

Eels En Matelote

Ingredients

5 or 6 young onions, a few mushrooms, when obtainable; salt, pepper, and nutmeg to taste; 1 laurel-leaf, 1/2 pint of port wine, 1/2 pint of medium stock, No. 105; butter and flour to thicken; 2 lbs. of eels.

Method

Rub the stewpan with butter, dredge in a little flour, add the onions cut very small, slightly brown them, and put in all the other ingredients. Wash, and cut up the eels into pieces 3 inches long; put them in the stewpan, and simmer for 1/2 hour. Make round the dish, a border of croutons, or pieces of toasted bread; arrange the eels in a pyramid in the centre, and pour over the sauce. Serve very hot.

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

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