

Fried Soles

Ingredients

2 middling-sized soles, hot lard or clarified dripping, egg, and bread crumbs.

Method

Skin and carefully wash the soles, and cut off the fins, wipe them very dry, and let them remain in the cloth until it is time to dress them. Have ready some fine bread crumbs and beaten egg; dredge the soles with a little flour, brush them over with egg, and cover with bread crumbs. Put them in a deep pan, with plenty of clarified dripping or lard (when the expense is not objected to, oil is still better) heated, so that it may neither scorch the fish nor make them sodden. When they are sufficiently cooked on one side, turn them carefully, and brown them on the other: they may be considered ready when a thick smoke rises. Lift them out carefully, and lay them before the fire on a reversed sieve and soft paper, to absorb the fat. Particular attention should be paid to this, as nothing is more disagreeable than greasy fish: this may be always avoided by dressing them in good time, and allowing a few minutes for them to get thoroughly crisp, and free from greasy moisture. Dish them on a hot napkin, garnish with cut lemon and fried parsley, and send them to table with shrimp sauce and plain melted butter.

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

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