

Victorian Veal Collops

Entrées were the show pieces of a formal Victorian dinner. They showed off the cook's skill and were often the specialty of the house.

Ingredients	Cooking Utensils	Serving Utensils
(1) 2 lb. leg of veal	knife and cutting board	serving plate
bacon slices	measuring cup	serving fork
1 egg	measuring spoons	serving spoon
bread crumbs	fork	
butter	toothpicks	
2/3 cup stock	small bowl	
cayenne pepper	strainer	
salt	meat pounder	
black pepper	small plate	
ground mace	lemon reamer	
1 Tbs. lemon juice	frying pan	
flour		
forcemeat		

This dish is seasoned to taste. Make the stock. Good stock or bouillon can be bought in the store. Make the forcemeat (see recipe below). Juice and strain the lemon. Cut the veal into collops and pound them flat. Place a piece of bacon in the center of the flattened veal, then spread some forcemeat on top of the bacon. Sprinkle with cayenne and roll up the collop. The collops should not be longer than 2 inches. Secure the collops with toothpicks. Repeat the process with the remaining pieces of veal. Beat the egg in a small bowl, and place the bread crumbs on a plate. The dish can be prepared up to this point in advance. Heat the frying pan on the stove over medium heat, and melt some butter in it. Dip the collops in the beaten egg and then roll them in the bread crumbs. Fry them in the frying pan until they are evenly browned on all sides. Turn them often and shake the pan frequently. While the collops are cooking, warm the serving dish in the oven. When the collops are done, place them on the warm dish in the oven. Add a small amount of butter to the frying pan and sprinkle in some flour. Stir in the stock, lemon juice, mace, salt, and pepper. Bring to a boil and let the sauce thicken slightly. Pour the sauce over the collops and serve hot.

For the forcemeat

Ingredients

2 cups bread crumbs
2 oz. suet
handful parsley
1 egg
salt
fresh ground black pepper
milk (if needed)

Cooking Utensils

knife and cutting board
measuring cup
meat grinder
mixing bowl
wooden spoon
baking dish

Chop the parsley. Shred the suet in a meat grinder. The butcher can do this for you. In a mixing bowl, combine the bread crumbs with the suet, salt, pepper and chopped parsley. Add the egg to bind the whole together. If needed, add a little milk to help bind the ingredients together.