

Soles With Cream Sauce

Ingredients

2 soles; salt, cayenne, and pounded mace to taste; the juice of 1/2 lemon, salt and water, 1/2 pint of cream.

Method

Skin, wash, and fillet the soles, and divide each fillet in 2 pieces; lay them in cold salt and water, which bring gradually to a boil. When the water boils, take out the fish, lay it in a delicately clean stewpan, and cover with the cream. Add the seasoning, simmer very gently for ten minutes, and, just before serving, put in the lemon-juice. The fillets may be rolled, and secured by means of a skewer; but this is not so economical a way of dressing them, as double the quantity of cream is required.

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

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