

# Cream Sauce For Fish Or White Dishes

## Ingredients

1/3 pint of cream, 2 oz. of butter, 1 teaspoonful of flour, salt and cayenne to taste; when liked, a small quantity of pounded mace or lemon-juice.

## Method

Put the butter in a very clean saucepan, dredge in the flour, and keep shaking round till the butter is melted. Add the seasoning and cream, and stir the whole till it boils; let it just simmer for 5 minutes, when add either pounded mace or lemon-juice to taste, to give it a flavour.

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

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