

# Broiled Mackerel

## Ingredients

Pepper and salt to taste, a small quantity of oil.

## Method

Mackerel should never be washed when intended to be broiled, but merely wiped very clean and dry, after taking out the gills and insides. Open the back, and put in a little pepper, salt, and oil; broil it over a clear fire, turn it over on both sides, and also on the back. When sufficiently cooked, the flesh can be detached from the bone, which will be in about 15 minutes for a small mackerel. Chop a little parsley, work it up in the butter, with pepper and salt to taste, and a squeeze of lemon-juice, and put it in the back. Serve before the butter is quite melted, with a *maitre d'hotel* sauce in a tureen.

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

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