

KNUCKLE OF VEAL WITH RICE OR GREEN PEAS.

Pour over a small knuckle of veal rather more than sufficient water to cover it; bring it slowly to a boil; take off all the scum with great care, throw in a teaspoonful of salt, and when the joint has simmered for about half an hour, throw in from eight to twelve ounces of well-washed rice, and stew the veal gently for an hour and a half longer, or until both the meat and rice are perfectly tender. A seasoning of cayenne and mace in fine powder with more salt, should it be required, must be added twenty or thirty minutes before they are served. For a superior stew, good veal broth may be substituted for the water.

Veal, 6 lbs.; water, 3 to 4 pints; salt, 1 teaspoonful: 30 to 40 minutes. Rice, 8 to 12 ozs.: 1½ hour. Seasoning of cayenne, mace, and more salt if needed. A quart or even more of full-grown green peas added to the veal as soon as the scum has been cleared off will make a most excellent stew. It should be well seasoned with white pepper, and the mace should be omitted. Two or three cucumbers, pared and freed from the seeds, may be sliced into it when it boils, or four or five young lettuces shred small may be used to give it flavour.

BORDYKE VEAL CAKE; (*good.*)

Take a pound and a half of veal perfectly clear of fat and skin, and eight ounces of the nicest striped bacon; chop them separately, then mix them well together with the grated rind of a small lemon, half a teaspoonful of salt, a fourth as much of cayenne, the third part of a nutmeg, grated, and a half-teaspoonful of freshly pounded mace. When it is pressed into the dish, let it be somewhat higher in the centre than at the edge; and whether to be served hot or cold, lift it out as soon as it comes from the oven, and place it on a strainer that the fat may drain from it: it will keep many days if the under side be dry. The bacon should be weighed after the rind, and any rust it may exhibit, have been trimmed from it: that cured by the East Farleigh receipt, (see Chapter XI.) is best for the purpose. This cake is excellent cold, better indeed than the preceding one; but slices of either if preferred hot, may be warmed through in a Dutch oven, or on the gridiron, or in a few spoonfuls of gravy. The same ingredients made into small cakes, well floured, and slowly fried from twelve to fifteen minutes, then served with gravy made in the pan as for cutlets, will be found extremely good.

Veal, 1½ lb.; striped bacon, 8 ozs.; salt and mace, 1 teaspoonful each; rind of lemon, 1; third of 1 nutmeg; cayenne, 4 grains: baked 1¼ to 1½ hour.

FRICANDEAU OF VEAL. (*ENTRÉE.*)

French cooks always prefer for this dish, which is a common one in their own country, that part of the fillet to which the fat or udder is attached;* but the flesh of the finer part of the neck, or loin, raised clear from the bones, may be made to answer the purpose nearly, or quite as well, and often much more conveniently, as the meat with us is not divided for sale as in France; and to purchase the entire fillet, for the sake of the fricandeau, would render it exceedingly expensive. Lay the veal flat upon a table, or dresser, with the skin uppermost, and

* Called by them the *noir*.

