

To Ragout A Knuckle Of Veal

Ingredients

Knuckle of veal, pepper and salt to taste, flour, 1 onion, 1 head of celery, or a little celery-seed, a faggot of savoury herbs, 2 blades of pounded mace, thickening of butter and flour, a few young carrots, 1 tablespoonful of ketchup, 1 tablespoonful of tomato sauce, 3 tablespoonfuls of sherry, the juice of 1/4 lemon.

Method

Cut the meat from a knuckle of veal into neat slices, season with pepper and salt, and dredge them with flour. Fry them in a little butter of a pale brown, and put them into a stewpan with the bone (which should be chopped in several places); add the celery, herbs, mace, and carrots; pour over all about 1 pint of hot water, and let it simmer very gently for 2 hours, over a slow but clear fire. Take out the slices of meat and carrots, strain and thicken the gravy with a little butter rolled in flour; add the remaining ingredients, give one boil, put back the meat and carrots, let these get hot through, and serve. When in season, a few green peas, _boiled separately_, and added to this dish at the moment of serving, would be found a very agreeable addition.

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

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