V.a.215: Cookbook of Susanna Packe [manuscript].

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1674

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Susanna Packe

Her Booke

Anno Domini

1674

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Susanna Packe

Her Booke

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Aprecoke pastt

take your aprecokes cut them in pecees letell ones then

take thare waightt in fine suger put aboute halfe

or hardly that of itt to theim let itt meltt, if you will you

may put a very litell water to desoule the sugar the

itt will do beter without, boyll them tell thay are

enoath then take the restt of your sugar and boyle itt

to a candy and pat your aprecoke to itt and lett it not

boyle after, when itt is desolued put itt lick clearcake

into things to dry and turne itt euery day tell it

be ready lay vp.

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Take

To Preasarve red or whight curents

in Ielly

Take a pound of Curents when thay are stond

and thar waight in dobell refind sugar as you stone

them lay them in rowes in a litel sugar to kepe

them when they are done make a surup of your sugar

and a quarter of a pint of each infused Iuse of

the same curents wheather wheight or red and as

muche water scume it and then pit them in let

them boyle very fast one or to boyles will cleare

them and make them inoughf shake them a litel

as thay boyle, probatum est L.1.1u

one may do them eather in bunchis or not

barberys will do the same way only if insted

of thar one Ielly put Ielly of piping or els

that willnot be good coulerd for thay will be

mudy and oring colerd it will not spoyle thare

tast

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To presarue goosberys in

Ielly

Take a pound of gooseberys when thay are stond

puy put them in water as you stone them to kepe thar

coler then take a pound of dobel refind sugar.

well beten lay about a quarter of it in the botom

of the bason then lay all the goosberys one by one

in and but one lay of them thin strow about about

a quarter more of your sugar one them kepeing h

out half, wett it with farewater to melt it &

let it not boyle tell it be mellted. then boylle

them so fast that you canot see the goosberys, keep

but strow the outher sugar one as thay boyle and

for feare of burning. be ofen ladeing in a spocne

water by letell and litell round the pan sides, this

do and scome them cleane as thay boylle tell thay

bee cleare and will Ielly which may easyly, be sene

sene, probatum est L.1.1u

ad to them a the beter

way is to 3 quarters of a pound of gosberys a

5 pound and quarter of suger with halfe a

pint of Ielis of gosberrys which make with boyling

To presarue

To presarue Aprecokes in Ielly

Take to a pound of aprecokes a pound

of dubel refind sugar pare them and gather

them before thay be yallow if thay be so that

you can stone them do it before you boyle them

if not th you may take the stons out as thay do, by, but

slicing them doune the seame

take care of braeakeing them lay the aprecoks

in the sugar all night after thay are harde

the next day you may if you please put a quarter of

a pint of water to them or so much Ielly of pipines and let them boyle

prity fast if the frute be grene but if to ripe

but sloly set them by and boyell them out

at to or 3 seauerall times thill thay are clear

and will Ielly but put in your Iely tell thay

are enough within on or to boyle if you ad half

a pint of Iely and let the water alone itt is the

bestt way

aprecoks in slices

will be fine this way

pro batum est L.1.

your goosberys in so much water as they will Iely

when straind as you do pipines

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turn it euery day tell it be dry Cheery preserue

To Presaer

To Presarue Cheryes

in Ielly

Take to a pound of Cheryes it a pound of

sugar beaten then stone them and as you stone

them lay them in sume of the sugar to presearue the

coler of them, then lay a lay of Cheryes and a

lay of sugar tell all be in the bason then

let aboute a quarter of a pint of eather the

Iuse of cheryes or curents in to the botom of

the bason let the sugar be disouled before you let

them boyle and then boyle them mighty fast

and scome them tell tha are cleare and will

ly then put them into glasis

probatum est L.1.1u

PRESARVES

to make peckle for storgen

boyle bran & water let it boyl half

a way to euen too ruantus put on

quarts of ueneger a hanful of salt

& as much suger as will make itt like

mouth water then boyl

it up & let it cool

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Chearineg oring pastte

boyle your oringes tell thay be softt then beate

them in a morter when you haue taken out the

seads take thare weaight in sugar dubell refind

dry your pulp about half in a quarter of an

hower ouer the fire then so dry up the water

thay ware boyled in then maye your sugar into a

candy and put in the pulpe and let itt not boyle

put it into thinge as you do cleare watr

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To Make Clear Cakes

1 a saluer of oring creame

2 one of lemon Iely made with

pipings or if not to hehao ho

harteho

To presarve Apericocks Ripe

Pare your Apericocks very thin then =

stoon them to a pound of Apericocks the

waight of sugar the best dubbell Refin as

you pare them couer them with sugar &

Let them stand all night; The next day

boyle them vp of a genttell fire put to them

halfe a pint of water when the are cleare

then put them up coold

To presarue Apericoks Green

Take green Apericocks scald them & peell

them then put them into the same water till

they be green couering them with a fine clo=

=th close; Take your waight of sugar Powdred

put as much one of them at first as will couer

Them & so let them stand 12 hours Then

heate them ouer the fire Then set them

by; next day put in the Rest of your sugar

with a Littell Addiction of the same Iucce

By infussing som in a dubbell pot when you

haue heat them 4 days turning of Them the

Last time let them boyle a very littell Then

put them up

Probatum Est

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To preserue Plumbs Green

To presarue Cherries

To a pound of flanders chirres take the

waight in sugar after you haue prepared them

By cliping ofe the stealls & crossing them of

the tops; put 3 quarters of a pint of water to

your sugar let it boyl vp & scoom it then put

in your cherris boyl them slow at the first till

The begin to be clear then boyle them fastt

couering them all the whill only scoom them as

it Rises; To your Tradickin cherri or great

Bearer Add an ounce more sugar becauss the

are fuller of Iucce & sharper.

