

[A Good Nourishing Drink] 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

milk

water

penny roll

mace

roll

bread

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

Recipe for a nourishing drink that includes bread.

Transcription

A good nourishing drink

a pint of Milk a pint of Water & the
Top of crust of a penny role & a blade
of mace -- boil it ten minutes very
slow, then pour it off & drink it

warm --

A Good Nourishing Drink recipe from Early Modern Maritime Recipes: <https://emmr.lib.unb.ca/recipes/355>