

Recipe 961

Ingredients

The remains of cold roast fowls, 1 pint of Bechamel No. 367, salt and cayenne to taste, egg and bread crumbs.

Method

Take the breasts and nice white meat from the fowls; cut it into small dice of an equal size, and throw them into some good Bechamel, made by recipe No. 367; season with salt and cayenne, and put the mixture into a dish to cool. When this preparation is quite cold, cut it into 2 equal parts, which should be made into _boudins_ of a long shape, the size of the dish they are intended to be served on; roll them in flour, egg and bread-crumbs, and be careful that the ends are well covered with the crumbs, otherwise they would break in the frying-pan; fry them a nice colour, put them before the fire to drain the greasy moisture from them, and serve with the remainder of the Bechamel poured round: this should be thinned with a little stock.

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

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