

Fish Cake

Ingredients

The remains of any cold fish, 1 onion, 1 faggot of sweet herbs; salt and pepper to taste, 1 pint of water, equal quantities of bread crumbs and cold potatoes, 1/2 teaspoonful of parsley, 1 egg, bread crumbs.

Method

Pick the meat from the bones of the fish, which latter put, with the head and fins, into a stewpan with the water; add pepper and salt, the onion and herbs, and stew slowly for gravy about 2 hours; chop the fish fine, and mix it well with bread crumbs and cold potatoes, adding the parsley and seasoning; make the whole into a cake with the white of an egg, brush it over with egg, cover with bread crumbs, and fry of a light brown; strain the gravy, pour it over, and stew gently for 1/4 hour, stirring it carefully once or twice. Serve hot, and garnish with slices of lemon and parsley. _Time_--1/2 hour, after the gravy is made. BOILED FLOUNDERS.

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

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