To presarue Whit pare Plums

Take a pound of the best Refined sugar

let it boyl & clear into a syrop then put in

a pound of your fariest plums boyl them and

turn them; set them by till next day if you

find your syrop thick put in 3 or 4 spoonfull

of water it will helpe ther cooler; after boyle

them with a prity quick fier till they be

cleare; after the same manner presarue the

yallo Amber plum which is good Ether to

to presarue or dry

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To ^ make Ma^rmolat of white quince

To presarve Grapes Green

Take 5 or 6 bunches of Grapes set them ouer

The fire & Boyle them quick in a considerable

quantite of water Till you see them boyle ofe

the stalkes & tourn a puer green which I haue

oft expearinced; Then take them out hooll and

waigh them in a siluer poringer; Take your waight

of sugar dubbell Refin in powder strow vpon

as you did for your Apericocks Takeing som of

The Iuce of the grapes to make your syrrop of

which after you haue heat 2 or 3 dayes give them

one boyle; The will be a puer green & Ielly

To presarue Lemmon or Oring Peells

Take your oringes or Lemmons cut them in halfe &

squese out all the Iuce. Then boyle them in a larg

pan of water till the be tender then with your thum

b doe out all the meate & put them in fare spring

water; shifting them euery day with frish water

for 10 or 12 days to take the bitternes out of the

orings the Lemmons need not lie so long; when the

are watered enough Take a pint of Clerified su=

gar & a pint & halfe of water & let them boy

=l till your syrop begin to grow thick then tak=

e them ofe; & heate them 2 or 3 Tims till you

see Peels & syrop cleare then keepe them

by you ether to sarue out as presarues or to

Candi as you shall be Instructed when I

Com to Candies

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To presarue Oringes Whole

waigh them befor you put them in water

& then take ther waight in suggar for

if you waigh after they are Boyled the

will Bee two waitie Chinie Oringe.

To presarue Whit Lemmons

Take your lemmons and pare of all the yallo

Rind put them in fare water as you pare them

that they may keepe whit if you would haue them

for presant use Then only prick them & make a=

syrop with the waight of sugar & boyle the=

m halfe an hower put in a pint of water then se=

t them by & The next day set them ouer the fire

keep your syrop Thin till you preseaue them to

be tender & cleare; you must boyl them before

in spring water; befor you prick them or put the

m into your syrop; if you would haue them keep=

Long then after you haue pared them make a=

slit on the sid & with your pen knife & core in

sorn Take out all the meate; Then order them=

as you doe you lemon peels

To presarue Chinne oringes

Take your oringes & boyle them hoolle in spr

ing water waygh them & strow your sugar

one Them being powdred; The better your sugar

is The clearer the will bee; next day boyl them put=

ing to euery pound a pint & halfe of water; prick

them with a pin That the syrop may Infuse in=

to them after heat them 2 or 3 days till your

syrop be Thick & Readi to Ielly it is a very=

Exalent sweetmeate; But they will not keep=

long; yet I haue keep them halfe a yeare very=

good & likewise Lemmons whit with the mea=

t in them; dubbell Refined sugar is the Best=

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To presarue Barberyes.

Take your Barberys & pick out the farest bunc=

hes after you haue picked out all the stons Take

the waight of sugar make a syrop boyle it vp &

scum it befor you put in your Barberys let them

boyl leasuerly at first; Then boyl them till the=

be cleare; for your preserved corrons powder yor

sugar becaus The art more tender & strow your

sugar Amongst them as you stone them; put to=

Them halfe a pint of water & boyle them on a slo

=w fire Till the be cleare They are very Apt to

Ielly; doe not boyle them two high

To presarue Quinces w =holl

Pare your quinces & coore them To a pound=

of quinces take the waight in sugar in a conu

nant pan or possnit presarue them that is deep

That your quinces may be couered with syrop as=

they boyle put in Rather more then a pint of=

water at first put in a fine bag with som of=

the seeds couer them close & let them boyle gen=

tlye at The first for halfe an houer then men=

d your fire & keep them boyling faster; if the=

syrop groe Thick Add now & Then 2 or 3 sp

oonfull of fare water which will keepe them

in a good Temper Till the be Thorrowly presarued

and allso of a good cooler; which you may de

searn by Takeing one vp & perss it with a great

needell; let your syrop be of a fit Thickness.

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To Presarve Grene Gossberys

in Ielly

To Presarue Damsons

Take your damsons Ther waight in the

best barbery sugar put in for euery pound

of syrop which is a pint of clarified sugar

halfe a pint of spring watter Boyle your

syrop vp & scum it Then put in your damsons

see the are all cracked after set them by till

next day Then with a Ientell fire Boyle them

at first after let your fier be quicker & boy=

le them close couered it will make them plum

p & Larger; you may know when they are eno=

ugh by the Thickness of The syrop

To presarue Wallnuts

Take your wallnuts before the be shelled

which you may know by persing them with a

Bodking Then pare of all The green till your=

nut be puer whit put them in fare water

as you doe them to presarve the couler let

them haue one boyle in that water Then

make a syrop for Them & Boyle them till the

be cleare when they are could put them vp

These are more for medisen Then Banquit

The are Acounted good for consumption

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To preserve Gooseberrys in Ielley

To Presarue Whit Pippens

Take your Best Kintish pipens about or aft

er christmus pare them & cut them in halfes

cut the coore out Round; after This make for

Them a syrop of dubell Refin sugar & put them

one fier let them boyle Leasuerly at the first

Then set them by; The next day put in more

of your sugar & boyle them cleare; you may

Take out your pippens whill you boyle your

syrop to a fit thickness you may abate an ounce

of sugar in the waight

To Presarue Red Pippens

Take of the same pippens about the time

after you have pared & coored them Take at&nbsp;

The first 3 quarters of your sugar & put in a Q-

uarter of a pint of water show your sugar dri

one them so let them stand 5 or 6 houers Then

set them one a slow fire & let them only se

member; oft turning them; This doe till they

be Hardned after put in The Rest of your su

gar & boyle them cleare; I haue oft cooler

ed with a littell scutchneall which will&nbsp;

Add a more Brighter cooler; And will be

speedor done, if you please you may drie them-

out of the syrop

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To Preaserve Goosberys

Take your Goosberys and when you haue puld

of the Blossoms and stallks picked at the

seede. Lay them in ther wight of An lelke

fined sugar one by one then set them on

a fire of Charkole and when the begin

to boyl scom scum them with a spoone that hath

six holes and so ster as the scum is

sts take it of till ^thay haue boyled 4 hours

1/2 1/4 at which time they will a nut and

verry Clear probatum

Take ........

