

# [Panada] 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

mace

bread

water

butter

sugar

nutmeg

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 panada.

Transcription

## [Panada](#)

Put a blade of Mace & a large piece  
of crumb of bread & a quart of water in  
to a clean saucepan. Let it boil 2  
minutes then take out the bread &  
bruise it very fine in a basin  
Mix as much water as you think it

will require, put away the rest &  
sweeten it to Palate - put a bit of  
butter not bigger than a walnut but  
do not put in any wine, it will spoil  
it - Grate in a little Nutmeg.

Annotations

**Panada**

"A dish consisting of bread boiled to a pulp in water, sometimes flavoured with sugar, currants, nutmeg, or other ingredients" (OED).

Panada recipe from Early Modern Maritime Recipes: <https://emmr.lib.unb.ca/recipes/354>