

# [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>