To Presarue Rasps

Pick a pound or 2 of your fairest Rasps

not two ripe so as to be Black Be carefull

of bruseing them Take ther waight in sugar

Boyle it so high till it will dray like a smal

threed between your Thumb & finger then put

in your Rasps let them at first Boyle slowly

for feare of breaking. After mend your fier

and Boyle them till they be cleare -

White Corrans in Ielly

Take of your fairest Whit corrons stoon

them Take the best duble Refin sugar 3 qua

rter of a pound to a pound of corrons waigh them

before you stoon them; Then take a Quarter of

a pint of Ielly infused in a duble pot of the

same whit corrons & its waight in sugar make

a syrop with as much water Let it boyle vp &

scom it; Then put in your corrans one Boyle

or 2 will make them Cleare; after the sa

me manner order your Red corrans only for

presarueing you need not put In any Ielly

But more water to the quanttie of halfe the

pint Because you may doe them more

Leasuerly

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To Make Ielly of Corants

Presarued Suckets

Take your Lettes stalks & scald them in

fare water the waigh to euery pounds

3 quarter of Barber sugar Take them

cut of your scalding water & put to eu=

ery pound halfe a pint of water Then

Boyle them Til the be cleare, put them

vp & keepe them for sauces or to put in

Pyes

To preserue Angillica Roots

Aafter you haue washed & scraped them

Whit Then Boyle them well in water till

the be tender; After make a weake syrop

and boyle them halfe an hour then sett

them by till the next day; if you find your

Syrop Thick make it Thiner by Adding

som water Then heat it ouer the fire 2

or 3 days; Let your syrop Be of a fit thick

=ness; Then put them vp; or you may candie

them if you please, after the same manner

doe your Elicampain Roots; Let them be water

=ed well to Take out Bitternes

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To Make Ielly of Aprecoks

To make Ielly of whight-Corants

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PAST AND CADIES.

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To make Pippens Past

Take your farest Kintesh Pippens when they

mello about christmus cut them into quarters

& pare them as quick as you can that they may

keep Whit put them in the scalls as you pare

them; prepare a quick fire & put so much

water as will couer them Then pulpe them

Thorrow a hare sive; Then Take your waight

of good whit sugar & Boyle so high till

you drap it vpon your finger & it snap in

peeces like glass Then put in your pulpe drie

it a littell ouer the fire But let it not boyle

Then put it out in a Earthen panchin & let it

stand a day or 2 within the are of the fire, After

lay it out in moulds one Tin plates & dry them in

a Stow; The will be exceeding cleare & whit ac

=ordeing to the goodness of your sugar; you may in the

want of moulds Lay it out acordeing to you fancy

obsarue if your sugar be two high your past

will candi if not at the Iust hight it will not

dry; make your Red after the same manner; only

when you haue put your pulpe into your sugare

Then giue your coule to it before you drye it

ouer The fire againe; Cooler it with Scutichne

all to make a perfect scarlot; you must vse

your one descricton for The depth of your

cooler; After order it as your Whit & so lay

it out

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How To Make Corron Past

After you have Infused your corrons

in a duble pot & drawn out the Ielly; Then

pulpe them thorrough a hare siue if they

bee Red then take good ordnari Lofe sug=

ar The waight of your pulp or Rather Bett-

er Because your currons is Tarter then pipen

=s when you haue waighed your pulpe; put

it in a pan or Bason ouer the fire and drye

it if you make 2 pound dry it half an houe

-r without any sugar; Then prepare your sug

=ar By pounding & searsin it; & whill your

Pulp drys ouer The fire set your sugar to

dry ether against the fire or ouer a chaffin

dish to dry when they have Both dryed the=

Time acording to the Quantity Take of&nbsp;

your pulp & put in your sugar stir them

togaither & set them of a very slow fire

Keepeing it stiring; Besuer it doe not bo=

yl; when your sugar is incorparated; Take

it ofe & power it out into flew pans about

halfe an Inch thick Let it stand 5 or 6 d=

ays in a dry Roome & when you perseaue

The tope dry so as it stick not to your fi

nger; Then cut Them out in whot shape you

please & Tourn it in a day or 2 the will be

dri

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Rasberries Past

Take your Rasps and breake them

vpon a hare siue that the greatest part

of the Iuce may run out; mash them all

Then put them in the pan or Bason you make

your past in & dry them ouer the fire

stiring them all the whill till you can

see the bottom part clearly; Take for your

Rasps ther waight in sugar finly searced

put in about halfe ofe it at the first; let it

dri & incorporit togather Besuer it Boyle

not This done put in The Rest of your sug

=ar when it is all desouled take it ofe the

fire & lay it out hot vpon cleane Trench=

ers or Boords for that purposs; set it in a

slough or som dry Room & it will be Rea=

di to tourn in 4 or 5 days; you may then&nbsp;

