

# Boiled Mackerel

## Ingredients

1/4 lb. of salt to each gallon of water.

## Method

Cleanse the inside of the fish thoroughly, and lay it in the kettle with sufficient water to cover it with salt as above; bring it gradually to boil, skim well, and simmer gently till done; dish them on a hot napkin, heads and tails alternately, and garnish with fennel. Fennel sauce and plain melted butter are the usual accompaniments to boiled mackerel; but caper or anchovy sauce is sometimes served with it. (\_See\_ Coloured Plate, F.)

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

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