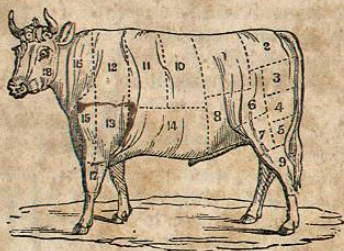


CHAPTER VIII.

BEEF.



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| No. | No. |
| 1. Sirloin. | 10. Fore Rib. (Five Ribs.) |
| 2. Rump. | 11. Middle Rib. (Four Ribs.) |
| 3. Edge-bone. | 12. Chuck Rib. (Three Ribs.) |
| 4. Buttock, or Round. | 13. Shoulder, or Leg of Mutton Piece. |
| 5. Mouse Buttock. | 14. Brisket. |
| 6. Veiny Piece. | 15. Clod. |
| 7. Thick Flank. | 16. Neck. |
| 8. Thin Flank. | 17. Shin. |
| 9. Leg. | 18. Cheek. |

TO CHOOSE BEEF.

If young and freshly killed, the lean of ox-beef will be smoothly grained, and of a fine, healthy, carnation-red, the fat rather white than yellow, and the suet white and firm. Heifer-beef is more closely grained, and rather less bright of colour, the bones are considerably smaller, and the fat of a purer white.

Of bull-beef we only speak to warn our readers, that it is of all meat the coarsest and the most rank in flavour. It may be known by its dark hue, its close tough fibre, and the scanty proportion, bad appearance, and strong odour of its fat.

In choice and well-fed beef, the lean will be found intergrained with fat: very lean meat is always of an inferior quality.

The ribs, the sirloin, and the rump, are the proper joints for roasting. The round, or buttock, the edge-bone, the second round, or mouse-buttock, the shin, the brisket, the shoulder, or leg of mutton piece, and the clod may be boiled or stewed. The neck is generally used for soup or gravy; and the thin flank for collaring. The best steaks are cut from the middle of the rump; the next best from the veiny piece, or from the chuck-rib. The inside of the sirloin, commonly used for the purpose in France, makes by far the most delicate steaks; but though *exceedingly* tender, they are considered by English epicures to be wanting in flavour.

The finest part of the sirloin is the chump-end, which contains the larger portion of the fillet: of the ribs, the middle ones are those generally preferred by experienced housekeepers.

TO ROAST SIRLOIN, OR RIBS OF BEEF.

Let the joint hang as long as it can possibly be kept perfectly sweet. When it is first brought in, remove the pipe of marrow which runs along the backbone, and cut out the kernels from the fat. Be very careful in summer to guard it from flies; examine it frequently in warm or damp weather; and scrape off with a knife, or wipe away with a dry cloth, any moisture which may appear on the surface: when this has been done, dust some powdered ginger or pepper over it. Unless the joint should be very large, its appearance will be improved by taking off the ends of the bones, which may then be laid in salt for a few days, and afterwards boiled. Spit the beef firmly; keep it far back from the fire until it is well heated through; baste it constantly; and proceed as directed in the general rules for roasting (see page 131). Persons who object to meat being *frothed* for table, have it dredged with flour when it is first placed at the fire, and sprinkled with fine salt when it is nearly done. It is not necessary to paper the fat of beef, as many cooks direct, if proper attention be given to it while roasting.

As a general rule, it may be observed, that when the steam from the meat draws strongly towards the fire, it is nearly or quite ready to serve. The time required to roast it will depend on the state of the weather,* the size and strength of the fire, the thickness of the joint, the use or non-use of a meat-screen or reflector, the general temperature of the kitchen and other contingencies. A quarter of an hour for each pound of meat is commonly allowed for solid, heavy joints, and, if the directions we have given be attended to, this will not be found too much even for persons who prefer beef somewhat rare: it must be left longer at the fire if wished very thoroughly roasted, and quite double the usual time when the plan we have noticed at page 132, is adopted. When likely to be sent to table hashed, minced, or dressed a second time in any way, the juices of the meat should be dried up as little as possible when it is first cooked.

ROAST RUMP OF BEEF.

As this joint is generally too large to serve whole, as much of it as will form a handsome dish should be cut from the chump end to roast. It must be managed as the sirloin, to which it is commonly preferred by connoisseurs. When boned and rolled into the form of a fillet of veal, as it sometimes is, nearly or quite an additional hour should be allowed to dress it.

TO ROAST PART OF A ROUND OF BEEF.

The natural division of the meat will show where the silver side of the round is to be separated from the upper or tongue side, which is the proper part for roasting, and which will be found equally good and profitable for the purpose, if allowed to hang as long as it can be kept sweet before it is dressed. Care should be taken in dividing the meat, not to pierce the inner skin. The silver side, with the udder, if there should be one to the joint, may be pickled, spiced, or simply salted, and will be excellent either way. The outside fat should be drawn tightly round

* The meat will be much sooner done in hot weather than in cold. If frozen, it must be thawed *very gradually* before it is put to the fire, or no length of time will roast it; this will be effected better by laying it into cold water for some hours before it is wanted, than by any other means.

the remainder of the beef, which must be firmly skewered, or bound with tape, to keep it in form. It will require long roasting at a strong, steady fire, and should be kept constantly basted.