Tourn it upon whit paper; in 2 or 3 day

it will be Readi to lay vp

Probatum Esst

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Apericock Past

Take your Ripe Apericocks & pare them

then cut them in thin slices; way them

& take ther waight in fine sugar let

it be serced; To a pound of your Best

Apericocks thus sliced put in a Gill of

spring Watter set them one a Quick fire

& Let them boyle fast for one Quarter of

an hower Then; put in one part your

sugar & Keep it boyling halfe an houer

Longer till you find it begin to grow

Thick & you in stiring may see the Bot

=tom then put in the Rest of your sug=

ar; Abate the heate of the fire & lett

it not Boyle But stir it till your sugar

be incorporroted then take it ofe & lay

it out vpon pie plates or whit paper

it will candi in 2 or 3 days & be very

cleare Let your sugar be double Refined

It will keepe a good couler the yeare

About

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Whit Quinc Past

Take your fariest Ripe Quince Boyle

them tendr vpon a quick fire Then pare

then & set; for euery pound of pulpe one

pound 2 ounces of Refined sugar ouer the

fier fi Let it Boyle candi high that is

when you take if ofe the fire to looke

clear & candi as it coolds; not to Boyle

it to sugar again; that will make your

past two dry; Then put in your pulp ofe

the fire & stir it well togaither; set it ouer

again & let the sugar & pulp mix well

your fire being slow; Then put it out and

the next day Lay it out one Tin plats or

Glasses acording to you fancie mould be

ing out of fashon; your Whit Marlmate

make after the same manner only let it

haue one boyle after the sugar is in; For

Red after I haue prepared The pulpe acc

ording to diriction; Then cooller it with

scutich=neeall before you put it into your

sugar you may make it dooper or paill

er acording to your one descriction

it will give a very good cooler

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To make a Green Past

Chuse a good sort of Aple ether pipin

or Ladifinger Take themm green & with

all The speed you can cut them vn par

ed in Thin Round slises into a pan of

far spring Water Then haueing a quick

fire Readi Boyle them as fast as you can

till the liquor wast much & you preseaue

themm, to grow green ish Then couer them

And let them continue boyleing till your

Liquor be allmost wasted then strain them

thorrow a siue & after pulpe it; Then

waigh your pulpe. & Take the waight

in good while Loaf sugar; Boyle your sugar

as you were diricted befor & then put

it in & drye it; Be suer it Boyle not after

The sugar is in; if you have a pound

Then put in the Iuse of one Lemmon

if 2 pound then Add the duble quantity

Lay this out flat as you doe your Rasb

ery past; you may power it all out vp

a Broad plait & when The vper side

is dry you may cut it into what fornm

you please; Try your Apls; all will not

Green

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Oring Past Cleare

Take one halfe of the best siuell

oringes; & as many Chine oringes cut

them in quarters & Take out all the

skins & seeds cleare Then take the

pulp & waigh to euery pound i pound &

ounce of sugar, put your pulpe ouer

som cools not 2 hot & let it stand 2

hours stirring it now & then; Then

Take your sugar & boyle it cot high

That is till it will snap betwen your

fingers Like glass; Then put in your

pulpe & when it is well incorraporated

togaither put it out vpon Tin plates or

glasses & in 2 or 3 days it will candi

set in a warme stough or some other

place; Then tourn it & when the

other side is drie it will be cleare &

fit to put vp&nbsp;

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To Candi Angilica

Take your Angillica stalks when your

water boyles put them in after the haue

had a boyle or 2 take them out & peell them

Then take fare spring water as much as

will couer them let them boyle then set

them ofe a cooler fire & couer them close

so let them stand 3 or 4 houers till the be

Both green & tender Then Take them

out & lay them in a siluer Bason Then

couer them ouer with dry sugar powdred

and let them stand till next day Then put

in a littell water & heate them thorrowly

ouer the fire Keep your syrop thin if you

haue not enough to couer theim you may

Add more sugar as you see cause This

doe 4 or 5 days; if it haue a boyle it will take

sugar the better; The last heate dreane it

one a siue; Then set it to drie in a stough

as you doe your oringes; Then take good

Lofe sugar as much as you think will cou=

er them & Boyle it to a Candi hight so

order them as you weare diricted Before

And thus your Angilica will haue a good

gloss & be moist within though it be a

yeare or 2 old

pro:batum Est

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To Candi Cowslip

Take your cowslip and cut ofe all the

yallo flower; to halfe a pound of flower

take 2 ounces of Whit sugar in powder

put them in a deep dish of putter ouer the

fire on a Chaffindish, Keep your dish but

warme; & keep them continually stiring

till they be first moyst & the sugar soke

into them after they will drie & open

again. They will keep of a good cooller&nbsp;

all the yeare; After the same manner

you may candi Rosmari Bugalus or any

other sort of flowers

Elicampain & Angilica Roots when you

have prepared them as you doe your oring

Peells; by watering them to take out the

Bitternes; after they haue taken sugar

sugar candi them Acordingly

with other sugar.

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To Make Iumballs

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To Make qeenes

Cakes

Take a pound of flower a pound of

buter & a pound of sugar & a pound of

curants beate your sugar uery fine &

strow it into your sugar flower & rub

your buter well in cold then put in

fore eges & but, 2 whites & 3 or 4

sponfull of cra cream mix it all uery

well together & then put in your curants

well washed & dryd befor you put in yourbuter you must wash it in rosewater then

put it into the ouen which must not bee

quight so hot as for manchit les then hallf

an houer will bake them they are uery

apt to burn at the botoms tharefore your ouen

must not bee to hot

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WATERS & WINS

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Aqua Marabalos

Take gallingall cubibes cardimon

Melilot flowers of each one dram=

Nutmegs cloues mace Genger all prepa

red of each one dram. Take 3 pints

of whit wine one pint of Aqua vitie

The Iuce of salladin & the Iuce

of mint of each one pint the Iuce&nbsp;

of Balm halfe a pint Mix all these

with the other ingreadients in a earth

=en Iudg stop it close & let it stand

all night the next day destill it with=

a Temperal fire; put into you Bottell

that Receaues it 4 ounces of whit

sugar candi, hang in it a littell bag=

=g of safforn; The next Runing will

be smaler you may put in Loofe

Sugar into that or make it all of

The same strength if you /

Please

page 60 || page 61

Stomack or Plague

Water

Take sage salodin Rossmary Rue

Wormwood Rossa=solas Mugwort Pimper=

nall dragons scabious Agerimoni Balm

scordium cardus Bettoni of each one hann=

full; Take the Roots of Tormentell An=

gilica Eulacumpain Penoy setwell Liq=

uiorss Fetherfue & Brown maden hare

Bruse The herbs & Roots; Then put them

all in a gallon of whit-win stop it close

& Let them steep 2 days & 2 nights

Then still them in an ordenary still; pa=

st vp your still & dray out a pint of

the first Runing; Keep the weakest

By it selfe; Let i spoonfull of the first

Runing i of the 2d 2 of the 3d; with halfe

a dram of Mithirdidat; be taken in

the morning fasting; This quantitie

is enough for 2 persons; The weakest

giue to children a spoonfull or 2 in

The morning acording to the stringth

of the child

page 62 || page 63

For the scurvy

Take scurvigress Broocklime

Watercresses dandi=Lyon Liuerwort

Woodsorrill Houseleeck Cliuers Add=

erstonge violot strawberries spin

=age nauell=woort Agerimonie

Henbane. Ribwort Auens of each

of these 2 handfull; Bruse them

and put them into an earthen=

Pot; put to them 2 quarts of the=

Iuce of Lemmons & 3 quarts of

Whit wine; destill them in 2 or

3 Rose stills; Let the partie

drinck halfe a pint in the mor=

ning fasting & at night goein

to bed for 3 weeks togather

spring & fall. it cuered G:P.

