

# Cod Sounds, En Poule

## Ingredients

For forcemeat, 12 chopped oysters, 3 chopped anchovies, 1/4 lb. of bread crumbs, 1 oz. of butter, 2 eggs; seasoning of salt, pepper, nutmeg, and mace to taste; 4 cod sounds.

## Method

Make the forcemeat by mixing the ingredients well together. Wash the sounds, and boil them in milk and water for 1/2 an hour; take them out and let them cool. Cover each with a layer of forcemeat, roll them up in a nice form, and skewer them. Rub over with lard, dredge with flour, and cook them gently before the fire in a Dutch oven.

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

*Ingredify <https://ingredify.com>*