Beef, 14 lbs.: 4½ to 5 hours.

Obs.—We think that larding the beef quite through with large lardoons of firm fat, of udder, or of bacon, would be an improvement; and we ought also to observe, that unless it be young and of fine quality, it will not answer well for roasting.

TO ROAST A FILLET OF BEEF.

Raise the fillet from the inside of the sirloin, or from part of it, with a sharp knife; leave the fat on, trim off the skin, lard it through, or all over, or roast it, quite plain; baste it with butter, and send it very hot to table, with tomato sauce, or sauce piquante, or eschalot sauce, in a tureen. It is sometimes served with brown gravy or currant jelly: it should then be garnished with forcemeat-balls, made as for hare. If not very large, an hour and a quarter will roast it well with a brisk fire.

Obs.—The remainder of the joint may be boned, rolled, and roasted, or braised; or made into meat cakes; or served as a miniature round of beef.

1 hour, 15 minutes.

ROAST BEEF STEAK.

If extremely tender, a large slice from the middle of the rump will make an excellent small dish of roast meat, when a joint is not easily to be procured. Let it be smoothly cut, from an inch to an inch and a half thick, flattened on a table, and the inside sprinkled with a little fine salt and cayenne, or common pepper. Make a roll of forcemeat, as No. 1 (page 122), adding, at pleasure, a flavouring of minced onion or eschalot, and increasing the quantity of spices; place this on one end of the steak, and roll it up tightly in it; skewer and bind the meat so that the forcemeat cannot escape, fasten a buttered paper over it, and roast it an hour and a half, or more, according to its size. Twenty minutes before it is served, take off the paper, and flour the meat, which should be kept well basted with butter all the time it is roasting. Send brown gravy to table with it, and pour a little over the beef.

1½ hour, or more.

TO BROIL BEEF STEAKS.

The steaks should be from half to three-quarters of an inch thick, equally sliced, and freshly cut from the middle of a well-kept, finely grained, and tender rump of beef. They should be neatly trimmed, and once or twice divided, if very large. The fire, as we have already said in the general directions for broiling (page 135), must be strong and clear. The bars of the gridiron should be thin, and not very close together. When they are thoroughly heated, without being sufficiently burning to scorch the meat, wipe and rub them with fresh mutton suet; next pepper the steaks slightly, but never season them with salt before they are dressed; lay them on the gridiron, and when done on one side, turn them on the other, being careful to catch, in the dish in which they are to be sent to table, any gravy which may threaten to drain from them when they are moved. Let them be served the *instant* they are taken from the fire; and have ready at the moment, dish, cover, and

plates, as hot as they can be. From eight to ten minutes will be sufficient to broil steaks for the generality of eaters, and more than enough for those who like them but partially done.

Genuine amateurs seldom take prepared sauce or gravy with their steaks, as they consider the natural juices of the meat sufficient. When any accompaniment to them is desired, a small quantity of choice mushroom catsup may be warmed in the dish that is heated to receive them; and which, when the not very refined flavour of a raw eschalot is liked, as it is by some eaters, may previously be rubbed with one, of which the large end has been cut off. A thin slice or two of fresh butter is sometimes laid under the steaks, where it soon melts and mingles with the gravy which flows from them. The appropriate tureen sauces for broiled beef steaks are onion, tomato, oyster, eschalot, hot horseradish, and brown cucumber, or mushroom sauce.

Obs. 1.—We have departed a little in this receipt from our previous instructions for broiling, by recommending that the steaks should be turned but *once*, instead of “often,” as all great authorities on the subject direct. By trying each method, our readers will be able to decide for themselves upon the preferable one: we can only say, that we have never eaten steaks so excellent as those which have been dressed *exactly* in accordance with the receipt we have just given, and we have taken infinite pains to ascertain the really best mode of preparing this very favourite English dish, which so constantly makes its appearance both carelessly cooked and ill served, especially at private tables.

Obs. 2.—It is a good plan to throw a few bits of charcoal on the fire some minutes before the steaks are laid down, as they give forth a strong heat without any smoke.

The upright gridirons, by which meat is rather *toasted* than broiled, though used in many kitchens and generally pronounced exceedingly convenient, where they have been tried, do not appear to us so well adapted for dressing steaks as those of less modern fashion, which are placed *over*, instead of before the fire.

BEEF STEAKS A LA FRANÇAISE.

The inside of the sirloin freed from skin, and cut evenly into round quarter-inch slices, should properly be used for these; but when it cannot be obtained, part of the rump must be substituted for it. Season the steaks with fine salt and pepper, brush them with a little clarified butter, and boil them over a clear, brisk fire. Mix a teaspoonful of parsley, minced extremely fine, with a large slice of fresh butter, a little cayenne, and a small quantity of salt. When the steaks are done, put the mixture into the dish intended for them, and lay them upon it; garnish them plentifully with fried potatoes. It is an improvement to squeeze the juice of half a lemon on the butter, before the meat is heaped over it. The potatoes should be sliced rather thin, coloured of a fine brown, and placed evenly round the meat.

