

# [Indian Pudding]

**Date:** Booklet contains dates ranging from 1791- 1826. No date on page of recipe | 1791/11/26 to 1826/01/18

## **Publication Format**

Manuscript

## **Type**

Food

## **Ingredients**

molasses  
boiled milk  
butter  
meal  
salt

## **Places**

Shelburne  
Nova Scotia

**Source:** White Family Fonds

**Institution:** Nova Scotia Archives | **Source Origin:** Shelburne | **Reference:** MG1 Vol. 958 No. 1526

## **Description**

A recipe for "Indian Pudding" found on the last page of a booklet of receipts and personal notes. Written first in pencil then traced over with a pen. Potentially devised or recorded by Nancy Nanac or A. Crowell.

## **Transcription**

Indian Pudding. Nancy [Nanac]  
[Mix] a pint of molasses, a quart of  
milk (boiled is best) - table spoonful  
of butter and as much meal as you  
think will make it thick enough,  
a little salt put the molasses and  
milk together and then stir in the  
meal. A Crowell

Indian Pudding recipe from Early Modern Maritime Recipes: <https://emmr.lib.unb.ca/recipes/613>