

To Dress Whitebait

Ingredients

A little flour, hot lard, seasoning of salt.

Method

This fish should be put into iced water as soon as bought, unless they are cooked immediately. Drain them from the water in a colander, and have ready a nice clean dry cloth, over which put 2 good handfuls of flour. Toss in the whitebait, shake them lightly in the cloth, and put them in a wicker sieve to take away the superfluous flour. Throw them into a pan of boiling lard, very few at a time, and let them fry till of a whitey-brown colour. Directly they are done, they must be taken out, and laid before the fire for a minute or two on a sieve reversed, covered with blotting-paper to absorb the fat. Dish them on a hot napkin, arrange the fish very high in the centre, and sprinkle a little salt over the whole.

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

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