

V. *An Abstract of a Letter sent from Mr. Samuel Dale to Mr. John Houghton, S. R. S. concerning the making of Turnep-Bread in Essex.*

S I R,

**T**H E dearnefs of all forts of Corn hath occasioned many poor People to fet their Wits, as it were, on Tenter-hooks, and to try many ways and methods of making Bread for the Sufenance of their Families, as in fome places, of Peafe, and frequently of Barley : fo with us they have lately got a way of making it with Turneps, which not only for the novelty thereof, but alfo becaufe it may be of general ufe and benefit to poor, mean and indigent people, I will beg your patience until I acquaint you with the way and manner of making it, which is this: They take pilled Turneps, and boyl them in Water until they are foft or tender; then preffing strongly out the Juice, they mix them, being beaten or pounded very fine and fmall, with their weight of Wheat-Meal. Then adding Salt *q. s.* and warm Water, they knead it up as other Dough, or Pafte, which having lain a little while to ferment, they order it, and bake it as common Bread. Of this Turnep-Bread (for fo they call it) I have both feen and tafted, and can affure you, that to the Eye it's not to be diftinguiht from common Wheaten or Houfhould Bread, neither doth the Scent much betray it, efpecially when cold; only to dainty and nice Palates the Turneps are a little, and but a little, perceived.

*Yours*

*Braintree, Dec. 6.  
1693.*

*Samuel Dale.*

VI. *An*