

Tench Stewed With Wine

Ingredients

1/2 pint of stock No. 105, 1/2 pint of Madeira or sherry, salt and pepper to taste, 1 bay-leaf, thickening of butter and flour.

Method

Clean and crimp the tench; carefully lay it in a stewpan with the stock, wine, salt and pepper, and bay-leaf; let it stew gently for 1/2 hour; then take it out, put it on a dish, and keep hot. Strain the liquor, and thicken it with butter and flour kneaded together, and stew for 5 minutes. If not perfectly smooth, squeeze it through a tammy, add a very little cayenne, and pour over the fish. Garnish with balls of veal forcemeat.

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

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