endeavour, with one stroke of an exceedingly sharp knife, to clear this off, and to leave the surface of the meat extremely smooth; next lard it thickly with small *lardoons*, as directed for a partridge (page 140,) and make one or two incisions in the under side with the point of a knife, that it may the better imbibe the flavour of the seasonings. Take a stewpan, of sufficient size to hold the fricandeau, and the proper quantity of vegetables compactly arranged, without much room being left round the meat. Put into it a couple of large carrots, cut in thick slices, two onions of moderate size, two or three roots of parsley, three bay-leaves, two small blades of mace, a branch or two of lemon thyme, and a little cayenne, or a saltspoonful of white peppercorns. Raise these high in the centre of the stewpan, so as to support the meat, and prevent its touching the gravy. Cover them with slices of very fat bacon, and place the fricandeau gently on them; then pour in as much good veal broth, or stock, as will nearly cover the vegetables without reaching to the veal. A calf's foot, split in two, may with advantage be laid under them in the first instance. Stew the fricandeau *very* gently for upwards of three hours, or until it is found to be extremely tender when probed with a fine skewer or a larding-pin. Plenty of live embers must then be put on the lid of the stewpan for ten minutes, or a quarter of an hour, to render the *lardoons* firm. Lift out the fricandeau, and keep it hot; strain and reduce the gravy very quickly, after having skimmed off every particle of fat; glaze the veal, and serve it on a ragout of sorrel, cucumbers, or spinach. This, though rather an elaborate receipt, is the best we can offer to the reader for a dish, which is now almost as fashionable with us as it is common on the Continent. Some English cooks have a very summary method of preparing it; they merely lard and boil the veal until they can "cut it with a spoon," then glaze and serve it with "brown gravy in the dish." This may be very tolerable eating, but it will bear small resemblance to the French fricandeau.

3½ to 4 hours.

SPRING-STEW OF VEAL.

Cut two pounds of veal, free from fat, into small half-inch thick cutlets; flour them well, and fry them in butter with two small cucumbers sliced, sprinkled with pepper, and floured, one moderate sized lettuce, and twenty-four green gooseberries cut open lengthwise and seeded. When the whole is nicely browned, lift it into a thick saucepan, and pour gradually into the pan half a pint, or rather more, of boiling water, broth, or gravy. Add as much salt and pepper as it requires. Give it a minute's simmer, and pour it over the meat, shaking it well round the pan as this is done. Let the veal stew gently from three quarters of an hour to an hour. A bunch of green onions cut small may be added to the other vegetables if liked; and the veal will eat better if slightly seasoned with salt and pepper before it is floured; a portion of fat can be left on it if preferred.

Veal, 2 lbs.; cucumbers, 2; lettuce, 1; green gooseberries, 24; water or broth, ½ pint or more: ¾ to 1 hour.

NORMAN HARRICO.

Brown in a stewpan, or fry lightly, after having sprinkled them with pepper, salt and flour, from two to three pounds of veal cutlets. If

taken from the neck, chop the bones very short, and trim away the greater part of the fat. Arrange them as flat as they can be in a saucepan; give a pint of hot water a boil in the pan in which they have been browned, and pour it on them; add a small faggot of parsley, and, should the flavour be liked, one of green onions also. Let the meat simmer softly for half an hour; then cover it with small new potatoes which have had a single boil in water, give the saucepan a shake, and let the harrico stew very gently for another half hour, or until the potatoes are quite done, and the veal is tender. When the cutlets are thick and the potatoes approaching their full size, more time will be required for the meat, and the vegetables may be at once divided: if extremely young they will not need the previous boil. Before the harrico is served, skim the fat from it, and add salt and pepper should it not be sufficiently seasoned. A few bits of lean ham, or shoulder of bacon browned with the veal, will much improve this dish, and for some tastes, a little acid will render it more agreeable. Very delicate pork chops may be dressed in the same way.

Veal, 2 to 3 lbs.; water (or gravy), 1 pint; new potatoes, 1½ to 2 lbs.; faggot, parsley and green onions: 1 hour or more.

VEAL CUTLETS.

Take them, if possible, free from bone, and after having trimmed them into proper shape, beat them with a paste roller until the fibre of the meat is thoroughly broken; flour them well to prevent the escape of the gravy, and fry them from twelve to fifteen minutes over a fire which is not sufficiently fierce to burn them before they are quite cooked through: they should be of a fine amber brown, and *perfectly done*. Lift them into a hot dish, pour the fat from the pan, throw in a slice of fresh butter, and when it is melted, stir or dredge in a dessertspoonful of flour; keep these shaken until they are well coloured, then pour gradually to them a cup of gravy or boiling water; add pepper, salt, a little lemon pickle or juice, give the whole a boil, and pour it over the cutlets: a few forcemeat-balls, fried, and served with them, is usually a very acceptable addition to this dish, even when it is garnished or accompanied with rashers of ham or bacon. A morsel of *glaze*, or of the jelly of roast meat, should, when at hand, be added to the sauce, which a little mushroom powder would further improve: mushroom sauce, indeed, is considered by many epicures as indispensable with veal cutlets. We have recommended, in this one instance, that the meat should be thoroughly *beaten*, because we find that the veal is wonderfully improved by the process, which, however, we still deprecate for other meat.

