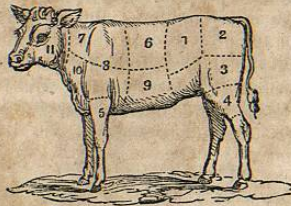


## CHAPTER IX.

## VEAL.



- No.  
1. Loin, Best End.  
2. Loin, Chump End.  
3. Fillet.  
4. Hind Knuckle.  
5. Fore Knuckle.

- No.  
6. Neck, Best End.  
7. Neck, Scrag End.  
8. Blade Bone.  
9. Breast, Best End.  
10. Breast, Brisket End.

## TO CHOOSE VEAL.

Veal should be fat, finely grained, white, firm, and not overgrown: for when very large it is apt to be coarse and tough. It is more difficult to keep than any other meat except pork, and should never be allowed to acquire the slightest taint before it is dressed, as any approach to putridity renders it equally unwholesome and offensive to the taste. The fillet, the loin, the shoulder, and the best end of the neck, are the parts generally selected for roasting; the breast and knuckle are more usually stewed or boiled. The udder, or firm white fat of the fillet, is much used by French cooks instead of butter, especially in the composition of their forcemeats: for these, it is first well boiled, then left until quite cold, and afterwards thoroughly pounded before it is mixed with the other ingredients. The head and feet of the calf are valuable articles of food, both for the nutriment which the gelatinous parts of them afford, and for the great variety of modes in which they may be dressed. The kidneys, with the rich fat that surrounds them, and the sweetbreads especially, are well known delicacies; the liver and the heart also are very good eating; and no meat is so generally useful for rich soups and gravies as veal.

## TO TAKE THE HAIR FROM A CALF'S HEAD WITH THE SKIN ON.

It is better to do this before the head is divided; but if only the half of one with the skin on can be procured, it must be managed in the same way. Put it into plenty of water which is on the point of simmering, but which does not positively boil, and let it remain in until it does so, and for five or six minutes afterwards, but at the first full bubble draw it from the fire and let it merely scald; then lift it out, and with a knife that is *not* sharp scrape off the hair as closely and as quickly as possible. The butchers have an instrument on purpose for the operation; but we have had the head look quite as well when done in the manner we have just described, as when it has been sent in ready prepared by them. After the hair is off, the head should be well

washed, and if it cannot be cooked the same day, it must be wiped extremely dry before it is hung up; and when it has not been divided, it should be left whole until the time approaches for dressing it. The brain must then be taken out, and both that and the head well soaked and washed with the greatest nicety. When the half head only is scalded, the brain should first be removed. Calves' feet are freed from the hair easily in the same manner; indeed, we find it a better mode of having it cleared from them than the one we have given in Chapter XX., though that is practised by many good butchers.

## BOILED CALF'S HEAD.

When the head is dressed with the skin on, which many persons prefer, the ear must be cut off quite close to it; it will require three quarters of an hour or upwards of additional boiling, and should be served covered with fried crumbs: the more usual mode, however, is to boil it without the skin. In either case, first remove the brain, wash the head delicately clean, and soak it for a quarter of an hour; cover it plentifully with cold water, remove the scum as it rises with great care, throw in a little salt, and boil the head gently until it is perfectly tender. In the mean time, wash and soak the brains first in cold and then in warm water, remove the skin or film, boil them in a small saucepan from fourteen to sixteen minutes, according to their size, and when they are done, chop and mix them with eight or ten sage leaves boiled tender, and finely minced, or, if preferred, with parsley boiled instead; warm them in a spoonful or two of melted butter, or white sauce; skin the tongue, trim off the root, and serve it in a small dish with the brains laid round it. Send the head to table very hot, with parsley and butter poured over it, and some more in a tureen. A cheek of bacon, or very delicate pickled pork, and greens, are the usual accompaniments to boiled calf's head.

We have given here the common English mode of serving this dish, by some epicures considered the best, and by others, as exceedingly insipid. On the Continent, tomato sauce takes the place of the parsley and butter; and rich oyster or Dutch sauce are varieties often substituted for it in this country.

With the skin on, from 2 $\frac{1}{4}$  to 2 $\frac{3}{4}$  hours; without the skin, from 1 $\frac{1}{4}$  to 1 $\frac{3}{4}$  hour.

