

# Perch Stewed With Wine

## Ingredients

Equal quantities of stock No. 105 and sherry, 1 bay-leaf, 1 clove of garlic, a small bunch of parsley, 2 cloves, salt to taste; thickening of butter and flour, pepper, grated nutmeg, 1/2 teaspoonful of anchovy sauce.

## Method

Scale the fish and take out the gills, and clean them thoroughly; lay them in a stewpan with sufficient stock and sherry just to cover them. Put in the bay-leaf, garlic, parsley, cloves, and salt, and simmer till tender. When done, take out the fish, strain the liquor, add a thickening of butter and flour, the pepper, nutmeg, and the anchovy sauce, and stir it over the fire until somewhat reduced, when pour over the fish, and serve.

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

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