

# To Dress The Ptarmigan

## Ingredients

2 or 3 birds; butter, flour, fried bread crumbs.

## Method

The ptarmigan, or white grouse, when young and tender, are exceedingly fine eating, and should be kept as long as possible, to be good. Pluck, draw, and truss them in the same manner as grouse, No. 1025, and roast them before a brisk fire. Flour and froth them nicely, and serve on buttered toast, with a tureen of brown gravy. Bread sauce, when liked, may be sent to table with them, and fried bread crumbs substituted for the toasted bread.

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

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