

Broiled Whiting

Ingredients

Salt and water, flour.

Method

Wash the whiting in salt and water, wipe them thoroughly, and let them remain in the cloth to absorb all moisture. Flour them well, and broil over a very clear fire. Serve with *maitre d'hotel* sauce, or plain melted butter (*see* Sauces). Be careful to preserve the liver, as by some it is considered very delicate.

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

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