when his head was all of A

whit scourfe which caused

his hare to com ofe

page 64 || page 65

The Lady Allins

Water

Take sage sallindin Rossmary

herb and flower; Herb=a=grass wor=

m=wood Mugwort Pempernall dra

=gons scabious Agermonie Balm

Scordum sentuarie Cardus Betone

Rosa=solas Marigold flowers cow=

slip Buglas Angillica henbane tor=

mental of each of these halfe a pound

Alicumpan Pinoy zodrari of each

of these Roots & herb half an ounc

Licquoris halfe an ounce Slice the

Roots & sread the hearbs; put them

in a pot with 5 quarts of Whitwine

couer it & let it stand 2 days then

devide it into 4 parts; and draw

3 halfe halfe pints out of every part

page 66 || page 67

Snall Water

Take a peck of Garden snalls wosh

them 3 tims in Beare; Take one qua

=rt of due worms open them & scower

them in salt after wosh them in bear

Take Angillica sallindin; put your

snalls in a brass pot ouer the fier

keepe them stiring till the haue

hissin Then take them ofe & Rub them

with a cloth; Then Bruse them in a

ston morter withe the worms; place

your hearbs at the bottom of your

Limbeck; viz; you sallindin & Angillica

Then put in your snalls & worms put

vpon them wood sorrill Bitony Barber

=Bark Red dock Roots of each i hand

full: Tormmerick Finierick of each i ounce

Rossmary flowers 2 quarts hartshorn 6

ounces cloues 2 ounces safforn i dram

fill up your Limbeck with strong Alle

10 day old; put in 2 quarts of whitewin

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Surffet water

Take one gallon of Aqua=vittie one

pint of the Best damask Rosewater

put into it one pound of Lofe sugar

Take halfe a pound of Red popie with

a pint of Angillica water strong

Rasons ith sun i pound & halfe

dates sliced 4 ounces 2 nutmegs

2 sticks of Liquoris sliced cinim=

on i ounce; Let all these Infusse

in an earthen pot close couered

4 dayes stiring it euery day

Add to it som dry popi Leaus

with one sprig of Balm & Angill=

cae Let it stand 3 days longer

Then strain it; fouer spoonfull

may be taken at a time it pres=

ntly cleares the stomock of any

thing that ofends Prob:atum Est

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Plague Water

Take Avens Scabious Wormwood

Bitony brown may=weed cardus Angi=

ica Rue Egeramoni Salindin Sage

Balm Rosmary Mugwort dragons

pempernall Marigolds featherfue

Burnett sorrill Roots of Alicumpain

of each 3 pounds: But of Rossemary

Six pound sread them small & lay

them in 7 Gallons of Whit wine to

Infuse 3 days then still them with

two ounce of Mitheridat; Keep

your strongest water by it selfe

Take in a morning fasting 2 spoon

=full of the strongest i of the next

in a littell draught of small Alle

According to the strenght or week=

nesse of the party you may Giue

more or Less

page 72 || page 73

A diat drink

Take senna six ounces Polipedy of

the Oke fiue ounces Bay berries two

ounces fennell=seed 2 ounces Annisee

-d 2 ounces Let all be brused but

the senna put them in 3 Gallons of

Alle as soon as it hath done work

=ing Then stop it close vp when=

it hath stood forty=eight houers=

you may drinck halfe a pint in a

morning fasting; 2 houers after

you may drinck a poringer of&nbsp;

Warm mace Ale; This is very

To cleans the body of sharp hum=

or or Mullinkcholly it allso clears

the stomock of wind

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Doctor Stephens

Water

Take a Gallon of good Gasscon

Wine Genger Gallingall cancell

Nutmegs grans cloues Anniseeds

Cariway=seeds of each i dram Take

sage Mints Red Rose time pellitor

=ie Rosemary Mother of time cam

momill Lauender of each a hand=full

Bruse them and let them Infuse in

The wine 12 houers oft stiring them

Then still them in a Limbeck

It helps the vitalls cheares the

Spirits Exceeding good for the

palsie & other destemper coming

of coold it will presarue a fresh

Color & make Young

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A Water for the eyes

Take sage ffennell vervin Betony

Eyebright Pimperneall Cinquefoill

hearb=agrass step these in Whitwine

one night, Then still it with a Glass

still; This Restored the sight of one

Blind 3 yeares,

To strengthen the Eyes

Take of Browen ffennell Hunisuckell

of the hedg dasi=Roots Perllwort

Eyebright Red Rose leaues of each

of these i handfull Infuse them in

a Quart of whitwine 2 or 3 dayes

Then still it in a ordenarie still

And Keepe it for your vse

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A Water for Convoltions

Take 4 pound of black chiries

pound them stone & all in morter

then steep them in 3 pints claritt

wine, With Rossmary Balme and

the flower of the Best cloue gitt

4 nutmegs sliced; Let them stand

twelfe houers then destill them

Put into your bottill a Lumpe or 2.

