

# Roast Saddle Of Mutton

## Ingredients

Saddle of mutton; a little salt.

## Method

To insure this joint being tender, let it hang for ten days or a fortnight, if the weather permits. Cut off the tail and flaps and trim away every part that has not indisputable pretensions to be eaten, and have the skin taken off and skewered on again. Put it down to a bright, clear fire, and, when the joint has been cooking for an hour, remove the skin and dredge it with flour. It should not be placed too near the fire, as the fat should not be in the slightest degree burnt. Keep constantly basting, both before and after the skin is removed; sprinkle some salt over the joint. Make a little gravy in the dripping-pan; pour it over the meat, which send to table with a tureen of made gravy and red-currant jelly.

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

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