

# [Sponge Cake]

**Date:** Late 18th or early 19th century; exact date unknown.

Publication Format  
Manuscript

Type  
Food

Ingredients  
eggs  
sugar  
flour  
cream of tartar  
soda  
egg yolks  
egg whites

Places  
Nova Scotia

**Source:** Militia Regulations Book

**Institution:** Nova Scotia Archives | **Reference:** MG 100 Vol. 1 No. 5 / Microfilm Reel 786

## Description

A sponge cake recipe pasted in the pages of a book of Militia Regulations.

## Transcription

### Sponge Cake

6 Eggs 2 Cups Sugar 2 Cups Flour

1 Teaspoonful Cream Tartar

half of soda dissolved in a

little water beat yolks & Sugar

together then add whites soda

& Cream Tartar last thing

Sponge Cake recipe from Early Modern Maritime Recipes: <https://emmr.lib.unb.ca/recipes/449>