, salt and white pepper to taste, 1/4 pint of cream, the yolks of 3 eggs.

Method

Choose a couple of fat plump chickens, and, after drawing, singeing, and washing them, skin, and carve them into joints; blanch these in boiling water for 2 or 3 minutes; take them out, and immerse them in cold water to render them white. Put the trimmings, with the necks and legs, into a stewpan; add the parsley, onions, clove, mace, shalot, bay-leaf, and a seasoning of pepper and salt; pour to these the water that the chickens were blanched in, and simmer gently for rather more than 1 hour. Have ready another stewpan; put in the joints of fowl, with the above proportion of butter; dredge them with flour, let them get hot, but do not brown them much; then moisten the fricassee with the gravy made from the trimmings, &c., and stew very gently for 1/2 hour. Lift the fowl into another stewpan, skim the sauce, reduce it quickly over the fire, by letting it boil fast, and strain it over them. Add the cream, and a seasoning of pounded mace and cayenne; let it boil up, and when ready to serve, stir to it the well-beaten yolks of 3 eggs: these should not be put in till the last moment, and the sauce should be made hot, but must not boil, or it will instantly curdle. A few button-mushrooms stewed with the fowl are by many persons considered an improvement.

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

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