

Filleted Soles A L'Italienne

Ingredients

2 soles; salt, pepper, and grated nutmeg to taste; egg and bread crumbs, butter, the juice of 1 lemon.

Method

Skin, and carefully wash the soles, separate the meat from the bone, and divide each fillet in two pieces. Brush them over with white of egg, sprinkle with bread crumbs and seasoning, and put them in a baking-dish. Place small pieces of butter over the whole, and bake for 1/2 hour. When they are nearly done, squeeze the juice of a lemon over them, and serve on a dish, with Italian sauce (see Sauces) poured over.

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

Ingredify <https://ingredify.com>