BEEF STEAKS A LA FRANÇAISE (ENTRÉE); (another receipt.)

Cut the beef into small thin steaks as above, season them with fine salt and pepper, dredge them lightly with flour, and fry them in butter over a brisk fire; arrange them in a chain round a very hot dish, and pour into the centre a little olive sauce.

STEWED BEEF STEAK (ENTRÉE).

This may be cut from one to two inches thick, and the time of stewing it must be proportioned to its size. Dissolve a slice of butter in a large saucepan or stewpan, and brown the steak on both sides, moving it often that it may not burn; then shake in a little flour, and when it is coloured pour in by degrees rather more than sufficient broth or water to cover the meat. When it boils, season it with salt, take off the scum, slice in one onion, a carrot or two, and half a turnip; add a small bunch of sweet herbs, and stew the steak very softly from two hours and a half to three hours. A quarter of an hour before it is served, stir well into the gravy three teaspoonsful of rice flour smoothly mixed with a little cayenne, half a wineglassful of mushroom catsup, and a slight seasoning of spice. A teaspoonful of currie powder, in addition, will improve both the flavour and the appearance of the sauce. The onion is sometimes browned with the meat; and the quantity is considerably increased. Eschalots may be used instead, where their strong flavour is approved. A few button-mushrooms, stewed from twenty to thirty minutes with the meat, will render the catsup unnecessary. Wine, or any favourite store sauce, can be added at will.

$2\frac{1}{2}$ to 3 hours.

FRIED BEEF STEAK.

We have little to add here to the directions of page 136, which are sufficient to enable the cook to send a dish of fried steaks to table properly dressed. Currie sauce, highly *onioned*, is frequently served with them.

BEEF STEAK STEWED IN ITS OWN GRAVY; (*Good and wholesome.*)

Trim all the fat and skin from a rump steak of nearly an inch thick, and divide it once or twice; just dip it into cold water, let it drain for an instant, sprinkle it on both sides with pepper, and then flour it rather thickly; lay it quite flat into a well-tinned iron saucepan or stewpan, which has been rinsed with cold water, of which a tablespoonful should be left in it. Place it over (not upon) a *very* gentle fire, and keep it just simmering from an hour and a half to an hour and three quarters, when, if the meat be good, it will have become perfectly tender. Add salt to it when it first begins to boil, and turn it when rather more than half done. A couple of spoonsful of gravy, half as much catsup, and a slight seasoning of spice, would, to many tastes, improve this dish, of which, however, the great recommendation is its wholesome simplicity, which renders it suitable to the most delicate stomach. A thick mutton cutlet from the middle of the leg is excellent dressed thus.

$1\frac{1}{2}$ to $1\frac{3}{4}$ hour.

BEEF OR MUTTON CAKE; (*Very good.*)

Chop two pounds of lean and very tender beef or mutton, with three quarters of a pound of beef suet; mix them well, and season them with a dessertspoonful of salt, nearly as much pounded cloves, a teaspoonful of pounded mace, and half a teaspoonful of cayenne. Line a round baking dish with thin slices of fat bacon, press the meat closely into it, smooth the top, and cover it with bacon, set a plate on it with a weight, and bake it two hours and a quarter. Take off the bacon, and serve the meat hot, with a little rich brown gravy, or set it by until cold,

when it will be equally good. The fat of the meat which is used for this dish can be chopped up with it instead of suet, where it is liked as well; and onion, or eschalot, shred fine, minced savoury herbs, grated lemon-peel, rasped bacon, or mushrooms cut small, may in turn be added to vary it in flavour.

Lean beef or mutton, 2 lbs; suet, $\frac{3}{4}$ lb.; salt and cloves in powder, each a dessertspoonful; mace, 1 teaspoonful; half as much cayenne: baked $2\frac{1}{4}$ hours.

Obs.—A larger portion of suet, or of fat will render these cakes lighter, but will not otherwise improve them: they may be made of veal or of venison, but one-third of mutton suet or of fat bacon should be mixed with this last.

GERMAN STEW.

Cut into about three-inch squares, two pounds and a half of the leaner part of the veiny piece of beef, or of any joint which is likely to be tender, and set it on to stew, with a pint and three quarters of cold broth, or water, and one large onion sliced. When these begin to boil, add a teaspoonful of salt, and a third as much of pepper, and let them simmer gently for an hour and a half. Have ready some young white cabbages, parboiled; press the water well from them, lay them in with the beef, and let the whole stew for another hour. More onions, and a seasoning of mixed spices, or a few bits of lean bacon, or of ham, can be added to this stew when a higher flavour is desired; but it is very good without.

Beef, $2\frac{1}{2}$ lbs.; water, or broth, $1\frac{3}{4}$ pint; onion, 1; salt, 1 teaspoonful; third as much pepper: $1\frac{1}{2}$ hour. Parboiled cabbages, 3 or 4: 1 hour.

WELSH STEW.

