

Fried Whiting

Ingredients

Egg and bread crumbs, a little flour, hot lard or clarified dripping.

Method

Take off the skin, clean, and thoroughly wipe the fish free from all moisture, as this is most essential, in order that the egg and bread crumbs may properly adhere. Fasten the tail in the mouth by means of a small skewer, brush the fish over with egg, dredge with a little flour, and cover with bread crumbs. Fry them in hot lard or clarified dripping of a nice colour, and serve them on a napkin, garnished with fried parsley. (See Coloured Plate D.) Send them to table with shrimp sauce and plain melted butter.

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

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