

Recipe 406

Ingredients

6 tablespoonfuls of Bechamel, No. 367, seasoning to taste of salt and cayenne, a little parsley-green to colour, the juice of 1/2 a lemon.

Method

Put the Bechamel into a saucepan with the seasoning, and bring it to a boil. Make a green colouring by pounding some parsley in a mortar, and squeezing all the juice from it. Let this just simmer, when add it to the sauce. A moment before serving, put in the lemon-juice, but not before; for otherwise the sauce would turn yellow, and its appearance be thus spoiled.

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

Ingredify <https://ingredify.com>