

# [To Make Balm Wine] William Trueman

**Date:** The manuscript is dated 1750, 1771-1772. | 1750/01/01 to 1772/12/31

Contributors

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Publication Format

Manuscript

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>