

The Invalid'S Cutlet

Ingredients

1 nice cutlet from a loin or neck of mutton, 2 teacupfuls of water, 1 very small stick of celery, pepper and salt to taste.

Method

Have the cutlet cut from a very nice loin or neck of mutton; take off all the fat; put it into a stewpan, with the other ingredients; stew *_very gently_* indeed for nearly 2 hours, and skim off every particle of fat that may rise to the surface from time to time. The celery should be cut into thin slices before it is added to the meat, and care must be taken not to put in too much of this ingredient, or the dish will not be good. If the water is allowed to boil fast, the cutlet will be hard.

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

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