

# Red Mullet

## Ingredients

Oiled paper, thickening of butter and flour, 1/2 teaspoonful of anchovy sauce, 1 glass of sherry; cayenne and salt to taste.

## Method

Clean the fish, take out the gills, but leave the inside, fold in oiled paper, and bake them gently. When done, take the liquor that flows from the fish, add a thickening of butter kneaded with flour; put in the other ingredients, and let it boil for 2 minutes. Serve the sauce in a tureen, and the fish, either with or without the paper cases.

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

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