[Count Rumford, Hasty Pudding / Indian Pudding / Boil Potatoes]

Date: Not dated, written between 1780-1800. | 1780/01/01 to 1800/01/01

Publication Format
Manuscript

Type
Food

Ingredients
water
salt
Indian meal
corn meal
molasses
suet
apples
huckleberries
potatoes

Places
Halifax
Nova Scotia

Source: Almon Scrapbook
Institution: Nova Scotia Archives | **Source Origin:** Almon Family Fonds | **Reference:** MG1 Vol. 14 / Microfilm Reel 14,894

Description

A recipe for hasty pudding made from cornmeal, followed by instructions for a similar "Indian pudding" sweetened with molasses and directions for boiling potatoes, p. 120.

Transcription

Count Rumford, Hasty-Pudding
2 Pints of water, 58] gr. of salt ^disolvedboiled in the
Water, ½ lb of Indian meal. Stirred in by little &

little till it is enough, which may be known by
a wooden spoon standing on end in it.

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From the same Sr. Wm. Pepperels Housekeeper Indian Pudding
3lb of Indian Meal (sifted) put into a large bowl, pour 5 pints of
boiling water & stir well-together, add 3 qts. of lb mollasses
& 1 oz of salt, there being all well mixed, pour into a bag thoroughly
cover in boiling water, leaving an empty space about the 6th.

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Part of its contents, for room to swell: Put
it into boiling water, a boil without in-
-termission 6 hours. 1lb of suet may be
added. Or 1 lb. of of dried apples. or huckle-
berries.

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Same. Boil Potatoes.
Take them of the some size, wash clean, put
into cold, ^waternot sufficient to cover them; if large,
as soon as they begin to boil, repeatedly throw in
cold water till they are done, which will take from
½ an hour to 1 ¼ according to their size, during

Annotations

Count Rumford

All three of these recipes are found in Benjamin Rumford's Essays, Political, Economical, and Philosophical, vol. 1 (1796), pp. 258, 264-265, 284. Rumford was the Loyalist Benjamin Thompson of Woburn, Massachusetts and Concord, New Hampshire who was titled by the Holy Roman Empire for his scientific achievements.

Indian meal

A frequently used term for corn meal.

Pepperels

Sir William Pepperel Sparhawk is the Loyalist grandson and heir of Sir William Pepperel, a British commender known for his role in the Battle of Louisbourg.

housekeeper

A footnote in Rumford's essays indicates that the recipe is the work of "the Housekeeper of my friend and countryman, Sir William Pepperel, Bart. of Upper Seymour Street, Portman Square" (264).

Count Rumford, Hasty Pudding / Indian Pudding / Boil Potatoes recipe from Early Modern Maritime Recipes:
https://emmr.lib.unb.ca/recipes/128