

Salmon A La Genevese

Ingredients

2 slices of salmon, 2 chopped shalots, a little parsley, a small bunch of herbs, 2 bay-leaves, 2 carrots, pounded mace, pepper and salt to taste, 4 tablespoonfuls of Madeira, 1/2 pint of white stock (No. 107), thickening of butter and flour, 1 teaspoonful of essence of anchovies, the juice of 1 lemon, cayenne and salt to taste.

Method

Rub the bottom of a stewpan over with butter, and put in the shalots, herbs, bay-leaves, carrots, mace, and seasoning; stir them for 10 minutes over a clear fire, and add the Madeira or sherry; simmer gently for 1/2 hour, and strain through a sieve over the fish, which stew in this gravy. As soon as the fish is sufficiently cooked, take away all the liquor, except a little to keep the salmon moist, and put it into another stewpan; add the stock, thicken with butter and flour, and put in the anchovies, lemon-juice, cayenne, and salt; lay the salmon on a hot dish, pour over it part of the sauce, and serve the remainder in a tureen.

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

Ingredify <https://ingredify.com>