

[Sick Kitchen Cookerry] 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

Drink

Medicine

Ingredients

powder of salop

salop powder

water

boiling water

wine

sugar

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 making salop.

Transcription

Sick Kitchen Cookerry -

[Salop](#)

Take a large tea spoonful of the powder of [Salop](#), & put it into a pint of boiling water. Keep stirring it till it becomes a fine Jelly & then

put in wine & sugar to the palate
& strength of the patient

Annotations

Salop

"A nutritive meal, starch, or jelly made from the dried tubers of various orchidaceous plants, chiefly those of the genus *Orchis*; formerly also used as a drug" (OED). (Also salep, saloop)

Sick Kitchen Cookerry recipe from Early Modern Maritime Recipes: <https://emmr.lib.unb.ca/recipes/353>