

To make Carrot, or Parsnep Puffs

The Complete Housewife by Eliza Smith, 1766

<https://www.youtube.com/watch?v=1pb8rEYDLHc>

Original Receipt

Scrape and boil your carrots and parsnips tender; then scrape or mash them very fine, add to it a pint of pulp, the crumb of a penny loaf grated, or some stale bisket, if you have it, some eggs, but four whites, a nutmeg grated, some orange-flower water, sugar to your taste, a little sack and mix it up with thick cream; they must be fried in rendered suet, the very liquor very hot when you put them in: put in a good spoonful in a place.

Ingredients

Amount

Carrots	8-10
Bread Crumbs	1 cups
Eggs, Beaten	2
Nutmeg, ground	1 ½ tsp
Orange Flower Water (optional)	1 tsp
Sherry (sack)	2 Tbsp.
Cream	½ cup
Oil for frying	

Directions

Scrape carrots and boil until tender. Mash. Mix in bread crumbs, beaten eggs, nutmeg, orange flower water, sherry, and cream. Heat oil in a large pan. Once oil is hot, drop a spoonful of batter into oil. Fry until each side is golden.