

Stewed Brisket Of Beef

Ingredients

7 lbs. of a brisket of beef, vinegar and salt, 6 carrots, 6 turnips, 6 small onions, 1 blade of pounded mace, 2 whole allspice pounded, thickening of butter and flour, 2 tablespoonfuls of ketchup; stock, or water.

Method

About an hour before dressing it, rub the meat over with vinegar and salt; put it into a stewpan, with sufficient stock to cover it (when this is not at hand, water may be substituted for it), and be particular that the stewpan is not much larger than the meat. Skim well, and when it has simmered very gently for 1 hour, put in the vegetables, and continue simmering till the meat is perfectly tender. Draw out the bones, dish the meat, and garnish either with tufts of cauliflower or braised cabbage cut in quarters. Thicken as much gravy as required, with a little butter and flour; add spices and ketchup in the above proportion, give one boil, pour some of it over the meat, and the remainder send in a tureen.

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

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