

# Cod'S Head And Shoulders

## Ingredients

Sufficient water to cover the fish; 5 oz. of salt to each gallon of water.

## Method

Cleanse the fish thoroughly, and rub a little salt over the thick part and inside of the fish, 1 or 2 hours before dressing it, as this very much improves the flavour. Lay it in the fish-kettle, with sufficient cold water to cover it. Be very particular not to pour the water on the fish, as it is liable to break it, and only keep it just simmering. If the water should boil away, add a little by pouring it in at the side of the kettle, and not on the fish. Add salt in the above proportion, and bring it gradually to a boil. Skim very carefully, draw it to the side of the fire, and let it gently simmer till done. Take it out and drain it; serve on a hot napkin, and garnish with cut lemon, horseradish, the roe and liver. (\_See\_ Coloured Plate C.)

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

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