12 to 15 minutes.

VEAL CUTLETS, OR COLLOPS. (ENTRÉE.) (*A la Française.*)

Cut the veal into small, thin, round collops of equal size, arrange them evenly in a sauté-pan, or in a small frying-pan, and sprinkle a little fine salt, white pepper, and grated nutmeg on them. Clarify, or merely dissolve in a clean saucepan, with a gentle degree of heat, an ounce or two of good butter, and pour it equally over the meat. Set the pan aside until the dinner-hour, then fry the collops over a clear fire, and when they are lightly browned, which will be in from four to

five minutes, lift them into a hot dish, and sauce them with a little *Espagnole*, or with a gravy made quickly in the pan, and flavoured with lemon-juice and cayenne. They are excellent even without any sauce.

3 to 4 minutes.

SCOTCH COLLOPS. (ENTRÉE.)

Prepare the veal as for the preceding receipt, but dip the collops into beaten egg and seasoned bread-crumbs, and fry them directly in good butter, over a moderate fire, of a light golden brown; drain them well in lifting them from the pan, and sauce them like the collops *à la Française*.

VEAL CUTLETS, A LA MODE DE LONDRES; OR, LONDON FASHION. (ENTRÉE.)

Raise the flesh entire from the upper side of the best end of a neck of veal, free it from the skin, and from the greater portion of the fat, slice it equally into cutlets little more than a quarter of an inch thick, brush them with egg, strew them with fine bread-crumbs, and fry them of a light brown. Toast, or fry apart as many small slices of bacon as there are cutlets, and let them be trimmed nearly to the same shape; place them alternately on their edges round the inside of a hot dish (so as to form a sort of chain), and pour into the middle some rich gravy made in the pan, and very slightly flavoured with eschalot; or substitute for this some good brown mushroom sauce. Savoury herbs, grated lemon-rind, nutmeg, or mace, salt, and white pepper, or cayenne, should be mixed with the bread-crumbs, in the proper proportions, for cutlets of calf's head; or they may be varied at pleasure. A cheek of bacon is best adapted to this dish.

SWEETBREADS. (ENTRÉE.) (*Simply dressed.*)

In whatever way sweetbreads are dressed, they should first be well soaked in lukewarm water, then thrown into boiling water to *blanch* them, as it is called, and to render them firm. If lifted out after they have boiled from five to ten minutes, according to their size, and laid immediately into fresh spring water to cool, their colour will be the better preserved. They may then be gently stewed for three quarters of an hour in veal gravy, which, with the usual additions of cream, lemon, and egg-yolks, may be converted into a fricassee sauce for them when they are done; or they may be lifted from it, *glazed*, and served with good Spanish gravy; or, the glazing being omitted, they may be sauced with the sharp *Maitre d'Hotel* sauce of page 99. They may also be simply floured, and roasted in a Dutch oven, being often basted with butter, and frequently turned. A full sized sweetbread, after having been blanched, will require quite three quarters of an hour to dress it.

Blanched 5 to 10 minutes. Stewed ¾ hour or more.

SWEETBREAD CUTLETS. (ENTRÉE.)