Take the same proportions of beef, and of broth or water, as for the German stew. When they have simmered gently for an hour, add the white part of from twenty to thirty leeks, or two dozens of button onions, and five or six young mild turnips, cut in slices, a small lump of white sugar, nearly half a teaspoonful of white pepper, and more than twice as much salt. Stew the whole softly from an hour and a quarter to an hour and a half, after the vegetables are added.

Beef and water as above: 1 hour. Leeks, 20 to 30; or small onions, 24; young turnips, 6; small lump of sugar; white pepper, nearly $\frac{1}{2}$ teaspoonful; salt, twice as much: $1\frac{1}{4}$ to $1\frac{1}{2}$ hour.

A GOOD ENGLISH STEW.

On three pounds of tender rump of beef, freed from skin and fat, and cut down into two-inch squares, pour rather more than a quart of cold broth or gravy. When it boils add salt if required, and a little cayenne, and keep it just simmering for a couple of hours; then put to it the grated rind of a large lemon, or of two small ones, and half an hour after stir to it a tablespoonful of rice-flour, smoothly mixed with a wine-glassful of mushroom catsup, a dessertspoonful of lemon-juice, and a teaspoonful of soy: in fifteen minutes it will be ready to serve. A glass and a half of port, or of white wine, will greatly improve this stew, which may likewise be flavoured with the store-sauce of page 117, or with another, which we find excellent for the purpose, made with half a pint of port wine, the same of mushroom-catsup, a quarter-

pint of walnut-pickle, a tablespoonful of the best soy, and a dessert-spoonful of cayenne-vinegar, all well shaken together and poured into a bottle containing the thin rind of a lemon and two fine mellow anchovies, of moderate size. A few delicately fried forcemeat-balls may be slipped into it after it is dished.

Obs.—The limits of our work will not permit us to devote a further space to this class of dishes, but an intelligent cook will find it easy to vary them in numberless ways. Mushrooms, celery, carrots, sweet herbs, parboiled new potatoes, green peas, rice, and currie-powder may be advantageously used for that purpose. Oxtails, just blanched and cut into joints, will be found excellent substitutes for the beef: mutton and veal also may be dressed in the same way. The meat and vegetables can be browned before broth or water is poured to them; but, though perhaps more savoury, the stew will then be much less delicate. Each kind of vegetable should be allowed something more than sufficient time to render it perfectly tender, but not so much as would reduce it to pulp.

TO STEW SHIN OF BEEF.

Wash, and set it on to stew in sufficient cold water to keep it just covered until it is done. When it boils, take off the scum, and put an ounce and a quarter of salt to the gallon of water. It is usual to add a few cloves and some black pepper, slightly bruised and tied up loosely in a fold of muslin, two or more onions, a root of celery, a bunch of savoury herbs, four or five carrots, and as many turnips, either whole or sliced: if to be served with the meat, the last two will require a little more than the ordinary time of boiling, but otherwise they may be simmered with the meat from the beginning. Give the beef from four to five hours' gentle stewing; and serve it with part of its own liquor thickened and flavoured, or quite plain. An excellent dish for a family may be made by stewing the thick fleshy part of the shin or leg in stock made of the knuckle, with a few bits of lean ham, or a slice of hung beef from which the smoked edges have been carefully pared away, and some spice, salt, and vegetables: by frying these last before they are thrown into the soup-pot the savour of the stew will be greatly heightened; and a tureen of good soup may be made of its remains, after it has been served at table.

Ox-cheek, after having been soaked for four or five hours, and washed with great nicety, may be dressed like the shin; but as it has little flavour, the gravy should be strained, and quite cleared from fat, then put into a clean saucepan, and thickened as soon as it boils, with the following mixture:—three dessertspoonsful of rice-flour, nearly a wine-glassful of catsup, a teaspoonful of currie-powder, or a little powdered ginger and cayenne. When these have stewed for ten minutes, dish the head, pour the sauce over, and serve it.

Shin of beef, 4 to 5 hours. Ox-cheek, 2 to 3 hours.

FRENCH BEEF A LA MODE; (a common receipt.)

Take seven or eight pounds of a rump of beef (or of any other tender joint), free from bone, and skewer it firmly into a good shape. Put two ounces of butter into a thick saucepan or stewpan, and when it boils stir to it a tablespoonful of flour; keep these well shaken over a gentle fire until they are of a fine amber colour; then lay in the beef,

and brown it on both sides, taking care that it shall not stick to the pan. Pour to it by slow degrees, letting each portion boil before the next is added, or the butter will float upon the surface and be difficult to clear off afterwards, three quarters of a pint of hot water, or gravy; add a bunch of savoury herbs, one large or two small carrots cut in thick slices, two or three moderate-sized onions, two bay-leaves, and sufficient pepper and salt to season the gravy. Let the meat simmer gently from four to five hours, and turn it when it is half done. When ready to serve, lift the beef into a hot dish, lay the vegetables round, and pour the gravy over it, after having taken out the herbs and skimmed away the fat. In France, half or the whole of a calf's foot is stewed with the beef, which is there generally larded through with thick strips of fat bacon. (For larding, see page 139.) Veal dressed in this way is even better than beef. The stewpan used for either should be as nearly of the size of the meat as possible.

