

POTTED HAM

1 lb. lean cold boiled ham or tongue
1/4 lb. fat from ham, or 2 oz. butter
Mace or allspice (optional)
Clarified butter

Cut a pound of the lean of cold boiled ham or tongue, and pound it in a mortar with a quarter of a pound of the fat, or with fresh butter (in the proportion of about two ounces to a pound), till it is a fine paste (some season it by degrees with a little pounded mace or allspice); put it close down in pots for that purpose, and cover it with clarified butter, a quarter of an inch thick; let it stand one night in a cool place. Send it up in the pot, or cut in thin slices.

From The Cook's Oracle by William Kitchiner, MD, New York, 1829