

[To Make Balm Wine] William Trueman

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

Compiler

William Trueman

Compiler

John Trueman

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.

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