Boil the sweetbreads for half an hour in water, or veal broth, and when they are perfectly cold, cut them into slices of equal thickness, brush them with yolks of egg, and dip them into very fine bread-crumbs, seasoned with salt, cayenne, grated lemon-rind, and mace; fry them in

butter of a fine light brown, arrange them in a dish, placing them high in the centre, and pour *under* them a gravy made in the pan, thickened with mushroom powder, and flavoured with lemon-juice; or, in lieu of this, sauce them with some rich brown gravy, to which a glass of sherry or Madeira has been added. When it can be done conveniently, take as many slices of a cold boiled tongue as there are sweetbread cutlets; pare the rind from them, trim them into good shape, and dress them with the sweetbreads, after they have been egged and seasoned in the same way; place each cutlet upon a slice of tongue when they are dished. For variety, substitute *croutons* of fried bread, stamped out to the size of the cutlets, with a round or fluted paste or cake cutter. The crumb of a stale loaf, very evenly sliced, is best for the purpose.

STEWED CALF'S FEET; (*cheap and good.*)

This is an excellent family dish, highly nutritious, and often very inexpensive, as the feet, during the summer, are usually sold at a low rate. Wash them with nicety, divide them at the joint, and split the claws; arrange them closely in a thick stewpan or saucepan, and pour in as much cold water as will cover them about half an inch: three pints will be sufficient for a couple of large feet. When broth or stock is at hand it is good economy to substitute it for the water, as, by this means, a portion of strong and well-flavoured jellied gravy will be obtained for general use, the full quantity not being needed as sauce for the feet. The whole preparation will be much improved by laying a thick slice of the lean of an unboiled ham, knuckle of bacon, hung beef, or the end of a dried tongue, at the bottom of the pan, before the other ingredients are added; or, when none of these are at hand, by supplying the deficiency with a few bits of stewing-beef or veal: the feet being of themselves insipid, will be much more palatable with one or the other of these additions. Throw in from half to three quarters of a teaspoonful of salt when they begin to boil, and, after the scum has been all cleared off, add a few branches of parsley, a little celery, one small onion or more, stuck with half a dozen cloves, a carrot or two, a large blade of mace, and twenty corns of whole pepper; stew them softly until the flesh will part entirely from the bones; take it from them; strain part of the gravy, and skim off all the fat, flavour it with catsup, or any other store sauce, and thicken it, when it boils, with arrow-root, or flour and butter; put in the flesh of the feet, and serve the dish as soon as the whole is very hot. A glass of wine, a little lemon-juice, and a few forcemeat-balls, will convert this into a very superior stew; a handful of mushroom-buttons also simmered in it for half an hour before it is dished will vary it agreeably.

Calf's feet (large), 2; water, 3 pints; salt, $\frac{1}{2}$ to $\frac{3}{4}$ teaspoonful; onions, 1 to 3; cloves, 6; peppercorns, 20; mace, large blade; little celery and parsley; carrots, 1 or 2: stewed softly, $2\frac{1}{2}$ to $3\frac{1}{4}$ hours. Mushroom catsup, 1 tablespoonful; flour, or arrow-root, 1 large teaspoonful; butter, 1 to 2 ozs. Cayenne, to taste.

CALF'S LIVER FRIED.

To render the liver firm when dressed, lay it into a deep dish, and pour over it half a pint of vinegar; turn it often in this, and let it lie for four and twenty hours, or longer even, if more convenient. Sliced

onions, or eschalots, and branches of parsley, may be steeped with it in the vinegar, when their flavour is relished; but, in general, they would not, we think, be considered an improvement. Wash and wipe the liver very dry, slice it evenly, season it with pepper, salt, and savoury herbs shred extremely small, then flour and fry it in butter quickly of a fine light brown; lift it out and keep it very hot, while a gravy is made for it in the pan. Pour out the fat, throw in a small slice of fresh butter, and when it boils stir to it a half-teaspoonful of flour; add a seasoning of pepper and salt; about a quarter-pint of boiling water, and a little lemon-juice, Chili vinegar, or lemon-pickle; shake the pan well round, give the whole a boil; sauce the liver with it, and send it to table with or without a garnish of curled bacon.

