

# [Lady Eleanora Dundas's Recipe] Jonathan Bliss

**Date:** 1798/06/05

**Author**

Jonathan Bliss

**Publication Format**

Manuscript

**Type**

Food

**Ingredients**

water  
salt  
sugar  
coarse sugar  
saltpeter  
beef

**Places**

Saint John  
New Brunswick

**Source:** Bliss Family Fonds

**Institution:** Nova Scotia Archives | **Reference:** Vol. 1604, No. 50 / Microfilm Reel 22,713

**Description**

In a letter to his wife Mary Bliss, Jonathan Bliss offers Lady Eleanora Dundas's directions for preparing salted beef.

**Transcription**

[...] -- you forgot to take Lady Eleanora's Recipe. it is --

4 Gallons of Water, 6 Pounds of Salt Dried, 2 Pounds of Coarse Sugar, 2 Ounces of Salt Peter, boil

all together and skim it; when no scum rises, and it is perfectly clear, then take it off; and when

cold pour it over your Beef -- Your friend Col. Elligood says, Pack the Beef 2 Days in Salt

to take out the Blood -- This may be more necessary in a warm Climate. He puts 6 Gal. water.

Lady Eleanora Dundas's Recipe recipe from Early Modern Maritime Recipes: <https://emmr.lib.unb.ca/recipes/144>