

## To Make a Hash of Beef

**The original recipe from Robert May's 1685 cookbook, "The Accomplisht Cook, or the Art and Mystery of Cookery"**

*Stew it in Beef gobbets, and cut some fat and lean together as big as good pullets egg, and put them into a pot or pipkin with some Carrots cut in pieces as big as a walnut, some whole onions, some parsnips, large mace, a faggot of sweet herbs, salt, pepper, cloves, and as much water and wine as will cover them, and stew it in the space of three hours.*

beef gobbets: bite-size chunks of beef

pullets egg: eggs that are much smaller than regular eggs, laid by hens that are less than a year old

pipkin: A pot (usually clay) with a handle and a lid

mace: The outer skin of a nutmeg

faggot of sweet herbs: A tied bundle of fresh herbs, usually parsley, sage, rosemary, marjoram, and thyme

### **A modern interpretation of the recipe by Anne Jacob:**

#### *Ingredients (approximately 4 servings)*

2 lb. stewing beef

4 carrots

2 parsnips

1 large onion

1 teaspoon ground mace or nutmeg

¼ teaspoon ground cloves

1 Tablespoon salt

1 Tablespoon ground black pepper

2 Cups white or blush wine

2-4 Cups water

2-3 sprigs each of fresh herbs (parsley, sage, thyme, marjoram, and rosemary), tied together in a bundle OR ½ teaspoon each dried parsley, sage, thyme, marjoram, and rosemary

Cut beef, carrots, parsnips, and onions into bite-size pieces and place into a large pot

Add mace, cloves, salt, pepper, and herbs.

Add wine and stir together. Add enough water to cover.

Bring to boil over high heat, then reduce heat to low and simmer for 3 or more hours, adding water as needed to maintain a soup-like texture.