

Boiled Perch

Ingredients

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

Method

Scale the fish, take out the gills and clean it thoroughly; lay it in boiling water, salted as above, and simmer gently for 10 minutes. If the fish is very large, longer time must be allowed. Garnish with parsley, and serve with plain melted butter, or Dutch sauce. Perch do not preserve so good a flavour when stewed as when dressed in any other way.

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

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