

Recipe 262

Ingredients

1 gurnet, 6 oz. of salt to each gallon of water.

Method

Cleanse the fish thoroughly, and cut off the fins; have ready some boiling water, with salt in the above proportion; put the fish in, and simmer very gently for 1/2 hour. Parsley and butter, or anchovy sauce, should be served with it.

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

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