

Sprats Fried In Batter

Ingredients

2 eggs, flour, bread crumbs; seasoning of salt and pepper to taste.

Method

Wipe the sprats, and dip them in a batter made of the above ingredients. Fry of a nice brown, serve very hot, and garnish with fried parsley. Sprats may be baked like herrings. (_See_ No. 268.) DRIED SPRATS. 331. Dried sprats should be put into a basin, and boiling water poured over them; they may then be skinned and served, and this will be found a much better way than boiling them. [Illustration: THE SPRAT.] THE SPRAT.--This migratory fish, is rarely found longer than four or five inches, and visits the shores of Britain after the herring and other kinds of fish have taken their departure from them. On the coasts of Suffolk, Essex, and Kent, they are very abundant, and from 400 to 500 boats are employed in catching them during the winter season. Besides plentifully supplying the London market, they are frequently sold at sixpence a bushel to farmers for manuring purposes. They enter the Thames about the beginning of November, and leave it in March. At Yarmouth and Gravesend they are cured like red herrings. BAKED STURGEON.

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

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