

# [Arra Rooted]

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

Publication Format

Manuscript

Type

Food

Ingredients

arrowroot

sugar

eggs

egg yolks

egg whites

essence of lemon

Places

Nova Scotia

**Source:** Militia Regulations Book

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

Description

A recipe for arrowroot pudding pasted in the pages of a Militia Regulations book.

Transcription

Arra rooted  
half pound arra root a pound  
of fine white Sugar the  
yolks of a dozen Eggs the  
whites of Eight beat [sepincley]  
twenty minutes then put all  
together and beat five twenty  
minutes, put in your pans  
bake it very quick oven  
flavour with the Essence of Lemon

Arra Rooted recipe from Early Modern Maritime Recipes: <https://emmr.lib.unb.ca/recipes/83>