



# Hericot de Mouton

Cut it up in little pieces, then put it to parboil in a first water. Then fry it in fresh lard; fry it with onions minced small and cooked, and add beef boullion, and put with it maces, parsley, hyssop and sage; boil it together.



3 lb Mutton, (or stewing lamb) cut up  
4 Onions, chopped  
1 tbsp. lard, butter or oil (for browning)  
2 cups beef broth stock  
1-2 tbsp. chopped parsley  
Salt to taste  
 $\frac{1}{2}$  tsp each sage, mint  
 $\frac{1}{4}$  tsp ground mace



- 1 -Remove bones and excess fat from meat. Brown over medium heat in a skillet, using some of the excess fat if necessary, and adding onions when meat has begun to brown.
- 2 -When both meat and onions are browned enough, put in a pot with broth, herbs, salt and mace; cover and simmer.
- 3 -If the sauce seems too thin, bread may be used as a thickener but it should boil down to a good consistency.

'Hericot' or 'Haricot' (the title in later versions) has nothing to do with the French word meaning a bean. An alternative meaning of the word in French is stew. Latter versions of this dish, in both France and England, invariably add turnips and other vegetables as well as onions, if this is done the they should be boiled in advance of the main dish and drained before being added to the pot.

