

# [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  
~~¼ 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>