

Baked Fillets Of Turbot

Ingredients

The remains of cold turbot, lobster sauce left from the preceding day, egg, and bread crumbs; cayenne and salt to taste; minced parsley, nutmeg, lemon-juice.

Method

After having cleared the fish from all skin and bone, divide it into square pieces of an equal size; brush them over with egg, sprinkle with bread crumbs mixed with a little minced parsley and seasoning. Lay the fillets in a baking-dish, with sufficient butter to baste with. Bake for 1/4 hour, and do not forget to keep them well moistened with the butter. Put a little lemon-juice and grated nutmeg to the cold lobster sauce; make it hot, and pour over the fish, which must be well drained from the butter. Garnish with parsley and cut lemon.

Source: Mrs Beeton's Book of Household Management (1861)

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