

# To Dress Plovers

## Ingredients

3 plovers, butter, flour, toasted bread. *\_Choosing and Trussing\_.*--Choose those that feel hard at the vent, as that shows their fatness. There are three sorts,--the grey, green, and bastard plover, or lapwing. They will keep good for some time, but if very stale, the feet will be very dry. Plovers are scarcely fit for anything but roasting; they are, however, sometimes stewed, or made into a ragout, but this mode of cooking is not to be recommended.

## Method

Pluck off the feathers, wipe the outside of the birds with a damp cloth, and do not draw them; truss with the head under the wing, put them down to a clear fire, and lay slices of moistened toast in the dripping-pan, to catch the trail. Keep them *\_well basted\_*, dredge them lightly with flour a few minutes before they are done, and let them be nicely frothed. Dish them on the toasts, over which the *\_trail\_* should be equally spread. Pour round the toast a little good gravy, and send some to table in a tureen.

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

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