

[Cheap Substitute for Sugar] Dr. William James Almon

Date: Late 18th century; exact date unknown.

Contributors

Contributor Role

Compiler

Contributor Name

Dr. William James Almon

Publication Format

Manuscript

Type

Food

Ingredients

white honey

honey

spiritous liquor

treacle

water

Places

Halifax

Nova Scotia

Hamburgh

St. Petersburg

Hungary

Walachia

Spain

Source: Manuscript Notebook of Dr. William James Almon

Institution: Nova Scotia Archives | **Source Origin:** Almon Family Fonds | **Reference:** MG 1 / Microfilm Reel 10,045

Description

Instructions from Hamburg and Petersburg explaining how to make a sugar substitute from honey and treacle, p. 238. The first part of the entry was published as "Means of lessening the Consumption of Sugar" in *The Phoenix; Or, Weekly Miscellany Improved*, Vol. 3, No. 53 (10 July 1793), pp.348-49.

Transcription

A pastry-cook at Hamburgh named Holzen, amassed a considerable fortune by using white honey, instead of sugar, in syrups, cordials, stewed fruit and confectionary. He procured his Honey from Hungary, [Walachia](#), and Spain; and the method he employed to purify it was as follows:

After having melted, scummed, and clarified it, he dipped into it five or six times successively, a large nail, made each time, red hot in the fire. He also mixed with every half pound of honey a spoonful of spirituous liquor, which destroyed its melleous taste. Tarts, especially those composed of cherries or gooseberries, stewed fruit, prunes &^{cc} made with this Honey, were much finer, and wholesomer than those made with Sugar, and cost only half the expence, as the price of honey is much less, than that of Sugar, and as twelve ounces of the former will go as far as sixteen ounces of the latter.

Cheap Substitute for Sugar

The celebrated M^r. [Lowitz](#) of Petersbourg has invented the following process for obtaining a succedaneum to sugar equally pleasant and salutary Viz. Take twelve pounds weight of treacle, w.th the same weight of water; then grossly bruising three pounds of charcoal thoroughly burnt, mix the whole in a caldron, and let the mixture boil gently; for half an hour; on a clear wood fire. - After pouring the liquor through a straining bag, replace it on the fire, that the superfluous water may evaporate, and the treacle attain its original consistence.

Annotations

[Walachia](#)

The region of northern Romania between the Carpathian Mountains and the Danube.

[Lowitz](#)

German-born Johann Tobias Lowitz (1757-1804) was a celebrated chemist and member of the Imperial Academy at St. Petersburg, Russia. His discovery of the uses of charcoal, especially for purifying water, were well known. (See Almon's entry on the uses of charcoal.)

Cheap Substitute for Sugar recipe from Early Modern Maritime Recipes: <https://emmr.lib.unb.ca/recipes/187>