

Beef Jelly to Serve with Mayonnaise

TO MAKE beef in jelly, purchase two pounds of tough beef—I mean by this the so-called inferior pieces; also a portion of the shinbone. Have the bone cracked and the marrow taken out; this will answer for another purpose. Put the bone in the kettle, add the meat, cover with boiling water, bring to boiling point, and then simmer gently for three hours. An hour before the meat is done add a sliced onion, a bay leaf, and half a teaspoonful of celery seed. When the meat is done take it up and stand it aside to cool. When cold chop it fine. Cover a box of gelatine with half a cupful of cold water and let it soak for half an hour, then add to it one quart of the liquor in which the meat was boiled. Beat up the whites of two eggs; add them to this cold mixture; bring the whole to boiling point and boil for five minutes, then strain through a flannel or two thicknesses of cheesecloth. Season with salt and pepper, and if you like add the juice of one lemon. Season also the jelly, which is now “aspic.” Cover the bottom of a mold with a layer of slices of hard-boiled eggs, sprinkle over and

around a little chopped parsley; put in the meat, pour over just sufficient jelly to moisten and come to the top. Stand aside over night. This will keep for several days, and may be cut into thin slices and served with water-cress, Béarnaise or mayonnaise dressing.