of Lofe sugar to make it pleasent

This is approved by Ma: Su: for

all her children was very sucsess

=ffull; if the be weake one spoon=

or halfe a spoonful; it may be

giuen more or Less acording to de=

scrittion old persons may take

More

page 80 || page 81

Cowslip Wine

Take 6 Gallon and halfe of

spring water put to it 12 pounds of

sugar marke you pan when

you put it in & let it boyle

till your halfe Gallon be was=

ted; Then take it ofe the fier

& when it is coold enough put

to it som good Ale Barme &

When it begins to worke put in

it a Peck of cowslip flower

Let them work togather 3

days; Then take ofe the top

& strain it so Bottell it vp

in 3 weeks or a mounths time

it will drinck & Eexalant Bris=

k & cleare I haue

Expearnced it

page 82 || page 83

Goosberry Wine

After you have picked your

goosberrys then stamp them in a

woodon Trow put to every gallon

of goodberrys 2 quarts of spring

Let them stand 12 houers then

strain them thorough a meall

siue, To every gallon of this

Iuce put a pound of sugar Tun

it vp & when it hath swrought

Then stop it close when it hath

stood 3 weeks or a muunth then-

Brock it & draw out whot qua=

titie you would Bottill Ad lofe

sugar to make it fit acording

to your tast; put into euery Bott=

ell a peece of Lemmon Pill

dray out the Remainder as you se

caues

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Mullberry Wine

Take Ripe mullberrys & strain them

put in one quort of water to a ga

=llon of Berries, Then put in 3 po=

und of sugar Tun it vp in a vessell

that may be full Let it stand 6

weeks then Bottell it vp with

a Bout a pound & halfe more

sugar or Less acordingly to the

sweetness or sharpness of it

Lemmon Wine

Take eight Lemmons & a pottell

of spring water; pare 4 or 5 of

them, pound all the Rest togaither

with 2 pound of sugar put it in a

Earthen pot & let it stand 12 hourse

Then strain it & lett it cleare so

Bottill it up season it to your

Tast

page 86 || page 87

March Beare

Take 16 strick mallt one peck=

of wheat halfe a strick of ootes

i gallen of Pease or Beans spelch

your corne euery sort By it selfe

When you mash put halfe a strick

of malt & wett it noe thicker then

a machrull will stand vpright put

your beare corne one i side of the

mashfatt Let your water Boyle an

houer before you mashe then weett all

your malt, and Let it stand on an hou

=er & halfe. befor you let goe, The

firs that Runs ofe; put it one agai

=n to 2 or 3 gallons Till it Run cle

=are; gaither of a hogshead of the i

Runing Take 2 pound & halfe of

hopps & 2 quorts of hooll malt Let

your wort be so strong as to Bare

an egg by which you may trie

it; Then let it Boyle an houer

page 88 || page 89

March Beare

It will wast 9 Gallons therfor

gaither so much aboue your hog

=shed worke it in your fat very

Coole & Let your wach run slow

It Requireth a weeks working

in the fat, & when it is tuned it

mus work a weeke longer in the

hogshead & therfor you must keep

the Remandir to fill it vp as it wo=

rkes; when you stop vp you Hogshed

put in a bag 2 handfulls of Hopps

one pint of hool malt i handfull

of Bayberries Brused cinommon

cloues Ginger sliced Long peper

& graines of each 2 ounces

after your beare you may draw

6 gallons of strong Alle and 2

hogshead of Tabell Beare; Keep

3 Pecks of malt to couer your

Machffatt

page 90 || page 91

Rasberry Sack

To one Gallon of sack take two

gallon of Whit Raspberries Bruse then

them & let them stand all night

if it be malligoe it will need

noe sugar; But if it be cann=

arie you must Add Lofe sugar

strain it & when it is settled cle=

are Bottill it vp, Let it stand

3 weeks or a mounth then you

may drinck it it will be as Br=

sk as an Sherri sack

page 92 || page 93

Aqua Vitee

Take Lees of wine, or strong Alle

destill them in an a liembick whose

worm Runs thorrow cold watter

into 2 gallons or 3 or more whol

your Lembeck will hold, Take of

tjos & Bruse i pound of Anniseeds

& destill it ouer again; Thus

doe for Angillica or Balm of

Cinimmon water; it must all be=

destiled twise; The i quart will

Be veru strong The 2d Keep

By it self or make cordiall=

water of it a cordieng to your

one decrection; ther must bee

a speehall caire that you fier

Be not two hot or 2 could But

Keep cold with watter & your still

runing with a small strem

page 94 || page 95

Corron Wine or Iuce

Take your corrons when the are

Rotten Ripe pick them & straine out

the Iuce as cleare as you can, then

to euery gallon of Iuce put 3 quart

=ers of a pound of sugar Tun it vp

for a fornight Then bottell it vp

with 2 ounces of sugar for euery

Bottill; if you haue plenty of this

Iuce you may tun vp som of it

By it selfe without sugar; it will be

of exulant vse to cooler sauses

with or any thing you would Repa

=r the cooler of it will Keepe all

the yeare it hath Been

Tride

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Rosa Solis

Take nutmegs Annis seeds coria=

nder seeds of each halfe an ounce

Gallanga genger cloues of each=

two drams Red Rose Leaues one

hand=full Rosa Solis 3 handfull

Liquoris one ounce Cardamons ze

=doary grans of paradice callamus

Aromaticus of each halfe a dram=

Red cinnamon & Sanders of each

3 quarters of an ounce; your best

Aqua Vittee 6 pints make an Inf=

usion of them for eight days then

strain it & Add to the Liquor 3 qu=

arters of a pound of Lofe sugar=

This is Exceeding good for the

consumption of the Lungues is very

Auailable for Phisicks

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POWDRS & SYROPS

1674

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To make White Meade

Take 4 quarts of water & 1 of hunny

mingle them well together & boyle it untill

it be allmost half consumed & soe lett it stand

untill it be allmost cold then worke it with

yeast as you doe ale then put it in a ves=

sell & let it stand 14 days then boyle & in

eatch bottle put in a peice of lemon peele

& a clove & soo let it remaine a weeke then

drinke it

page 102 || page 103

To Make Almond Iumballs

Take a quarter of a pound of Iourdain almonds

& put them in water all night the next morning

blantch them & dry them in a cloth & beate them

very small in a stone morter with a spoonfull

of rose water then take a pound & half of double

refin'd sugar beaten & sifted then take the white

of an egge & beate it with a wisk as quicke & as

high as you can till it be frothed then with your knife

take some of the beatten almonds & the froth of the

egge & mix it with the sugar well till it come

to be as thin a paste as you can well worke and

make them of what fation you please & lay them upon

wafer paper & put them in a pritty warme oven

not when it has done baking & when they are

baked enough they will be dry & white and

hollow & brake off the paper you may ad if you

please Chockolett to sume

page 104 || page 105

To Make a Biske

Take a douzen of Pigeons 6 chickins

bloud boyle them & dress them in strong

broath with the giblets then take some sweet=

breads of veale & lard cut in peices some

forst meate made in balls with some cock

stones some beefe some pallates & hard eggs

with some petatoes & chessnuts boyled tender

& blanched & all these must be boyled apart

& when you dish it lay some tops & bottoms

of loaves in the dish with some good broath

& lett it stand on coles then lay in the

sweetbreads & other things on the topp lay

your pallates & some gravie of beefe & some

of the hard eggs poure on some gravie of

mutton season it with cloves mase ginger

nutmegs & garnish it with sliced Lemon

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page 108 || page 109

Gascons powder

Take of pearll Read corrall

Crabs eyes harts=horn whit Amber

of each i ounce in powder Then

Take so much of the Black toes

of the crabs claws as of all the

Rest of the powdrs finly serced mix

them & make vp into Balls with Ielly

of hartshorn In which Infuse a little

=ell safforn; put in one dram of orien=

tall Bezar get your crabs in may

or september befor the be Boyled.

