

# [Jermyn Puffs] 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

milk

new milk

roll

eggs

egg whites

flour

bread

white wine

White Wine

sugar

nutmeg

almonds

bitter almonds

Places

Halifax

**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 German puffs.

Transcription

Jermyn Puffs

½ a pint of new milk boiling hot pour

it in a small role. then beat 4 Eggs  
Whites & all with 2 spoonfuls of flower  
mix the Bread & flower with a small  
glass of white wine a little sugar &  
Nutmeg bake in tins the oven not too  
hot a bitter Almond or two is pleasant.

Jermyn Puffs recipe from Early Modern Maritime Recipes: <https://emmr.lib.unb.ca/recipes/367>