

[Receipt to make Hessian Soup]

Date: 1768/02/04

Publication Format

Print

Type

Food

Ingredients

water

peas

split peas

lean beef

beef

potatoes

rice

ground rice

celery

leeks

pepper

salt

mint

dried mint

Places

Halifax

Nova Scotia

Source: Nova Scotia Gazette

Institution: Nova Scotia Archives | **Source Origin:** Nova Scotia Newspapers on Microfilm | **Reference:**

Consult the Nova Scotia Archives' "Nova Scotia Newspapers on Microfilm" list (Royal Gazette) for a complete account of microfilm reels for this paper. EMMR includes recipes from reel 9466.

Description

Instructions for making an inexpensive soup of beef, potatoes, split peas, celery, and leeks from "A Friend to the Poor," Vol. 2, No. 78. Microfilm Reel 9466.

Transcription

To the PRINTER,

SIR,

By inserting the following you will oblige a con-

stant Reader.

Receipt to make [HESSIAN SOUP](#).

TAKE seven Pints of Water, one Pint of split Pease, one pound of lean Beef cut into small pieces, three quarters of a pound of potatoes, three ounces of ground rice, two heads of cellery, three leeks; season it to your taste with pepper, salt, and dried mint; let them all boil together till reduced to five pints : Then strain it through a cullender. This will dine six people, and the expence is very small, and it is extremely nourishing.

A FRIEND TO THE POOR.

Annotations

[Hessian](#)

"Of or pertaining to Hesse in Germany" / "A native of Hesse in Germany; a soldier of or from that country."
(OED)

Receipt to make Hessian Soup recipe from Early Modern Maritime Recipes:

<https://emmr.lib.unb.ca/recipes/219>