

Stewed Trout

Ingredients

2 middling-sized trout, 1/2 onion cut in thin slices, a little parsley, 2 cloves, 1 blade of mace, 2 bay-leaves, a little thyme, salt and pepper to taste, 1 pint of medium stock No. 105, 1 glass of port wine, thickening of butter and flour.

Method

Wash the fish very clean, and wipe it quite dry. Lay it in a stewpan, with all the ingredients but the butter and flour, and simmer gently for 1/2 hour, or rather more, should not the fish be quite done. Take it out, strain the gravy, add the thickening, and stir it over a sharp fire for 5 minutes; pour it over the trout, and serve.

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

Ingredify <https://ingredify.com>