TO ROAST CALF'S LIVER.

Take the whole or part of a fine white sound liver, and either lard it as a fricandeau upon the surface, or with large strips of highly-seasoned bacon in the inside (see Larding, page 139); or should either of these modes be objected to, merely wrap it in a well-buttered paper, and roast it from an hour to an hour and a quarter, at a moderate distance from a clear fire, keeping it constantly basted. Remove the paper, and froth the liver well from ten to fifteen minutes before it is done. It should be served with a sauce of some piquancy, such as a poivrade, or brown eschalot, in addition to some good gravy. French cooks steep the liver over-night in vinegar, with a sliced onion and branches of savoury herbs laid over it; this whitens and renders it firm. As an economical mode, some small bits of the liver may be trimmed off, floured, and lightly fried with a sliced onion, and stewed down for gravy in three quarters of a pint of water which has been poured into the pan, with the addition of a few peppercorns, and a small bunch of herbs. A seasoning of salt must not be forgotten, and a little lemon-pickle, or juice, would generally be considered an improvement.

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

BLANQUETTE OF VEAL OR LAMB, WITH MUSHROOMS. (ENTRÉE.)

Slice very thin the white part of some cold veal, divide and trim it into scallops not larger than a shilling, and lay it into a clean saucepan or stewpan. Wipe with a bit of new flannel and a few grains of salt, from a quarter to half a pint of mushroom-buttons, and slice them into a little butter which just begins to simmer; stew them to it from twelve to fifteen minutes, without allowing them to take the slightest colour; then lift them out and lay them on the veal. Pour boiling to them a pint of sauce tournée (see page 93); let the blanquette remain near but not close to the fire for awhile; bring it nearer, heat it slowly, and when it is on the point of boiling mix a spoonful or two of the sauce from it with the well-beaten yolks of four fresh eggs; stir them to the remainder; add the strained juice of half a small lemon; shake the saucepan above the fire until the sauce is just set, and serve the blanquette instantly.

Cold veal, $\frac{3}{4}$ lb.; mushrooms, $\frac{1}{4}$ to $\frac{1}{2}$ pint: stewed in $1\frac{1}{2}$ oz. butter, 12 to 15 minutes. Sauce tournée, or thickened veal gravy, 1 pint; yolks of eggs, 4; lemon-juice, 1 tablespoonful.

Obs.—Any white meat may be served *en blanquette*. The mush-
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rooms are not indispensable for it, but they are always a great improvement. White sauce substituted for the thickened veal gravy will at once convert this dish into an inexpensive fricassée. Mace, salt, and cayenne, must be added to either preparation, should it require seasoning.

MINCED VEAL.

When there is neither gravy nor broth at hand, the bones and trimmings of the meat must be boiled down to furnish what is required for the mince. As cold meat is very light in weight, a pound of the white part of the veal will be sufficient for a dish, and for this quantity a pint of gravy will be needed. Break down the bones of the joint well, add the trimmings of the meat, a small bunch of savoury herbs, a slice or two of carrot or of celery, a blade of mace, a few white peppercorns, and a bit or two of lean ham, boiled, or unboiled if it can be had, as either will improve the flavour of the mince. Pour to these a pint and a half of water, and stew them gently for a couple of hours; then strain off the gravy, let it cool and clear it entirely from the fat. Cut the white part of the veal small with a very sharp knife, after all the gristle and brown edges have been trimmed away. Some persons like a portion of fat minced with it, others object to the addition altogether. Thicken the gravy with a teaspoonful and a half of flour smoothly mixed with a small slice of butter, season the veal with a saltspoonful or more of salt, and half as much white pepper and grated nutmeg, or pounded mace; add the lightly-grated rind of half a small lemon; mix the whole well, put it into the gravy, and heat it thoroughly by the side of the fire without allowing it to boil; serve it with pale-toasted sippets in and round the dish. A spoonful or two of cream is always an improvement to this mince.