CALF'S HEAD, THE WARDER'S WAY; (*an excellent receipt.*)

Boil the half-head until tolerably tender; let it cool, and bone it entirely; replace the brain, lay the head into a stewpan, and simmer it gently for an hour in rich gravy. From five and twenty to thirty minutes before it is dished, add, if procurable, half a pint of mushroom-buttons. Thicken the gravy, if needful, with rice-flour, or with flour and butter, and serve plenty of forcemeat-balls round the head. For dishes of this kind, a little sweet-basil wine, or a few sprigs of the herb itself, impart a very agreeable flavour. When neither these nor mushrooms are within reach, the very thin rind of a small but fresh lemon may be boiled in the gravy, and the strained juice added at the instant of serving.

Boiled from 1 to 2 hours; stewed 1 hour.

*Obs.*—The skin, *with the ear*, may be left on the head for this receipt, and the latter slit into narrow strips from the tip to within an

inch and a half of the base; which will give it a feathery and ornamental appearance: the head may then be glazed or not at pleasure.

PREPARED CALF'S HEAD; (*the Cook's receipt.*)

Take away the brains and tongue from the half of a calf's head, and then remove the bones, being careful in doing so to keep the knife as close to them as possible, and to avoid piercing the outer skin: in this consists the whole art of boning, in which an attentive cook may easily render herself expert. Next wash the head and dry it in a clean cloth; sprinkle over the inside a little pounded mace and cayenne, or white pepper; roll it up tightly, and bind it round with tape or twine. Lay into a small stewpot three or four pounds of neck of veal or of beef, twice or thrice divided, and place the head upon it with the bones well broken; pour in half a gallon of cold water, or as much as will suffice to keep the head covered until it is done, and simmer it very gently from an hour and a quarter to an hour and three quarters. When it is extremely tender, lift it out, and if wanted for table, remove the binding, and serve it very hot, with currie sauce, rich oyster sauce, or egg sauce and brown gravy; but should the remains, or the whole of it be required for the following receipts, pour no gravy over it: in the latter case do not take off the tape for several hours. The tongue may be stewed with the head, but will require rather less time. We do not think it needful to repeat in every receipt our directions for adding salt to, and removing carefully the scum from, meats that are stewed or boiled, but the cook must not neglect either. When the trouble of boning is objected to, it can be dispensed with for some of the dishes which follow, but not for all. After the head is taken out, boil the gravy until it is well reduced, and rich: it should be strongly jellied when cold. A bone of ham, or a slice of hung beef will much improve its flavour; but vegetables must be avoided if it be wanted to keep: a little spice and a faggot of parsley may be added to it, and a calf's foot will be sure to give it the requisite degree of firmness. This receipt is for a head without the skin.

HASHED CALF'S HEAD.

When the whole of this dish has to be prepared, make for it a quart of stock, and proceed in all else as in making mock turtle soup; but after the head has been parboiled, cut down a full pound and a half of it for the hash, and slice it small and thick, instead of dividing it into dice. Make the brains into cakes (see page 126), and garnish the dish with forcemeat balls, rolled in egg, and in the finest bread-crumbs, then fried a delicate brown, and well drained, and dried upon a warm sieve reversed. The wine and other seasonings should be the same as for the soup.

Rich gravy, 1 quart; flesh of calf's head, full 1½ lb.; wine, and other seasonings, as for mock turtle soup.

*Obs.*—The gravy for this hash should be stewed with ham, eschalots, &c., exactly as for the soup.

CHEAP HASH OF CALF'S HEAD.

Take the flesh from the bone of a cold boiled head, and put it aside until wanted; take about three pints of the liquor in which it was

cooked; break the bones, and stew them down with a small bunch of savoury herbs, a carrot, or two should they be small, a little carefully fried onion, four cloves, a dozen corns of pepper, and either a slice or two of lean unboiled ham, or the bone of a boiled one, quite cleared of flesh, well bruised and broken, and freed carefully from any of the smoked outsides. If neither of these can be had, from half to a whole pound of neck of beef should be stewed with the bones, or the whole will be insipid in flavour. When the liquid is reduced nearly half, strain it, take off the fat, thicken it with a little well-made roux, or, if more convenient, with flour and butter, stirred into it when it boils, or with rice flour or arrow-root, mixed with a little spice, mushroom catsup, or Harvey's sauce, and a small quantity of lemon pickle or Chili vinegar. Heat the meat slowly in the sauce when it is ready, but do not allow it to boil. The forcemeat, No. 1. of Chapter VI., may be rolled into balls, fried, and served round it. The gravy should be well seasoned.

