

Minced Fowl A La Bechamel

Ingredients

The remains of cold roast fowl, 6 tablespoonfuls of Bechamel sauce No. 367, 6 tablespoonfuls of white stock No. 107, the white of 1 egg, bread crumbs, clarified butter.

Method

Take the remains of roast fowls, mince the white meat very small, and put it into a stewpan with the Bechamel and stock; stir it well over the fire, and just let it boil up. Pour the mince into a dish, beat up the white of egg, spread it over, and strew on it a few grated bread crumbs; pour a very little clarified butter on the whole, and brown either before the fire or with a salamander. This should be served in a silver dish, if at hand.

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

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