

## **To Stew Fillets of Beefe**

### **Original Recipe-**

*'To Stew Fillets of Beefe. Take a rawe fillet of beefe and cut it in thin slices halfe as broad as your hand and fry them till they be halfe fried in a frying panne with sweete butter uppon each side with a soaft fire, then powre them into a dish or pipkin putting in a pint of claret wine, a faggot of sweete herbes, and two or three blades of whole mace, a little salt the meate of a Lemon cut in slices, then stewe these all together very softly for the space of two or three houres till it be halfe boyled away, then dish it upon sippets and throwe salt upon it, and serve it to the table hot.'*

### **Redacted recipe-**

1 kg of sirloin fillets, cut into strips  
4 tablespoons butter  
1 cup of sherry (I used port as that is what I had available)  
1 teaspoon fresh chopped rosemary  
1 tablespoon fresh chopped thyme and sage  
1 teaspoon ground mace  
1 teaspoon salt  
Freshly ground pepper  
Juice of ½ a lemon  
Optional-½ cup water

### **Method-**

Melt butter in a heavy frying pan, brown the meat well (do in batches as not to stew the meat) on all sides. Add the remaining ingredients. Simmer covered (I prefer to transfer to a slow cooker for this stage, remembering to increase the time) for 1 hour or til the meat is tender. Stir occasionally and add more liquid if necessary. Serve over fried bread.

### **Source-**

Sallets, Humbles and Shrewsbury Cakes- A collection of Elizabethan recipes adapted for the modern kitchen By Ruth Anne Beebe. Published by David R. Godine, 1976. ISBN-I 56792 181 7