

Cod A La Maitre D'Hotel

Ingredients

2 slices of cod, 1/4 lb. of butter, a little chopped shalot and parsley; pepper to taste, 1/4 teaspoonful of grated nutmeg, or rather less, when the flavour is not liked; the juice of 1/4 lemon.

Method

Boil the cod, and either leave it whole, or, what is still better, flake it from the bone, and take off the skin. Put it into a stewpan with the butter, parsley, shalot, pepper, and nutmeg. Melt the butter gradually, and be very careful that it does not become like oil. When all is well mixed and thoroughly hot, add the lemon-juice, and serve.

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

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