

[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

qr 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>