

Recipe 512

Ingredients

1/2 pint of Espagnole (No. 411), 3 onions, 2 tablespoonfuls of mushroom ketchup, 1/2 glass of port wine, a bunch of sweet herbs, 1/2 bay-leaf, salt and pepper to taste, 1 clove, 2 berries of allspice, a little liquor in which the fish has been boiled, lemon-juice, and anchovy sauce.

Method

Slice and fry the onions of a nice brown colour, and put them into a stewpan with the Espagnole, ketchup, wine, and a little liquor in which the fish has been boiled. Add the seasoning, herbs, and spices, and simmer gently for 10 minutes, stirring well the whole time; strain it through a fine hair sieve, put in the lemon-juice and anchovy sauce, and pour it over the fish. This sauce may be very much enriched by adding a few small quenelles, or forcemeat balls made of fish, and also glazed onions or mushrooms. These, however, should not be added to the matelote till it is dished.

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

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