[Fish Sauce] Sarah Creighton Wilkins

Date: Late 18th or early 19th century; exact date unknown.

Contributors
Contributor Role
Compiler
Contributor Name
Sarah Creighton Wilkins

Publication Format
Manuscript

Type
Food

Ingredients
essence of anchovies
soy
vinegar
cloves
shallots
cayenne pepper
butter

Places
Halifax
Nova Scotia

Source: Manuscript Notebook of Sarah Creighton Wilkins
Institution: Nova Scotia Archives | **Source Origin:** MacDonald Family Fonds | **Reference:** MG 1 No. 1 / Microfilm Reel 10,618

Description

A recipe for fish sauce.

Transcription

Fish Sauce

Essence of anchovies best Soy of each
¾ of an once a pint 6 Table spoonfuls
of Vinegar 4 Cloves of Shallot ½ an once
Cayan pepper first beat The Shallot well
in a clean Mortar, then add the Soy
& essence of anchovies after they are
thoroughly mixt let it be straind
through a linnen bag or Cloth & add
the Cayan pepper. 4 Table spoonfuls
of the above to a moderate sized
Butter Boat of very good melted Butter
makes excellent Fish Sauce

Fish Sauce recipe from Early Modern Maritime Recipes: https://emmr.lib.unb.ca/recipes/281