

# Rich Strong Stock

## Ingredients

4 lbs. of shin of beef, 4 lbs. of knuckle of veal, 3/4 lb. of good lean ham; any poultry trimmings; 3 small onions, 3 small carrots, 3 turnips (the latter should be omitted in summer, lest they ferment), 1 head of celery, a few chopped mushrooms, when obtainable; 1 tomato, a bunch of savoury herbs, not forgetting parsley; 1-1/2 oz. of salt, 12 white peppercorns, 6 cloves, 3 small blades of mace, 4 quarts of water.

## Method

Line a delicately clean stewpan with the ham cut in thin broad slices, carefully trimming off all its rusty fat; cut up the beef and veal in pieces about 3 inches square, and lay them on the ham; set it on the stove, and draw it down, and stir frequently. When the meat is equally browned, put in the beef and veal bones, the poultry trimmings, and pour in the cold water. Skim well, and occasionally add a little cold water, to stop its boiling, until it becomes quite clear; then put in all the other ingredients, and simmer very slowly for 5 hours. Do not let it come to a brisk boil, that the stock be not wasted, and that its colour may be preserved. Strain through a very fine hair sieve, or tammy, and it will be fit for use.

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

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