TO DRESS COLD CALF'S HEAD OR VEAL A LA MAITRE D'HOTEL. (GOOD.)

(*English receipt.*)

Cut into small delicate slices, or into scollops of equal size, sufficient cold calf's head or veal for a dish. Next knead very smoothly together with a knife two ounces of butter, and a small dessertspoonful of flour; put these into a stewpan or well-tinned saucepan, and keep them stirred or shaken over a gentle fire until they have simmered for a minute or two, but do not let them take the slightest colour; then add to them in very small portions (letting the sauce boil up after each is poured in) half a pint of pale veal gravy, or of good shin-of-beef stock, and when the whole is very smoothly blended, and has boiled for a couple of minutes, mix together and stir to it a tablespoonful of common vinegar, a dessertspoonful of Chili vinegar, a little cayenne, a tablespoonful of good mushroom catsup, and a *very small* bit of sugar; and when the sauce again boils, strew a tablespoonful of minced parsley over the meat, lay it in, and let it stand by the fire until it is quite heated through, but do not allow it to boil: if kept just at the simmering point for ten or twelve minutes, it may be served perfectly hot without. The addition of the mushroom catsup converts this into an English sauce, and renders it in colour, as well as in flavour, unlike the French one which bears the same name, and which is acidulated generally with lemon-juice instead of vinegar. Pickled mushrooms are sometimes added to the dish: the parsley when it is objected to may be omitted, and the yolks of two or three eggs mixed with a little cream may be stirred in, but not allowed to boil, just before the meat is served. When veal is used for this hash instead of calf's head, it should be cut into slices not much larger than a twenty-five cent piece, and freed entirely from fat, sinew, and the brown edges. When neither broth nor gravy is at hand, a morsel or two of lean ham, and a few of the trimmings or bones of the head or joint, may be boiled down to supply its place.

Sufficient cold calf's head, or meat, for a dish; butter, 2 ozs.; flour, 1 small dessertspoonful; gravy, or strong broth, ½ pint; vinegar, and mushroom catsup, of each 1 tablespoonful; Chili vinegar, 1 dessertspoonful; *small* bit of sugar; little cayenne, and salt if needed; parsley, 1 tablespoonful (pickled mushrooms or not at pleasure).

*Obs.*—Soles or codfish are very good, if raised neatly from the bones, or *flaked*, and heated in this Maître d'Hotel sauce.

CALF'S HEAD BRAWN; (*author's receipt.*)

The half of a fine large calf's head, with the skin on, will best answer for this brawn. Take out the brains, and bone it entirely, or get the butcher to do this; rub a little fine salt over, and let it drain for ten or twelve hours; next wipe it dry, and rub it well in every part with three-quarters of an ounce of saltpetre finely powdered (or with an ounce should the head be *very large*) and mixed with four ounces of common salt, and three of bay salt, also beaten fine; turn the head daily in this pickle for four or five days, rubbing it a little each time; and then pour over it four ounces of treacle, and continue to turn it every day, and baste it with the brine very frequently for a month. Hang it up for a night to drain, fold it in brown paper, and send it to be smoked where wood only is burned, from three to four weeks. When wanted for table, wash and scrape it very clean, but do not soak it; lay it, with the rind downwards, into a saucepan or stewpan, which will hold it easily; cover it *well* with cold water, as it will swell considerably in the cooking; let it heat rather slowly, skim it thoroughly when it first begins to simmer, and boil it as gently as possible from an hour and three-quarters to a couple of hours, or more, should it not then be *perfectly* tender quite through; for unless sufficiently boiled, the skin, which greatly resembles brawn, will be unpleasantly tough when cold. When the fleshy side of the head is done, which will be twenty minutes or half an hour sooner than the outside, pour the water from it, leaving so much only in the stewpan as will just cover the gelatinous part, and simmer it until this is thoroughly tender. The head thus cured is very highly flavoured, and most excellent eating. The receipt for it is entirely new, having originated with ourselves. We give the reader, in addition, the result of our first experiment with it, which was exceedingly successful:—"A half calf's head, not very large, without the skin, pickled with three ounces of common salt, two of bay salt, half an ounce of saltpetre, one ounce of brown sugar, and *half an ounce of pepper*, left four days; then three ounces of treacle added, and the pickling continued for a month; smoked nearly as long, and boiled between one hour and a half, and two hours." The pepper was omitted in our second trial, because it did not improve the appearance of the dish, although it was an advantage in point of flavour. Juniper-berries might, we think, be added with advantage, when they are liked; and cayenne tied in a muslin might supply the place of the pepper. It is an infinite improvement to have the skin of the head left on.

