[For Making Puff Paste]

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

Publication Format
Manuscript

Type
Food

Ingredients
butter
flour

Places
Nova Scotia

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

Description

Instructions for puff pastry pasted on the pages of a book of Militia Regulations.

Transcription

for making puff paste
sift the flour and
cut the butter into
squares of half an inch

mix them into the flour
and wet it as __
sparingly as possible
roll it out twice
as thin as you can
on the board and
dredge a very little
flour each time

bake in a moderate
oven if the paste
is thin fifteen minutes
will be sufficient

if not twenty will
be required. __

For Making Puff Paste recipe from Early Modern Maritime Recipes: https://emmr.lib.unb.ca/recipes/80