

To Dress Shad

Ingredients

1 shad, oil, pepper, and salt.

Method

Scale, empty and wash the fish carefully, and make two or three incisions across the back. Season it with pepper and salt, and let it remain in oil for 1/2 hour. Broil it on both sides over a clear fire, and serve with caper sauce. This fish is much esteemed by the French, and by them is considered excellent.

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

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