

Stewed Rump Of Beef

Ingredients

1/2 rump of beef, sufficient stock to cover it (No. 105), 4 tablespoonfuls of vinegar, 2 tablespoonfuls of ketchup, 1 large bunch of savoury herbs, 2 onions, 12 cloves, pepper and salt to taste, thickening of butter and flour, 1 glass of port wine.

Method

Cut out the bone, sprinkle the meat with a little cayenne (this must be sparingly used), and bind and tie it firmly up with tape; put it into a stewpan with sufficient stock to cover it, and add vinegar, ketchup, herbs, onions, cloves, and seasoning in the above proportion, and simmer very gently for 4 or 5 hours, or until the meat is perfectly tender, which may be ascertained by piercing it with a thin skewer. When done, remove the tape, lay it into a deep dish, which keep hot; strain and skim the gravy, thicken it with butter and flour, add a glass of port wine and any flavouring to make the gravy rich and palatable; let it boil up, pour over the meat, and serve. This dish may be very much enriched by garnishing with forcemeat balls, or filling up the space whence the bone is taken with a good forcemeat; sliced carrots, turnips, and onions boiled with the meat, are also a great improvement, and, where expense is not objected to, it may be glazed. This, however, is not necessary where a good gravy is poured round and over the meat.

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

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