

# Recipe 954

## Ingredients

3 or 4 shalots, 1 oz. of butter, 1 teaspoonful of flour, white sauce; pepper, salt, and pounded mace to taste; 1/2 teaspoonful of pounded sugar, the remains of cold roast fowls, the yolks of 2 eggs, egg, and bread crumbs.

## Method

Mince the fowl, carefully removing all skin and bone, and fry the shalots in the butter; add the minced fowl, dredge in the flour, put in the pepper, salt, mace, pounded sugar, and sufficient white sauce to moisten it; stir to it the yolks of 2 well-beaten eggs, and set it by to cool. Then make the mixture up into balls, egg and bread-crumbs them, and fry a nice brown. They may be served on a border of mashed potatoes, with gravy or sauce in the centre.

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

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