MINCED VEAL AND OYSTERS.

The most elegant mode of preparing this dish is to mince about a pound of the whitest part of the inside of a cold roast fillet or loin of veal, to heat it without allowing it to boil, in a pint of rich white sauce, or béchamel, and to mix with it at the moment of serving three dozens of small oysters ready bearded, and plumped in their own strained liquor, which is also to be added to the mince; the requisite quantity of salt, cayenne, and mace should be sprinkled over the veal before it is put into the sauce. Garnish the dish with pale fried sippets of bread, or with *fleurons** of brioche, or of puff-paste. Nearly half a pint of mushrooms minced, and stewed white in a little butter, may be mixed with the veal instead of the oysters; or should they be very small they may be added to it whole: from ten to twelve minutes will be sufficient to make them tender. Balls of delicately fried oyster-forcemeat laid round the dish will give another good variety of it.

Veal minced, 1 lb.; white sauce, 1 pint; oysters, 3 dozens, with their liquor; or mushrooms, $\frac{1}{2}$ pint, stewed in butter 10 to 12 minutes.

VEAL-SYDNEY. (GOOD.)

Pour boiling on an ounce and a half of fine bread-crumbs nearly half a pint of good veal stock or gravy, and let them stand till cool; mix with them then, two ounces of beef-suet shred very small, half a

* *Fleurons*, flowers, or flower-like figures, cut out with tin shapes.

pour of cold roast veal carefully trimmed from the brown edges, skin, and fat, and finely minced; the grated rind of half a lemon, nearly a teaspoonful of salt, a little cayenne, the third of a teaspoonful of mace or nutmeg, and four well-beaten eggs. Whisk up the whole well together, put it into a buttered dish, and bake it from three quarters of an hour to an hour. Cream may be used instead of gravy when more convenient, but this last will give the better flavour. A little clarified butter put into the dish before the other ingredients are poured in will be an improvement.

Bread-crumbs, $1\frac{1}{2}$ oz.; gravy or cream, nearly $\frac{1}{2}$ pint; beef-suet, 2 ozs.; cold veal, $\frac{1}{2}$ lb.; rind of $\frac{1}{2}$ lemon; salt, small teaspoonful; third as much mace and nutmeg; little cayenne; eggs, 4 large or 5 small: $\frac{3}{4}$ to 1 hour.

FRICASSEED VEAL.

Divide into small, thick, handsome slices of equal size, about a couple of pounds of veal, quite free from fat, bone, and skin; dissolve a couple of ounces of butter in a wide stewpan, and just as it begins to boil lay in the veal, and shake it over the fire until it is quite firm on both sides; but do not allow it to take the slightest colour. Stir in a tablespoonful of flour, and when it is well mixed with the cutlets, pour gradually to them, shaking the pan often, sufficient boiling veal gravy to almost cover them. Stew them gently from fifty to sixty minutes, or longer should they not be perfectly tender. Add a flavouring of mace, some salt, a quarter-pint of rich cream, a couple of egg-yolks, and a little lemon-juice, observing, when the last are added, the directions given for a blanquette of veal, page 173. Strips of lemon-rind can be stewed in the gravy at pleasure. Two or three dozens of mushroom-buttons, added twenty minutes before it is served, will much improve this fricassée.

CHAPTER X.

MUTTON.



- No.
1. Leg.
2. Best End of Loin.
3. Chump End of Loin.
4. Neck, Best End.
5. Neck, Scrag End.

- No.
6. Shoulder.
7. Breast.
A Saddle is the Two Loins.
A Chine, the Two Necks.

TO CHOOSE MUTTON.

THE best mutton is small-boned, plump, finely-grained, and short-legged; the lean of a dark, rather than of a bright hue, and the fat