

Boiled Flounders

Ingredients

Sufficient water to cover the flounders, salt in the proportion of 6 oz. to each gallon, a little vinegar.

Method

Pat on a kettle with enough water to cover the flounders, lay in the fish, add salt and vinegar in the above proportions, and when it boils, simmer very gently for 5 minutes. They must not boil fast, or they will break. Serve with plain melted butter, or parsley and butter.

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

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