

Fillets Of Mackerel

Ingredients

2 large mackerel, 1 oz. butter, 1 small bunch of chopped herbs, 3 tablespoonfuls of medium stock, No. 105, 3 tablespoonfuls of bechamel (*_see_* Sauces); salt, cayenne, and lemon-juice to taste.

Method

Clean the fish, and fillet it; scald the herbs, chop them fine, and put them with the butter and stock into a stewpan. Lay in the mackerel, and simmer very gently for 10 minutes; take them out, and put them on a hot dish. Dredge in a little flour, add the other ingredients, give one boil, and pour it over the mackerel.

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

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