

John Dory

Ingredients

1/4 lb. of salt to each gallon of water.

Method

This fish, which is esteemed by most people a great delicacy, is dressed in the same way as a turbot, which it resembles in firmness, but not in richness. Cleanse it thoroughly and cut off the fins; lay it in a fish-kettle, cover with cold water, and add salt in the above proportion. Bring it gradually to a boil, and simmer gently for 1/4 hour, or rather longer, should the fish be very large. Serve on a hot napkin, and garnish with cut lemon and parsley. Lobster, anchovy, or shrimp sauce, and plain melted butter, should be sent to table with it.

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

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