

Stewed Fillet Of Veal

Ingredients

A small fillet of veal, forcemeat No. 417, thickening of butter and flour, a few mushrooms, white pepper to taste, 2 tablespoonfuls of lemon-juice, 2 blades of pounded mace, 1/2 glass of sherry.

Method

If the whole of the leg is purchased, take off the knuckle to stew, and also the square end, which will serve for cutlets or pies. Remove the bone, and fill the space with a forcemeat No. 417. Roll and skewer it up firmly; place a few skewers at the bottom of a stewpan to prevent the meat from sticking, and cover the veal with a little weak stock. Let it simmer very gently until tender, as the more slowly veal is stewed, the better. Strain and thicken the sauce, flavour it with lemon-juice, mace, sherry, and white pepper; give one boil, and pour it over the meat. The skewers should be removed, and replaced by a silver one, and the dish garnished with slices of cut lemon.

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

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