Ann [Cheston] Morris Receipt book 1994

Racca hout.

1lb Chocolate Grated
1 lb fine Sugar
2 lbs Rice Flour.
1 lb Arrow root.
Mix all well together.
Boil a large Tea Cup of Milk & pour over the Raccahout, having previously, wet a Desert spoonful with Cold Water, let it simmer a few minutes, stirring all the time
Dr W. Gibson gave the above Receipt on his return from Europe