

# [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 g<sup>r</sup>. 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 S<sup>r</sup>. W<sup>m</sup>. [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 q<sup>ts</sup>. 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 6<sup>th</sup>.

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

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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>