

To Make The Stock For Jelly, And To Clarify It

Ingredients

2 calf's feet, 6 pints of water. [Illustration: JELLY-MOULD.] [Illustration: JELLY-BAG.]

Method

The stock for jellies should always be made the day before it is required for use, as the liquor has time to cool, and the fat can be so much more easily and effectually removed when thoroughly set. Procure from the butcher's 2 nice calf's feet: scald them, to take off the hair; slit them in two, remove the fat from between the claws, and wash the feet well in warm water; put them into a stewpan, with the above proportion of cold water, bring it gradually to boil, and remove every particle of scum as it rises. When it is well skimmed, boil it very gently for 6 or 7 hours, or until the liquor is reduced rather more than half; then strain it through a sieve into a basin, and put it in a cool place to set. As the liquor is strained, measure it, to ascertain the proportion for the jelly, allowing something for the sediment and fat at the top. To clarify it, carefully remove all the fat from the top, pour over a little warm water, to wash away any that may remain, and wipe the jelly with a clean cloth; remove the jelly from the sediment, put it into a saucepan, and, supposing the quantity to be a quart, add to it 6 oz. of loaf sugar, the shells and well-whisked whites of 5 eggs, and stir these ingredients together cold; set the saucepan on the fire, but do not stir the jelly after it begins to warm. Let it boil about 10 minutes after it rises to a head, then throw in a teacupful of cold water; let it boil 5 minutes longer, then take the saucepan off, cover it closely, and let it remain 1/2 hour near the fire. Dip the jelly-bag into hot water, wring it out quite dry, and fasten it on to a stand or the back of a chair, which must be placed near the fire, to prevent the jelly from setting before it has run through the bag. Place a basin underneath to receive the jelly; then pour it into the bag, and should it not be clear the first time, run it through the bag again. This stock is the foundation of all really good jellies, which may be varied in innumerable ways, by colouring and flavouring with liqueurs, and by moulding it with fresh and preserved fruits. To insure the jelly being firm when turned out, 1/2 oz. of isinglass clarified might be added to the above proportion of stock. Substitutes for calf's feet are now frequently used in making jellies, which lessen the expense and trouble in preparing this favourite dish; isinglass and gelatine being two of the principal materials employed; but, although they may look as nicely as jellies made from good stock, they are never so delicate, having very often an unpleasant flavour, somewhat resembling glue, particularly when made with gelatine.

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

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