

[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>