

Stewed Breast Of Veal And Peas

Ingredients

Breast of veal, 2 oz. of butter, a bunch of savoury herbs, including parsley; 2 blades of pounded mace, 2 cloves, 5 or 6 young onions, 1 strip of lemon-peel, 6 allspice, 1/4 teaspoonful of pepper, 1 teaspoonful of salt, thickening of butter and flour, 2 tablespoonfuls of sherry, 2 tablespoonfuls of tomato sauce, 1 tablespoonful of lemon-juice, 2 tablespoonfuls of mushroom ketchup, green peas.

Method

Cut the breast in half, after removing the bone underneath, and divide the meat into convenient-sized pieces. Put the butter into a frying-pan, lay in the pieces of veal, and fry until of a nice brown colour. Now place these in a stewpan with the herbs, mace, cloves, onions, lemon-peel, allspice, and seasoning; pour over them just sufficient boiling water to cover the meat; well close the lid, and let the whole simmer very gently for about 2 hours. Strain off as much gravy as is required, thicken it with butter and flour, add the remaining ingredients, skim well, let it simmer for about 10 minutes, then pour it over the meat. Have ready some green peas, boiled separately; sprinkle these over the veal, and serve. It may be garnished with forcemeat balls, or rashers of bacon curled and fried. Instead of cutting up the meat, many persons prefer it dressed whole;--in that case it should be half-roasted before the water, &c. are put to it.

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

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