

Eel Pie

Ingredients

1 lb. of eels, a little chopped parsley, 1 shalot; grated nutmeg; pepper and salt to taste; the juice of 1/2 a lemon, small quantity of forcemeat, 1/4 pint of bechamel (see Sauces); puff paste.

Method

Skin and wash the eels, cut them into pieces 2 inches long, and line the bottom of the pie-dish with forcemeat. Put in the eels, and sprinkle them with the parsley, shalots, nutmeg, seasoning, and lemon-juice, and cover with puff-paste. Bake for 1 hour, or rather more; make the bechamel hot, and pour it into the pie.

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

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