

To Bake Smelts

Ingredients

12 smelts, bread crumbs, 1/4 lb. of fresh butter, 2 blades of pounded mace; salt and cayenne to taste.

Method

Wash, and dry the fish thoroughly in a cloth, and arrange them nicely in a flat baking-dish. Cover them with fine bread crumbs, and place little pieces of butter all over them. Season and bake for 15 minutes. Just before serving, add a squeeze of lemon-juice, and garnish with fried parsley and cut lemon.

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

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