

Fish & Sauce

recipe by Lady Nina Balfour of Balbirnie

ingredients

- 2-3 haddocks, skinned
- Chopped parsley
- Chopped onion
- Any stock
- 1 tbsp. flour
- Butter

steps, according to Lady Balfour

“Take 2 or 3 Haddocks. Put them into a Fish Kettle. Strew some chopped parsley over them and an onion and a ladle full of stock (if this be too strong add a little water). Put them on a stove and let them boil gently for 20 minutes. Then mix a little Roux with a small bit of butter and about one tablespoonful of flour. Take up the Haddocks and put them into the dish in which they are [served] in. Mix them with the sauce.”

*made Fish & Sauce? let us know how it turned out!
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*prefer to make a more modern recipe?
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