

[Symballs]

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

Publication Format

Manuscript

Type

Food

Ingredients

sugar

butter

eggs

flour

cinnamon

nutmeg

lard

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 symballs from one Mrs. Brock, p. 120.

Transcription

Symballs. M.^{rs} Brock

q^f lb of Sugar, half lb of butter, melted together, mix with half a dozen Eggs, 2lb of Flour, Cinnamon & Nutmeg, made into a light Paste, rolled thin, cut in shapes, Hearts [re.] & Fried in lard.

Symballs recipe from Early Modern Maritime Recipes: <https://emmr.lib.unb.ca/recipes/154>