

# Recipe 511

## Ingredients

The spawn of 1 lobster, 1 oz. of butter, 1/2 pint of Bechamel (No. 367), the juice of 1/2 lemon, a high seasoning of salt and cayenne.

## Method

Take the spawn and pound it in a mortar with the butter, until quite smooth, and work it through a hair sieve. Put the Bechamel into a stewpan, add the pounded spawn, the lemon-juice, which must be strained, and a plentiful seasoning of cayenne and salt; let it just simmer, but do not allow it to boil, or the beautiful red colour of the sauce will be spoiled. A small spoonful of anchovy essence may be added at pleasure.

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

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