

Stewed Breast Of Lamb

Ingredients

1 breast of lamb, pepper and salt to taste, sufficient stock, No. 105, to cover it, 1 glass of sherry, thickening of butter and flour.

Method

Skin the lamb, cut it into pieces, and season them with pepper and salt; lay these in a stewpan, pour in sufficient stock or gravy to cover them, and stew very gently until tender, which will be in about 1-1/2 hour. Just before serving, thicken the sauce with a little butter and flour; add the sherry, give one boil, and pour it over the meat. Green peas, or stewed mushrooms, may be strewed over the meat, and will be found a very great improvement.

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

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