

# [Harrico of Mutton]

**Date:** Not dated, written between 1780-1800. | 1780/01/01 to 1800/01/01

Publication Format  
Manuscript

Type  
Food

Ingredients  
mutton  
flour  
turnips  
carrots  
chestnuts  
lettuce  
onions  
sweet herbs  
pepper  
salt  
mace

Places  
Halifax  
Nova Scotia

**Source:** Almon Scrapbook

**Institution:** Nova Scotia Archives | **Source Origin:** Almon Family Fonds | **Reference:** MG1 Vol. 14 / Microfilm Reel 14,894

Description

Detailed instructions for a mutton stew with chestnuts, vegetables, and herbs, p. 122.

Transcription

[Harrico](#) of Mutton,

A Neck or Loin of mutton cut it into Six peices Flour it  
& Fry it brown on both Sides in a Stew Pan then pour  
out all the Fat put in some Turnips & Carrots cut like  
Dice, Two dozen of Chesnuts blanched two or three [lettices](#)'s cut  
small six little round onnions a bundle of sweet Herbs  
Some Pepper & salt, Two of three blades of mace, Cover  
it close & let it Stew an Hour then take off the Fat &  
Dish it up.

Eat it to be sure

Annotations

**[Harrico / lettuce / lettuces](#)**

The word haricot was used in the 17th, 18th, and 19th centuries to describe a ragout, or stew (OED).

**[lettices](#)**

In English cookbooks, lettuce is frequently specified in making gravies and stews, and often referred to cabbage or "cabbage-lettuce."

Harrico of Mutton recipe from Early Modern Maritime Recipes: <https://emmr.lib.unb.ca/recipes/151>