

# Gooseberry Sauce For Boiled Mackerel

## Ingredients

1 pint of green gooseberries, 3 tablespoonfuls of Bechamel, No. 367 (veal gravy may be substituted for this), 2 oz. of fresh butter; seasoning to taste of salt, pepper, and grated nutmeg.

## Method

Boil the gooseberries in water until quite tender; strain them, and rub them through a sieve. Put into a saucepan the Bechamel or gravy, with the butter and seasoning; add the pulp from the gooseberries, mix all well together, and heat gradually through. A little pounded sugar added to this sauce is by many persons considered an improvement, as the saccharine matter takes off the extreme acidity of the unripe fruit.

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

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