Beef, 7 to 8 lbs. : 4 to 5 hours.

STEWED SIRLOIN OF BEEF.

As a matter of convenience we have occasionally had this joint stewed instead of roasted, and have found it excellent. Cut out the inside or fillet as entire as possible, and reserve it for a separate dish; then remove the bones with care, or let the butcher do this for you; spread the meat flat on a table and cover the inside with thin slices of striped bacon, after having first strewed over it a mixed seasoning of a small teaspoonful of salt, half as much mace or nutmeg, and a moderate quantity of pepper or cayenne. Roll and bind the meat firmly, lay it into a stewpan or thick iron saucepan nearly of its size, and add the bones and as much good beef broth as will nearly cover the joint. Should this not be at hand, put a few slices of lean ham or bacon under the beef, and lay round it three pounds of neck or knuckle of veal, or of stewing beef, divided into several parts; then pour to it cold water instead of broth. In either case, so soon as it has boiled a few minutes and been well cleaned from scum, throw in a large faggot of savoury herbs, three or four carrots, as many leeks, or a large onion, stuck with a dozen cloves; and, an hour later, two blades of mace, and half a teaspoonful of peppercorns. Stew the beef *very* gently indeed from four to five hours, and longer, should the joint be large: serve it with a good Espagnole, sauce piquante, or brown caper sauce. Add what salt may be needed before the vegetables are thrown in; and, after the meat is lifted out, boil down to soup or gravy the liquor in which it has been stewed. To many tastes it would be an improvement to flour and brown the outside of the beef in butter before the broth or water is poured to it: it may also be stewed (but somewhat longer) half-covered with rich gravy, and turned when partially done. Minced eschalots may be strewed over the inside before it is rolled, when their strong savour is relished, or veal forcemeat may supply their place.

TO STEW A RUMP OF BEEF.

This joint is more easily carved, and is of better appearance when the bones are removed before it is dressed. Roll and bind it firmly, cover it with strong cold beef broth or gravy, and stew it very gently indeed from six hours to between seven and eight; add to it, after the

scum has been well cleared off, one large or two moderate-sized onions stuck with thirty cloves, a head of celery, two carrots, two turnips, and a large faggot of savoury herbs. When the beef is perfectly tender quite through, which may be known by probing it with a sharp thin skewer, remove the fillets of tape, dish it neatly, and serve it with a rich Espagnole, and a garnish of forced tomatas, or with a highly flavoured brown English gravy, and stewed carrots in the dish: for these last the mild preparation of garlic or eschalots, of page 110, may be substituted with good effect; they should be well drained, laid round the meat, and a little brown gravy poured over the whole.

This is the most simple and economical manner of stewing the beef; but should a richer one be desired, half roast the joint, and stew it afterwards in strong gravy, to which a pint of mushrooms, and a pint of sherry or Madeira, should be added an hour before it is ready for table. Keep it hot while a portion of the gravy is thickened with a well-made brown roux (see Chapter IV., page 96), and seasoned with salt, cayenne, and any other spice it may require. Garnish it with large balls of forcemeat, highly seasoned with minced eschalots, rolled in egg and bread-crumbs, and fried a fine golden brown.

Plainly stewed from 6 to 7 or 8 hours. Or: half roasted, then stewed from 4 to 5 hours.

Obs.—Grated horse-radish, mixed with some well-thickened brown gravy, a teaspoonful of mustard, and a little lemon-juice or vinegar, is a good sauce for stewed beef.

BEEF PALATES. (ENTRÉE.)

First rub them well with salt, to take off the slime; then wash them thoroughly in several waters, and leave them to soak for half an hour before they are dressed. Set them over the fire in cold water, and boil them gently until the skin will peel off, and the palates are tolerably tender. It is difficult to state the exact time required for this, as some will be done enough in two hours and a half, and others in not less than from four to five hours. When thus prepared, the palates may be cut into various forms, and simmered until fit to serve, in rich brown gravy, highly flavoured with ham, cayenne, wine, and lemon-peel; or they will make an excellent currie. As they are very insipid of themselves, they require a sauce of some piquancy, in which, after they have been peeled and trimmed, they should be stewed from twenty to thirty minutes, or until they are perfectly tender. The black parts of them must be cut away, when the skin is taken off. An onion, stuck with a few cloves, a carrot sliced, a teaspoonful of whole white pepper, a slice of butter, and a teaspoonful of salt, may be boiled with the palates in the first instance; and they will be found very good, if sent to table in the curried gravy of Chapter XIV., or in the Soubise of Chapter IV., made thinner than the receipts direct.

Boiled from 2½ to 4 or 5 hours. Stewed from 20 to 30 minutes.

Obs.—A French cook of some celebrity, orders the palates to be laid on the gridiron until the skin will peel or scrape off: the plan seems a good one, but we have not tried it.

