

Recipe 464

Ingredients

1 middling-sized hen lobster, 3/4 pint of melted butter, No. 376; 1 tablespoonful of anchovy sauce, 1/2 oz. of butter, salt and cayenne to taste, a little pounded mace when liked, 2 or 3 tablespoonfuls of cream.

Method

Choose a hen lobster, as this is indispensable, in order to render this sauce as good as it ought to be. Pick the meat from the shells, and cut it into small square pieces; put the spawn, which will be found under the tail of the lobster, into a mortar with 1/2 oz. of butter, and pound it quite smooth; rub it through a hair-sieve, and cover up till wanted. Make 3/4 pint of melted butter by recipe No. 376; put in all the ingredients except the lobster-meat, and well mix the sauce before the lobster is added to it, as it should retain its square form, and not come to table shredded and ragged. Put in the meat, let it get thoroughly hot, but do not allow it to boil, as the colour would immediately be spoiled; for it should be remembered that this sauce should always have a bright red appearance. If it is intended to be served with turbot or brill, a little of the spawn (dried and rubbed through a sieve without butter) should be saved to garnish with; but as the goodness, flavour, and appearance of the sauce so much depend on having a proper quantity of spawn, the less used for garnishing the better.

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

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