

Fricasseed Soles

Ingredients

2 middling-sized soles, 1 small one, 1/2 teaspoonful of chopped lemon-peel, 1 teaspoonful of chopped parsley, a little grated bread; salt, pepper, and nutmeg to taste; 1 egg, 2 oz. butter, 1/2 pint of good gravy, 2 tablespoonfuls of port wine, cayenne and lemon-juice to taste.

Method

Fry the soles of a nice brown, as directed in recipe No. 327, and drain them well from fat. Take all the meat from the small sole, chop it fine, and mix with it the lemon-peel, parsley, bread, and seasoning; work altogether, with the yolk of an egg and the butter; make this into small balls, and fry them. Thicken the gravy with a dessert-spoonful of flour, add the port wine, cayenne, and lemon-juice; lay in the 2 soles and balls; let them simmer gently for 6 minutes; serve hot, and garnish with cut lemon.

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

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