TO ROAST A FILLET OF VEAL.

Take out the bone and put a good roll of forcemeat (No. 1, page 122) under the flap, dividing first, with a sharp knife, the skin from the meat sufficiently to admit the quantity required; secure it well, truss the veal firmly into good shape, place it at a distance from the fire at first, and baste it with butter. The outside will have a richer crust of browning if the meat be washed, wiped tolerably dry, and well floured before it is laid to the fire. It should be carefully watched, and basted often, that the fat may not burn. Pour melted butter over it after it is dished,

and serve with it a boiled cheek of bacon and a lemon. Roast it from three hours and a half, to four hours and a half, according to its size.

BOILED FILLET OF VEAL.

A small and delicately white fillet should be selected for this purpose. Bind it round with tape, after having washed it thoroughly; cover it well with cold water, and bring it gently to boil; watch, and clear off carefully, the scum as it rises, and be, at the same time, very cautious not to allow the water to become smoked. Let the meat be *gently simmered* from three hours and a half to four and a half, according to its weight. Send it to table with rich white sauce, and a boiled tongue; or make for it in the first instance the oyster forcemeat of Chapter VI., and serve with the veal a tureen of well-made oyster sauce.

3½ to 4½ hours.

ROAST LOIN OF VEAL.

It is not usual to stuff a loin of veal, but we greatly recommend the practice, as an infinite improvement to the joint. Make the same forcemeat as for the fillet; and insert it between the skin and the flesh just over the ends of the bones. Skewer down the flap, place the joint at a moderate distance from a sound fire, keep it constantly basted, and be especially careful not to allow the kidney fat to burn: to prevent this, and to ensure the good appearance of the joint, a buttered paper is often fastened round the loin, and removed about half an hour before it is taken from the fire. It is the fashion in some counties to serve *egg-sauce* and brown gravy with roast loin, or breast of veal.

The cook will scarcely need to be told that she must separate the skin from the flank, with a sharp knife, quite from the end, to the place where the forcemeat is to be put, and then skewer the whole very securely. When the veal is not papered, dredge it well with flour soon after it is laid to the fire.

2 to 2½ hours.

BOILED LOIN OF VEAL.

If dressed with care and served with good sauces, this, when the meat is small and white, is an excellent dish, and often more acceptable to persons of delicate habit than roast veal. Take from eight to ten pounds of the best end of the loin, leave the kidney in with all its fat, skewer or bind down the flap, lay the meat into cold water, and boil it as *gently as possible* from two hours and a quarter to two and a half, clearing off the scum perfectly, as in dressing the fillet. Send it to table with well-made oyster sauce, or béchamel, or with white sauce well flavoured with lemon-juice, and with parsley, boiled, pressed dry, and finely chopped.

2¼ to 2½ hours.

STEWED LOIN OF VEAL.

Take part of a loin of veal, the chump end will do; put into a large, thick, well-tinned iron saucepan, or into a stewpan, about a couple of ounces of butter, and shake it over a moderate fire until it begins to brown; flour the veal well all over, lay it into the saucepan, and when it is of a fine, equal light-brown, pour gradually in veal broth, gravy, or boiling water to nearly half its depth; add a little salt, one or two sliced carrots, a small onion, or more when the flavour is much liked,

and a bunch of parsley; stew the veal very softly for an hour or rather more; then turn it, and let it stew for nearly or quite another hour, or longer should it not appear perfectly done. As none of our receipts have been tried with large, coarse veal, the cooking must be regulated by that circumstance, and longer time allowed should the meat be of more than middling size. Dish the joint; skim all the fat from the gravy, and strain it over the meat; or keep the joint hot while it is rapidly reduced to a richer consistency. This is merely a plain family stew.

## BOILED BREAST OF VEAL.

Let both the veal and the sweetbread be washed with exceeding nicety, cover them with cold water, clear off the scum as it rises, throw in a *little* salt, add a bunch of parsley, a large blade of mace, and twenty white peppercorns; simmer the meat from an hour to an hour and a quarter, and serve it covered with rich onion sauce. Send it to table very hot. The sweetbread may be taken up when half done, and curried, or made into cutlets, or stewed in brown gravy. When onions are objected to, substitute white sauce and a cheek of bacon for them, or parsley and butter, if preferred to it.

