

# Baked Soles

## Ingredients

2 soles, 1/4 lb. of butter, egg, and bread crumbs, minced parsley, 1 glass of sherry, lemon-juice; cayenne and salt to taste.

## Method

Clean, skin, and well wash the fish, and dry them thoroughly in a cloth. Brush them over with egg, sprinkle with bread crumbs mixed with a little minced parsley, lay them in a large flat baking-dish, white side uppermost; or if it will not hold the two soles, they may each be laid on a dish by itself; but they must not be put one on the top of the other. Melt the butter, and pour it over the whole, and bake for 20 minutes. Take a portion of the gravy that flows from the fish, add the wine, lemon-juice, and seasoning, give it one boil, skim, pour it under the fish, and serve.

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

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