[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
togther 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