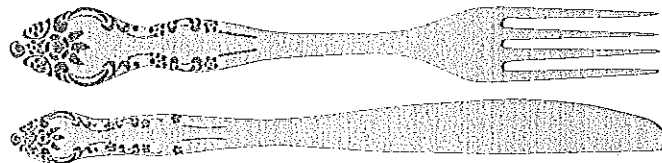


Dorothy Hartley

Food
in
England

A Complete Guide to the Food
that Makes Us Who We Are



'A classic book . . . a must for any
keen English cook'

Delia Smith

facsimile 1954 reprint

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- 1st Joint:* Cut a deep steak at least two inches thick from the broad end, and braise. Serve with plain boiled potatoes and tomato sauce.
- 2nd Joint:* Remove the shankbone and knuckle end, crush the bone and set to stew for broth, with onion and barley, and use the knuckle, well sliced, to make a small lobsauce.
- 3rd Joint:* Take the main piece left, remove the bone (for gravy), stuff the centre with good forcemeat, and baste and roast. Serve this roast joint with red-currant jelly and roast potatoes.
- 4th Joint:* Broth, followed by the cold joint, served with salad, jacket potatoes and mint sauce.

Cold mutton need not be unappetising. It is a pity to spoil good joints by re-cooking, and better to serve them plain cold, with pickles and salad, keeping less interesting joints for made dishes. The pickles for mutton should always have a fruit element, or be green: pickled damsons, pickled ash keys, spiced cauliflower, french-beans, etc., or small white pickled onions. Mint sauce and caper sauce may also be served with the cold meat.

MUTTON TRACKLEMENTS AND CONDIMENT

Rosemary

Rosemary is an old-fashioned herb good with fat lamb or mutton. It is especially useful in winter, when we get imported fat lamb—but no fresh mint.

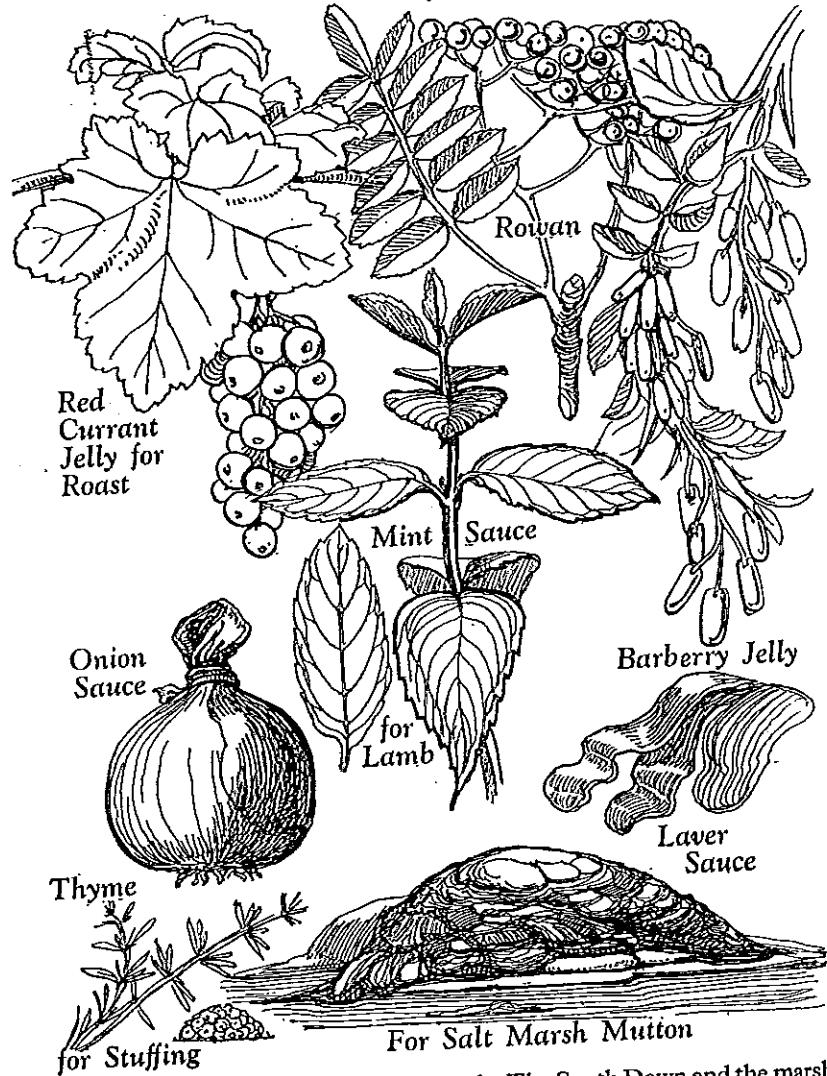
It is more aromatic than flavoursome, so should be used like bay leaf—for the savour only; not to be eaten. Therefore, lay a bunch in the gravy, or under the joint, do not mince it up in the stuffing or sauce. To try it, lay a long wisp of rosemary along the inside of a loin of lamb when stuffing; roast or bake as usual. If you leave a little piece of the *stalk end* of the rosemary sticking out, you will find the sprig slides out quite easily, for the smooth leaves, you will notice, all lie closely folded upwards. It is worth trying this very pleasant herb with any fat roast or baked mutton, be sure to pack it against the fat, or, if using in the baste, see it is *in* the butter or dripping, because it is the aroma of the essential *oil* which you want released, and not the flavour of the leaf.¹

