

Cod A La Creme

Ingredients

1 large slice of cod, 1 oz. of butter, 1 chopped shalot, a little minced parsley, 1/4 teacupful of white stock, 1/4 pint of milk or cream, flour to thicken, cayenne and lemon-juice to taste, 1/4 teaspoonful of powdered sugar.

Method

Boil the cod, and while hot, break it into flakes; put the butter, shalot, parsley, and stock into a stewpan, and let them boil for 5 minutes. Stir in sufficient flour to thicken, and pour to it the milk or cream. Simmer for 10 minutes, add the cayenne and sugar, and, when liked, a little lemon-juice. Put the fish in the sauce to warm gradually, but do not let it boil. Serve in a dish garnished with croutons.

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

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