

[Lady Eleanora Dundas's Recipe] Jonathan Bliss

Date: 1798/06/05

Contributors

Contributor Role

Author

Contributor Name

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 Dundas'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.

Annotations

[Recipe](#)

The recipe is also found in the manuscript notebook, Lady Eleanora Dundas, Collection of Medical and Cookery Receipts, ca. 1785. Wellcome Library, Accession Number 41932, MS 2242.

[Salt Peter](#)

The common name for potassium nitrate, saltpeter was often used in curing meat.

Lady Eleanora Dundas's Recipe recipe from Early Modern Maritime Recipes:

<https://emmr.lib.unb.ca/recipes/144>