you may giue a Child 6 8 or 10 gran=

es acording to its strength & oldr

persont may take 20 or 30 grains

it is very vsefull to be taken in the

Beigining of feauers or any Mall

=igneant destemper

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The Lady Kents Powder

Take of Magistery of Pearll crab=

=eyes prepared Mmber harts=horn=

Magisteary of Red corrall Lapis=

Contra=paruam prepared a Lik Qu=

ntitye Then put to the full waite

of these the tops of the black cla=

wes of crabs to euer ounce of th=

=is powder Add one dram of orin=

tall Bezar make these vp into a

Mass, with Ielly of harts=horn collor it

with a littell sarforn one scruple=

of Amber=greece, greece, Let it dry in som

dry Room with=out sun or fire a

man or woman may take twenty

grans a child 10 or twelfe it is

a very good cordaill & may be

mix with a littell Mithiridat so

giuen the last thing at night

will cause sleep & breathin

sweat

page 112 || page 113

Sweet Powder

Take oris halfe a pound damaske

Rose Leaues 4 ounces cloves one

ounce; & halfe an ounce of Ciporas

Lignum Rhodium 2 ounces storax

i ounce & halfe Musk & ciuett of

each 8 graine; you may Add a litle

sweet Margorum; Beate these all

well togaither

damask powder

Take 5 ounces of ores 2 ounces of

cipres 2 ounces of callamus halfe

an ounce of cloues i ounce of Beni=

amin 2 ounces of Rose leaues i oun=

ce of storax halfe an ounce of

spick flowers Lignum Allos halfe

an ounce mix these well togaithr

page 114 || page 115

Hare Powder

Take halfe a pound of Rice and

halfe a pound of starch serrss them

very fine; then take 4 ounces of

oris prepared mix these well Then

take 2 grans of ciuett & put it to

The Bottom of the pestill with one

grain of musk incorporat them

This will giue a good sent that

shall last if need be a yeare &

Keep close; Rice is hilld good

for the hare it will Rather presa=

rue it & cause it to grow

page 116 || page 117

Syrop of vilots

Take your voilots gathered dry

and cleane picked, Then take

spring water & Boyle it put it

Boyleing hot into you voilats as

much as will Iust couer it; stir them

that none be dri; Then couer

them close & set them by the

fire to keep hot for one houre

after stet them by for 12 hours

then strain them; be suer your

vessell be cleane & dri for the

least thing will change the

cooller; Then put in for euery

pint of Liquor 3 pound of whit

sugar stir it every day for a

weeke or more Then set it ouer

the fire in a dubell pot But let

it be noe hotter then the Infus

=sion was; thus when it is Incorap=

orated & coold put it vp; probatum est

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The Syrop of Cloue gilliflower

Take your Right cloues and=

cut ofe all the whits Then Infus=

e them in Boyleing water Renew

it againe Then strain it and

to a pint put in 2 pound of sugar

Boyle it to its fit thickness

Syrop of Elder

When you Boyle it vp you must

scum it consttantily or it will not

Be cleare all other syrops are

Easily maid other hearbs or flower

This syorop is Purging

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This syrop hath cuered

A Consumption

Take 2 quarts of spring water

Betiony foleffoot Burnit dried Red

Roses of each of these one handfull

two Roots of comferie sliced Boyle

these togaither ouer a slow fire

couered close till a pint be wasted

Then put into it one pownd of lofe

sugar Boyle it vp to a fit thickn=

=ess; Let the party take of it 2 spoo=

=nfull at eueing gooing to bed &=

two spoonfull in a morning sleepe

After it you must Renew your qu=

antity oft, I haue Known it take

=n 6 or 5 weeke togaither it must=

not be neglected spring & fall

with them that feare the

destemper

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for silvering and

Lackuring

first make your sise with kid leather

packis if to be got if not outher glouers

packis will do let it be strong Ielly but

be sure itt be well strand from all dirtt

or motes and very cleane outher was itt

will not do well, then mix itt with

spanish whighting and lay the first

tune or 2 ouer very thin after a litell

thieker aboute as thick as for thin

papes do it ouer tell the wood be quight

lest which itt will be in sume 6 eaight

or 9 times doing les if the wood be not

roufe when thay are dry take a rag

and fare water and smoth of all the

roufnes and knots make itt very smoth

and when it is dun so take same of your

cleare sise and maye put so much

water to itt as will make a prity stiff

quaking Ielly but not neare so strong as

the outher but first make your water

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scalding hot and rub rub in a litell

castell sope scrape itt in for if you rub it

in you canot get at itt and a litell to much

spoyls it you may scrape in aboute as much

as will by one a 3 penes put it to the

water when the water is scallding hot

outherways it will desoale then put

both to your outher sise and let itt so mixt

that it may be a prity stiff quaking Iely

when cold lay itt one and when it is dry

take your barnishing tooth and rub a bitt

of it to se wheather it will do if it the white rub

with a luster itt will do well when the

siluer comes one but if it rub dull and

to glib glib itt will be greasy and not do

it so wash it with a rag of againe and

without doing itt ouer any more with siluer

sise siueller it upon what remains of th

that which will not come so cleare of but

thas will enough stay behind when itt is

siluerd lett it be throw dry before you go to

burnish it in the sumer it will bee dry in a

day or 2 in the winter longer try when

it is dry one plase first

and if you find the tooth do not rub

smoth but with a rufnes take a candell

and rub it in your hand and then take a litell

coten wool and rub in itt so as to make it

a litell greeasy not to much for that will

spoyl all dab the coten wool vpon the

silluer and it will done harm

but make it burnish smoth and finely

if it do well with out it neads not, itt, you

must lay your siueller one with a squrills

pache and wett your frame with water

COOKERY 1674&nbsp;

before you lay the silluer one with a pencill

for if the frame be not very wett itt will

not do it must be wett as you siluer it and

the silluer clapt close with a coten

but take care the water do not tuch

the outside of the silluer or that the

coten be not wett which you may find by

rubing it ofen one your fase you must breath one

the squrills taill when you take it up els it

will not stick go itt and lay it very smoth on

when it is all dun you must burnish it as good

before with a burnishing tooth and rub itt

as hard as you can tell his it haue a fine

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luster, then if you intend to a lacker it

