

# [Best Breakfast Cakes Possible] 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

flour

eggs

milk

cream

sugar

yeast

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 sweet breakfast cakes.

Transcription

Best Breakfast Cakes possible.  
as much flower as as a spoonful

of yeast will raise, Take 2 Eggs  
Milk & cream sufficient for the dough  
warm them a couple of lumps of sugar  
beat your Eggs & Milk & yeast together &  
sugar -- & put them in the middle  
of your flour let it stand 1 hour  
then knead it up & pull it into  
peices to make your roles which  
you may role out into little Cakes  
cutting them with your dredger  
top - let them stand a quarter of  
an hour on the tins you bake them  
on before the fire. Ten minutes will  
bake them 1 lb of Flower to a good spoon

Best Breakfast Cakes Possible recipe from Early Modern Maritime Recipes: <https://emmr.lib.unb.ca/recipes/314>