

Baked Mackerel

Ingredients

4 middling-sized mackerel, a nice delicate forcemeat (_see_ Forcemeats), 3 oz. of butter; pepper and salt to taste.

Method

Clean the fish, take out the roes, and fill up with forcemeat, and sew up the slit. Flour, and put them in a dish, heads and tails alternately, with the roes; and, between each layer, put some little pieces of butter, and pepper and salt. Bake for 1/2 an hour, and either serve with plain melted butter or a _maitre d'hotel_ sauce.

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

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