BEEF PALATES; (*Neapolitan mode.*)

Boil the palates until the skin can be easily removed, then stew them

very tender in good veal broth, lay them on a drainer and let them cool; cut them across obliquely into strips of about a quarter inch in width, and finish them by either of the receipts for dressing macaroni, which will be found in Chapters XIV. and XVIII.

STEWED OX-TAILS.

They should be sent from the butcher ready jointed. Soak and wash them well, cut them into joints, or into lengths of two or three joints, and cover them with cold broth or water. As soon as they boil, remove the scum, and add a half-teaspoonful of salt, or as much more as may be needed, and a little common pepper, or cayenne, an onion stuck with half a dozen cloves, two or three small carrots, and a bunch or two of parsley. When these have simmered for two hours and a quarter, try the meat with a fork, and should it not be perfectly tender, let it remain over the fire until it is so. Ox-tails sometimes require nearly or quite three hours' stewing: they may be served with the vegetables, or with the gravy strained from them, and thickened like the English stew, of page 147.

Ox-tails, 2; water or broth to cover them; salt, ½ teaspoonful, or more; little pepper or cayenne; onion, 1; cloves, 6; carrots, 2 or 3; parsley, 2 or 3 branches: 2½ to 3 hours.

TO SALT AND PICKLE BEEF, IN VARIOUS WAYS.

Let the meat hang a couple of days in mild weather, and four or five in winter, before it is salted or pickled. During the heat of summer it is better to immerse it entirely in brine, that it may be secured alike from the flies, and from the danger of becoming putrid. Trim it, and take out the kernels from the fat; then rub a little fine dry salt over it, and leave it until the following day; drain it well from the blood, which will be found to have flowed from it, and it will be ready for any of the following modes of curing, which are all excellent of their kind, and have been well proved.

In very cold weather, the salt may be applied quite warm to the meat: it should always be perfectly dry, and reduced to powder.

Saltpetre hardens and renders meat indigestible; sugar, on the contrary, mellows and improves it much; and it is more tender when cured with bay salt than when common salt is used for it.

TO SALT AND BOIL A ROUND OF BEEF.

Mix an ounce of saltpetre, finely powdered, with half a pound of very coarse sugar, and rub the beef thoroughly with them; in two days add three-quarters of a pound of common salt, well dried and beaten; turn and rub the meat well in every part with the pickle for three weeks, when it will be fit to dress. Just wash off the salt, and skewer the beef as round and as even as possible; bind it tightly with broad tape, cover it with cold water, and let it simmer gently for at least five hours. Carrots, mashed turnips, or cabbages, are usually served with boiled beef; and horseradish stewed for ten minutes in equal parts of vinegar and water, then pressed well from them, and mixed with some rich melted butter, is a good sauce for it.

Beef, 20 lbs.; coarse sugar, ½ lb.; saltpetre, 1 oz.: 2 days. Salt, ¾ lb.: 21 days. Boil 5 hours, or more.

Obs.—Beef cured by this receipt, if properly boiled, is tender, of good colour and flavour, and not over salt. The rump, edge-bone, and brisket may be salted, or pickled in the same way as the round.

HAMBURGH PICKLE FOR BEEF, HAMS, AND TONGUE.

Boil together, for twenty minutes, two gallons of water, three pounds of bay salt, two pounds of coarse sugar, two ounces of saltpetre, and two of black pepper, bruised, and tied in a fold of muslin; clear off the scum thoroughly, as it rises, pour the pickle into a deep earthen-pan, and when it is quite cold lay in the meat, of which every part must be perfectly covered with it. A moderate-sized round of beef will be ready for table in a fortnight; it should be turned occasionally in the brine. Five pounds of common salt may be substituted for the quantity of bay salt given above; but the meat will not be so finely flavoured.

Water, 2 gallons; bay salt, 3 lbs.; saltpetre, 2 ozs.; black pepper, 2 ozs.; sugar, 2 lbs.: 20 minutes.

ANOTHER PICKLE FOR TONGUES, BEEF, AND HAMS.

To three gallons of spring water add six pounds of common salt, two pounds of bay salt, two pounds of common loaf sugar, and two ounces of saltpetre. Boil these over a gentle fire, and be careful to take off all the scum as it rises: when quite cold it will be fit for use. Rub the meat to be cured with fine salt, and let it drain for a day or two, in order to free it from the blood; then immerse it in the brine, taking care that every part of it shall be covered. Young pork should not remain more than from three to five days in the pickle; but hams for drying may be left in it for a fortnight at least: tongues will be ready in rather less time. Beef may remain from one week to two, according to its size, and the degree of saltiness desired for it. A little experience will soon teach the exact time required for the different kinds of meat. When the pickle has been in use for about three months, boil it up again gently, and take the scum carefully off. Add to it three pounds of common salt, four ounces of sugar, and one of saltpetre: it will remain good for a year or more.

Water, 3 gallons; common salt, 6 lbs.; bay salt, 2 lbs.; loaf sugar, 2 lbs.; saltpetre, 2 ozs.: boil 20 to 30 minutes.

DUTCH, OR HUNG BEEF.

