

# Cod A La Bechamel

## Ingredients

Any remains of cold cod, 4 tablespoonfuls of bechamel ([\\_see\\_ Sauces](#)), 2 oz. butter; seasoning to taste of pepper and salt; fried bread, a few bread crumbs.

## Method

Flake the cod carefully, leaving out all skin and bone; put the bechamel in a stewpan with the butter, and stir it over the fire till the latter is melted; add seasoning, put in the fish, and mix it well with the sauce. Make a border of fried bread round the dish, lay in the fish, sprinkle over with bread crumbs, and baste with butter. Brown either before the fire or with a salamander, and garnish with toasted bread cut in fanciful shapes.

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

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