For the proper method of making mint sauce to serve with lamb, *see* Vegetables.

Since the earliest times red-currant jelly has been served with mutton,

¹ There is the same dual flavour in an orange. The orange essential *oil* aroma is in the yellow rind; the flavour in the juice. So you rub off the rind as well as the juice to get the aroma as well as the flavour.

Tracklements for Mutton



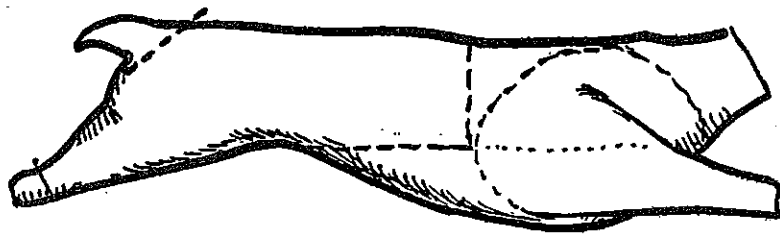
The mountain mutton. The fat valley breeds. The South Down and the marsh- or sea-grazed mutton all take different flavours.

and for most of the valley breeds of mutton it is still the best. Gloucestershire, Oxfordshire, Leicestershire, Shropshire, and all such breeds take red-currant jelly. To the east—Leicester and Norfolk and the uplands—an excellent jelly can be made from the barberry. It is slightly more acid and tart than the red currant, and seems to suit the meat better. The jelly for Welsh and mountain mutton should be the rowan or mountain ash.

(The very delicately flavoured mountain mutton is lost under the stronger tart red currant.) The subtle, slightly smoky flavour of the rowan suits its own climate and locality very much better. Rowan jelly is more golden than red-currant but is equally clear. The berries are ripe from October onwards, as soon as they hang down.

With the rather dull winter mutton of the garden lands, hot onion sauce is very comforting. The salt-marsh mutton, or saltings mutton, should be served with hot laver sauce. This is gathered on the sea-coast between tides (*see* Laver). It is sold ready-prepared in many places: Mother Yeo's shop in Bideford, in shops in Exeter, markets in Devon, Cornwall and South Wales. Samphire grows on the cliffs (though why Shakespeare referred to gathering samphire as a "dread calling" only a Warwickshire man knows). It grows on the golf-course at Westward Ho! It is pungent, strongly aromatic, and brings out the flavour of the saltings perfectly.

Caper sauce is served with any of the sturdier types of garden mutton. In default of the imported caper, pickled nasturtium seeds are good. There is also a very good batter, and a grain "under-pudding" for fat mutton. Both should be cooked under the drip in the same way that Yorkshire pudding is cooked under the drip from beef (*see* recipes). Some joints of mutton may very well be stuffed with forcemeat. Be sure that seasoning for this forcemeat is made of the same herbs that are used when cooking the meat.



Venison cuts (the usage varies locally)

GOAT

GENERAL NOTES ON GOAT

"Younge Kyddes flesshe is praysed above all other flesshe—although it be somewhat dry.

Old Kydde is *not* praysed."

"Likewise our predecessors had the flesh in such loathed detestation as they would not deine to touch it . . . notwithstanding if necessity doe force us to feed upon it, as many pore peasants