For fourteen pounds weight of the round, the rump, or the thick flank of beef, mix two ounces of saltpetre with the same quantity of coarse sugar; rub the meat with them in every part, and let it remain for two days, then add one pound of bay salt, four ounces of common salt, and one ounce of ground black pepper. Rub these ingredients thoroughly into the beef, and in four days pour over it a pound of treacle; rub and turn it daily for a fortnight; drain, and send it to be smoked. When wanted for table, lay it into plenty of cold water, boil it very slowly, and press it under a heavy weight while hot. A slice of this beef, from which the edges have been carefully trimmed, will serve to flavour soups or gravies as well as ham.

Beef, 14 lbs.; saltpetre and coarse sugar, each 2 ozs.: 2 days. Bay salt, 1 lb.; common salt, 4 ozs.; pepper, 1 oz.: 4 days. Treacle, 1 lb.: 14 days.

Obs.—Three quarters of a pound of coarse sugar may be rubbed into the meat at first, and the treacle may be altogether omitted; cloves and mace, too, may be added in the same proportion as for spiced beef.

COLLARED BEEF.

Only the thinnest part of the flank, or the ribs, which are not so generally used for it, will serve conveniently for collaring. The first of these should be hung in a damp place for a day or two, to soften the outer skin; then rubbed with coarse sugar, and left for a couple of days; when, for eight pounds of the meat, one ounce of saltpetre and half a pound of salt should be added. In ten days it will be fit to dress. The bones and tough inner skin must be removed, and the beef sprinkled thickly on the under side with parsley and other savoury herbs shred small, before it is rolled, which should be done very tightly: it must then be secured with a cloth, and bound as closely as possible with broad tape. It will require nearly or quite five hours of gentle boiling, and should be placed while hot under a weight, or in a press, without having the tape and cloth removed.

Beef, 8 lbs.; sugar, 3 ozs.; salt, 8 ozs.: 10 days. Boil 5 hours.

COLLARED BEEF; (*another way.*)

Mix half an ounce of saltpetre with the same quantity of pepper, four ounces of bay salt, and four of common salt; with these rub well from six to seven pounds of the thin flank, and in four days add seven ounces of treacle; turn the beef daily in the pickle for a week or more; dip it into water, bone it and skin the inside, roll and bind it up very tightly, lay it into cold water, and boil it for three hours and a half. We have found beef dressed by this receipt extremely good: herbs can, of course, be added to it as usual. Spices and juniper berries would to many tastes improve it, but we give the receipt simply as we have been accustomed to have it used.

Thin flank, 6 to 7 lbs.; bay-salt, and common salt, each 4 ozs.; saltpetre, $\frac{1}{2}$ oz.; pepper, $\frac{1}{2}$ oz.: 4 days. Treacle, 7 ozs.: 8 to 10 days. Boiled $3\frac{1}{2}$ hours.

A COMMON RECEIPT FOR SALTING BEEF.

One ounce of saltpetre, and a pound of common salt, will be sufficient for sixteen pounds of beef. Both should be well dried, and finely powdered; the saltpetre rubbed first equally over the meat, and the salt next applied in every part. It should be rubbed thoroughly with the pickle and turned daily, from a week to ten days. An ounce or two of sugar mixed with the saltpetre will render the beef more tender and palatable.

Beef, 16 lbs.; saltpetre, 1 oz.; salt, 1 lb.: 7 to 10 days.

SPICED ROUND OF BEEF; (*very highly flavoured.*)

Rub the beef well in every part with half a pound of coarse brown sugar, and let it remain two days; then reduce to powder, and mix thoroughly before they are applied to the meat, two ounces of saltpetre, three quarters of a pound of common salt, a quarter-pound of black pepper, three ounces of allspice, and four of bruised juniper-berries. Rub these ingredients strongly and equally over the joint, and do so daily for three weeks, turning it at the same time. Just wash off the spice,

and put the beef into a tin, or covered earthen pan as nearly of its size as possible, with a cup of water or gravy; cover the top thickly with chopped beef-suet, and lay a coarse thick crust over the pan; place the cover on it, and bake the meat from five to six hours in a well-heated oven, which should not, however, be sufficiently fierce to harden the outside of the joint, which, if properly managed, will be exceedingly tender. Let it cool in the pan; and clear off the suet before it is dished. It is to be served cold, and will remain good for a fortnight.

Beef, 20 to 25 lbs. weight; sugar, 3 ozs.: 2 days. Saltpetre, 2 ozs.; common salt, $\frac{3}{4}$ lb.; black pepper, 4 ozs.; allspice, 3 ozs.; juniper-berries, 4 ozs.: 21 days. Baked 5 to 6 hours.

Obs.—We have not ourselves tested this receipt, but the meat cured by it has received such high commendations from several of our friends who have partaken of it frequently, that we think we may safely insert it without. The proportion of allspice appears to us more than would be agreeable to many tastes, and we would rather recommend that part of it should be omitted, and that a portion of nutmeg, mace, and cloves should be substituted for it; as we have found these spices to answer well in the following receipt.

