

# Boiled Fowls A La Bechamel

## Ingredients

A pair of fowls, 1 pint of Bechamel, No, 367, a few bunches of boiled broccoli or cauliflower.

## Method

Truss and boil the fowls by recipe No. 938; make a pint of Bechamel sauce by recipe No. 367; pour some of this over the fowls, and the remainder send to table in a tureen. Garnish the dish with bunches of boiled cauliflowers or broccoli, and serve very hot. The sauce should be made sufficiently thick to adhere to the fowls; that for the tureen should be thinned by adding a spoonful or two of stock.

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

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