

Boiled Salmon

Ingredients

6 oz. of salt to each gallon of water,--sufficient water to cover the fish.

Method

Scale and clean the fish, and be particular that no blood is left inside; lay it in the fish-kettle with sufficient cold water to cover it, adding salt in the above proportion. Bring it quickly to a boil, take off all the scum, and let it simmer gently till the fish is done, which will be when the meat separates easily from the bone. Experience alone can teach the cook to fix the time for boiling fish; but it is especially to be remembered, that it should never be underdressed, as then nothing is more unwholesome. Neither let it remain in the kettle after it is sufficiently cooked, as that would render it insipid, watery, and colourless. Drain it, and if not wanted for a few minutes, keep it warm by means of warm cloths laid over it. Serve on a hot napkin, garnish with cut lemon and parsley, and send lobster or shrimp sauce, and plain melted butter to table with it. A dish of dressed cucumber usually accompanies this fish.

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

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