SPICED BEEF; (*good and wholesome.*)

For twelve pounds of the round, rump, or thick flank of beef, take a large teaspoonful of freshly-pounded mace, and of ground black pepper, twice as much of cloves, one small nutmeg, and a quarter teaspoonful of cayenne, all in the finest powder. Mix them *well* with seven ounces of brown sugar, rub the beef with them and let it lie three days; add to it then half a pound of fine salt, and rub and turn it once in twenty-four hours for twelve days. Just wash, but do not soak it; skewer, or bind it into good form, put it into a stewpan or saucepan nearly of its size, pour to it a pint and a half of good beef broth, and when it begins to boil, take off the scum, and throw in one small onion, a moderate-sized faggot of thyme and parsley, and two large, or four small carrots. Let it simmer quite softly for four hours and a half, and if not wanted to serve hot, leave it in its own liquor until it is nearly cold. This is an excellent and far more wholesome dish than the hard, bright-coloured beef which is cured with large quantities of salt and saltpetre: two or three ounces of juniper-berries may be added to it with the spice, to heighten its flavour.

Beef, 12 lbs.; sugar, 7 ozs.; mace and black pepper, each, 1 large teaspoonful; cloves, in powder, 1 large dessertspoonful; nutmeg, 1; cayenne, $\frac{1}{4}$ teaspoonful: 3 days. Fine salt, $\frac{1}{2}$ lb.: 12 days. Beef broth (or bouillon), 1 $\frac{1}{2}$ pint; onion, 1 small; bunch of herbs; carrots, 2 large, or 4 small: stewed 4 $\frac{1}{2}$ hours.

Obs.—We give this receipt *exactly* as we have often had it used, but celery and turnips might be added to the gravy; and when the appearance of the meat is much considered, three-quarters of an ounce of saltpetre may be mixed with the spices; the beef may also be plainly boiled in water only, with a few vegetables, or baked in a deep pan with a little gravy. No meat must ever be left to cool in the stewpan or saucepan in which it is cooked; it must be lifted into a pan of its own depth, and the liquor poured upon it.

A MINIATURE ROUND OF BEEF.

“Select a fine rib of beef, and have it cut small or large in width, according to your taste; it may thus be made to weigh from five to twelve pounds, or more. Take out the bone, and wrap the meat round like a fillet of veal, securing it with two or three wooden skewers; place it in a strong pickle for four or five days, and then cook it, taking care that it does not boil, but only simmers from forty minutes, or more, according to its size. It is best to put it on in hot water, as it will not draw the gravy so much as cold. Many persons adjust a rib of beef in this way for roasting: let them try it salted, and they need not envy the possessor of the finest round of beef.” We give the receipt to our readers in its original form, and we can assure them, from our own experience, that it is a good one; but we would recommend that, in dressing the meat, quite the usual time for each pound of it should be allowed. When boned and rolled at the butcher's, the skewers should be removed when it is first brought in; it should be well wiped with a dry cloth, or washed with a little fresh brine, and a small quantity of salt and saltpetre should be rubbed over the inside; it may then be firmly bound with tape, and will be quite ready to boil when taken from the pickle. The sirloin, after the inside fillet is removed, may be cured and dressed in the same way, and will be found super-excellent, if the beef be well fattened and properly kept. The Hamburg pickle (see page 152,) is perhaps the best for these joints. Part of the rump, taken clear of bone, answers admirably when prepared by this receipt.

BEEF ROLL, OR, CANELLON DE BEEF. (ENTRÉE.)

Chop and mix thoroughly two pounds of lean and very tender beef, with one pound of slightly striped bacon; season them with a large teaspoonful of pepper, a little salt, a small nutmeg, or two-thirds as much of mace, the grated rind of a lemon, or a teaspoonful of thyme and parsley finely minced. Form the whole into a thick rouleau, wrap a buttered paper round it, enclose it in a paste made of flour and water, and send it to a moderate oven for a couple of hours. Remove the paper and the crust, and serve the meat with a little brown gravy. Lamb and veal are excellent dressed in this way, particularly when mixed with plenty of mushrooms. Brown cucumber sauce should be served with the lamb; and currie, or oyster sauce, when there are no mushrooms, with the veal. A flavouring of onion or of eschalot, where it is liked, can be added at pleasure to the beef; suet, or the fat of the meat, may be substituted for the bacon.

Beef, 2 lbs.; bacon, 1 lb.; pepper, $\frac{1}{4}$ oz.; little salt; small nutmeg; rind of 1 lemon, or fine herbs, 1 tablespoonful: baked 2 hours.

MINCED COLLOPS AU NATUREL.

Mince finely a pound of very tender undressed beef, free from fat or skin; season it with a moderate quantity of pepper and salt, set it over a gentle fire, and keep it stirred with a fork until it is quite hot, that it may not gather into lumps. Simmer it very slowly in its own gravy from ten to twelve minutes, and then, should it be too dry, add a little boiling water, broth, or gravy; stew it two minutes longer, and serve it directly.

These collops are particularly suited to persons in delicate health, or