

Stewed Knuckle Of Veal And Rice

Ingredients

Knuckle of veal, 1 onion, 2 blades of mace, 1 teaspoonful of salt, 1/2 lb. of rice. [Illustration: KNUCKLE OF VEAL.]

Method

Have the knuckle cut small, or cut some cutlets from it, that it may be just large enough to be eaten the same day it is dressed, as cold boiled veal is not a particularly tempting dish. Break the shank-bone, wash it clean, and put the meat into a stewpan with sufficient water to cover it. Let it gradually come to a boil, put in the salt, and remove the scum as fast as it rises. When it has simmered gently for about 3/4 hour, add the remaining ingredients, and stew the whole gently for 2-1/4 hours. Put the meat into a deep dish, pour over it the rice, &c., and send boiled bacon, and a tureen of parsley and butter to table with it.

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

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