

oMONTGOMERY'S INN
RECIPE FROM THE HISTORIC KITCHEN

MINT SAUCE FOR ROAST LAMB

ORIGINAL RECIPT

The Canadian Housewife's Manual of Cookery, Hamilton, C.W.: Printed by William Gillespy, "Spectator Office, 1861, p 53

"Pick mint leaves off the stalks; wash and dry them carefully; chop them with a sharp knife very quickly, to preserve their green color; put it into a boat [i.e., sauce boat]; add sufficient vinegar to make it liquid, and powdered sugar to take off the acidity of the vinegar."

HISTORIC BACKGROUND

Mint was one of many herbs that were grown in 19th-century Ontario kitchen gardens and used for flavouring sauces, stuffings, and stews, added to salads, made into drinks, and administered as medicines. In the 21st century, Mint Sauce remains a favourite accompaniment for lamb, roasted in an electric or gas oven, or perhaps on a spit over a barbecue. At the time *The Canadian Housewife's Manual of Cookery* was published, nearly 150 years ago, iron stoves were rapidly replacing the open hearth as the means of cooking food; however, families who did not have a new stove would still have enjoyed the incomparable taste of lamb roasted by the open fire.

Before sugar was available in granulated form, it was sold in solid, conical shapes, called sugar loaves. The cook had to cut off a piece of sugar from the sugar loaf, using "sugar nippers," then pulverize it with a mortar and pestle or a rolling pin. Where the recipe calls for powdered sugar, use granulated white sugar.