1 to 1½ hour.

## TO ROAST A BREAST OF VEAL.

Let the caul remain skewered over the joint till within half an hour of its being ready for table; place it at a moderate distance from a brisk fire, baste it constantly, and in about an hour and a half remove the caul, flour the joint, and let it brown. Dish and pour melted butter over it, and serve it with a cut lemon, and any other of the usual accompaniments to veal. It may be garnished with fried balls of the forcemeat (No. 1, Chapter VI.), about the size of a walnut.

2 to 2½ hours.

## TO BONE A SHOULDER OF VEAL, MUTTON OR LAMB.

Spread a clean cloth upon a table or dresser, and lay the joint flat upon it, with the skin downwards; with a sharp knife cut off the flesh from the inner side, nearly down to the blade bone, of which detach the edges first, then work the knife *under* it, keeping it always *close to the bone*, and using all possible precaution not to pierce the outer skin; when it is in every part separated from the flesh, loosen it from the socket with the point of the knife, and remove it; or, without dividing the two bones, cut round the joint until it is freed entirely from the meat, and proceed to detach the second bone. That of the knuckle is frequently left in, but for some dishes it is necessary to take it out; in doing this, be careful not to tear the skin. A most excellent grill may be made by leaving sufficient meat for it upon the bones of a shoulder of mutton, when they are removed from the joint: it will be found very superior to the broiled blade-bone of a *roast* shoulder, which is so much esteemed by many people.

STEWED SHOULDER OF VEAL; (*English receipt*.)

Bone a shoulder of veal, and strew the inside thickly with savoury



Shoulder of Veal or Mutton, boned and rolled.

herbs, minced small; season it well with salt, cayenne, and pounded mace; and place on these a layer of ham cut in thin slices, and freed from rind and rust. Roll the veal, and bind it tightly with a fillet; roast it for an hour and a half, then simmer it gently in good brown gravy for five hours; add forcemeat balls before it is dished; skim the fat from the gravy, and serve it with the meat. This receipt, for which we are indebted to a correspondent on whom we can depend, and which we have not, therefore, proved ourselves, is for a joint which weighs ten pounds before it is boned.

## ROAST NECK OF VEAL.

The best end of the neck will make an excellent roast. A forcemeat may be inserted between the skin and the flesh, by first separating them with a sharp knife; or the dish may be garnished with the forcemeat in balls. From an hour and three-quarters to a couple of hours will roast it. Pour melted butter over it when it is dished, and serve it like other joints. Let it be floured when first laid to the fire, kept constantly basted, and always at a sufficient distance to prevent its being scorched.

1½ to 2 hours.

For the forcemeat, see No. 1, Chapter VI. From 8 to 10 minutes will fry the balls.

KNUCKLE OF VEAL; (*en Ragout*.)

Cut in small thick slices the flesh of a knuckle of veal, season it with a little fine salt and white pepper, flour it lightly, and fry it in butter to a pale brown, lay it into a very clean stewpan or saucepan, and just cover it with boiling water; skim it clean, and add to it a faggot of thyme and parsley, the white part of a head of celery, a small quantity of cayenne, and a blade or two of mace. Stew it very softly from an hour and three-quarters, to two hours and a half. Thicken and enrich the gravy if needful with rice-flour and mushroom catsup or Harvey's sauce, or with a large teaspoonful of flour, mixed with a slice of butter, a little good store-sauce and a glass of sherry or Madeira. Fried forcemeat balls of No. 1, page 122, may be added at pleasure. With an additional quantity of water, or of broth (made with the bones of the joint), a pint and a half of young green peas stewed with the veal for an hour will give an agreeable variety of this dish.

## BOILED KNUCKLE OF VEAL.

After the joint has been trimmed and well washed, put it into a vessel well adapted to it in size, for if it be very large, so much water will be required that the veal will be deprived of its flavour; it should be well covered with it, and *very gently* boiled until it is perfectly tender in every part, but not so much done as to separate from the bone. Clear off the scum with scrupulous care when the simmering first commences, and throw in a small portion of salt; as this, if sparingly used, will not redden the meat, and will otherwise much improve it. Parsley and butter is usually both poured over, and sent to table with a knuckle of veal, and boiled bacon also should accompany it. From the sinewy nature of this joint, it requires more than the usual time of cooking, a quarter of an hour to the pound not being sufficient for it.

Veal, 6 to 7 lbs.: 2 hours or more.