

To Ragout A Duck Whole

Ingredients

1 large duck, pepper and salt to taste, good beef gravy, 2 onions sliced, 4 sage-leaves, a few leaves of lemon thyme, thickening of butter and flour.

Method

After having emptied and singed the duck, season it inside with pepper and salt, and truss it. Roast it before a clear fire for about 20 minutes, and let it acquire a nice brown colour. Put it into a stewpan with sufficient well-seasoned beef gravy to cover it; slice and fry the onions, and add these, with the sage-leaves and lemon thyme, both of which should be finely minced, to the stock. Simmer gently until the duck is tender; strain, skim, and thicken the gravy with a little butter and flour; boil it up, pour over the duck, and serve. When in season, about, 1-1/2 pint of young green peas, boiled separately, and put in the ragout, very much improve this dish.

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

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