[To Make Balm Wine] William Trueman

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Type
Drink
Medicine

Ingredients
balm leaves
water
sugar
eggs
egg whites
yeast

Places
New Brunswick
Yorkshire

Source: John and William Trueman Notebook
Institution: Mount Allison University Archives | **Source Origin:** Trueman Family Fonds, 1750-1931 | **Sublocation:** 1. Trueman family notebooks, account books, diaries, and artifacts. 1750, 1771-1883. | **Reference:** Accession 0102

Description

Instructions for making wine from balm leaves on folio 18v. Image courtesy of Mount Allison University Archives.

Transcription

To make Balm wine

Take a peck of Balm Leaves
put them in a Tub or Large
pot heat four gallons of water
Scalding hot ready to Boil then
pour it upon the Leavs So Let it Stand
all night then Strian them thro' a
hair Sive put to every gallon of
water tow pounds of fine Sugar
And Stir it very well take the white
of four or five eggs beat them very
well put them into pan and whisk it
very well before it be over hot
when the Skim begins to rise

Take it off and keep it Scimming
all the while it is boiling Let it
Boil three Quarters of an hour
Then put it into the Tob when
It is cold put a Little new yest
Upon it and Beat it in every tow
hours that it may head the better
So work it For tow days then put
it into a Sweet rundlet bumb
it up close and when it is fine
Bottle it of

Annotations

Balm

A herb of the mint family.

rundlet

"A cask or vessel of varying capacity," large versions of which "appear usually to have varied between 15 and 18½ gallons (approx. 68 to 84 litres), small ones between a pint and 6 gallons (approx. 0.6 to 27 litres)." (OED)

bumb

Trueman means "bung," a stopper used to close up the wine during the fining process.

To Make Balm Wine recipe from Early Modern Maritime Recipes: https://emmr.lib.unb.ca/recipes/257