

# [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>