take your lacker and war with with a brush

for that purpos that has neuer bin in water

before the fire lay it ouer smoth without

streaking it but all a licke and when it drys

do it ouer againe and againe stell it be depe

enough and look well which it must be dry betwen

euery time doing ouer / pro 1/2 g ere

thare is now a more redy way to do

itt for the scueller sise of that being a

litell dificulltt to hitt witte thar is

a way found out which with a sortt of litell

roles made of tobackapipes and are to

to be bought by the name of scueler

sise at any of the gillders itt dus them

with ones doing ouer with that very

finly it must be scraped into warme

water and so disolued and itt must be

about the thicknes of good creame or

thin paper all all things els must be

as before mentioned

Cookery

1674

1684

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to pickell oysters

to baster loues a prity way

to broyle oysters

to fry oysters a prity way

to rost oysters a good way

to pickell french beanes

to make lemon water a uery fine way

to make lemon creame and lemon caudell

to rost a piike

to stew carps in thare blood

To Pickle Cowcumbers

Take an Earthen pott and Lay one Rowe of

dill & one of cowcumber Till the pott be full

then boile as much salt & water as will cover

them boile some dill in it; Lett it boile halfe

an hower and lett it be almost cold eare you

power it on; cover it close and let it stand tenn

days: Then take the Liquor and put in a good

quantity of vineger & a little hard spice and boile

it againe a pretty while but not soe long as before,

put fresh lay of dill to your cowcumbers & put the

liquor hott on lett them stand a fortnight then

boile the liquor againe and put to it more vineger

as before couer them close and then they will be greene

To Boyle A

Salmon

Take your sallmon & chine him

Then cut him into two gouls & 2

Tails; Then i part water & two

parts Table Beare if you would

haue your pickell very good put

in i quart or 2 of strong Beare

make a quick fire & Let your

Liquor Boyle as fast as it can

Then put in one peece & let it Bo

=yle a quarter of an houer or mo=

re according to the thickness of

your fish; Thus Boyle one peece

after an other & when you take

them vp Lay them one a Boorde

& whill they are hot out of the pan

prick them with a scuer & power=

som viniger one it; & when The

Liquor is coold put it in & Keep it

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Lemon Creame

Take a quart of Creame & keep it stirring on the fire

till it be blood warme then take your meat and Iuce

of 3: Lemons & sweeten it very well with suger

and a spoonefull of orang flower water: and

when the lemons are soe sweet as that they

will not turne the Creame stirr them together

on the fire and soe dish it hott but Eate

it Cold&nbsp;

Orange Creame

Take the Iuice of 12 or 14 oringes, strained from

the seeds, and sett it on the fire scum it clean

and put to it soe much sugar as will make

it for eating then take the yoalkes of 12 Eggs

beat them well and straine them then take

a porringer of Creame and stirr the Egg,

and Creame together and put it to the Iuice

of oringes by little and little and keepe it

continually stirring the Iuice must be Cold

before then put in the eggs then sett it on the

fire to scald soe dish it vp and serue it

as soone as it is Cold/

To Boyle A Storgen

Take strong Beare & water a Like

quantity put in 3 or 4 handfull of salt

Then fit your storgen in lieing it vp

in Rands & gouls Readi; Then let your

Liquor Boyle as fast as it is possible

Then put in your fish & let it Boyle

3 or 4 houers; when you it presaue it

enough. Take it vp Boyleing peece

By peece; Then mix some salt and

viniger togaithe & sprinckell it all

all ouer; Then with 3 quarte of vin=egar

or 4 acording to the Bigness of the

fish with 2 gallons of whit wine or

6 quarts; To the same Liquor it

was Boyld in make a pickell when

it is coold & put it in & stop it clo=

se. The Last storgon Taken in

Cleffton Water 1672 was thus

pickled; som Add hearbs But that=

is not so vsull; you may doe as

ocaison sarues

proued

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Orange Creame

Take Creame and sett it on the fire and when

it boyles putt in as much Iuice of oringes as

will turne it, then lett it hang vp in a thin

cloth till all the wheay be rann from it

then beate it with the Iuice of a lemon

and a little creame sweeten it with suger

and you may perfume it if you like it

Almond Creame

Take a quart of Creame a leafe of mace a quar=

tred nuttmeg with a good deal of suger then

boyle them altogether on a soft fire and then

the white of an Egg and put 2. or 3. spoonefulls

of Creame with the beateing of it, then take

of the boyling creame and lett it coole then putt

in your Egge, and lett it boyle 2. or 3. walme,

Then take a quarter of a pound or more

of blancht Almonds beate them very

small, then take some Cold Creame and mix

with your Almonds and strane them through

a strainer and when your Cream is ready to come

of the fire putt in your strained Almonds and lett

it haue halfe a warme and soe dish it vp

A Pottage

1

Take a fillit of Beefe halfe Boyled

Then Take it vp & cut it to pecess

and put it in a stue pan put to it 6

sweet Breads of veall 2 coocks the

marrow of 3 Bons put in a ladell=

=full or 2 of strong Broth and as

much grauie of mutton a hole oy

onyon 3 Blads of mace 2 or 3

cloues with a peece of oring pill

Take the Rounds of manchet & lay

in your dish wet them with som

of the Broth; when you pottage

is Readi Take out all the spice

& onyon with the Rest. Then lay

one of your ffillits in the middell

of your dish & couer it thick ouer

with your marrow and sweet=bread

s your being stued in a dish

By it selfe; put in the Iuce of 2 orings

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To Make Cracknell,

Take A pound of suger searced and put it into

a pound of flower then take the yolkes of four

eggs and the white of one nine spoonefulls

of Coriander seeds let the seedes lye a

quarter of an hour in while wine vinegar

: then Rubb them dry in a Cloath bruise them

take alsoe a spoonefull of Rosewater

a quarter of a pound of butter then

worke all these to paste then role them

out thinne and put them vpon pewter

or Siluer plates, buttered, prick them and

wash them ouer with the yolke of An egge

and Rosewater, then bake them lett not

your ouen be too could

Another pottage

Take a knuckle of veale a neck

of mutton i marrow Bone with som

in sweetBreads of veal Then take

into pullets & truss them & fill

ther Bellys with marrow a sprig

of time & sweat margorum Let

all stue togaither till your pull=

its be enough; when you set it one

put in a littell salt 4 Blads of mace

a slick of cinnomon a fue cloues

Then put Bread in your dish as

Before with cippets; & set By your

pullets to Keep warme will your=

pottage be enough then Lay

your marrow bone in the midest &

your pullits of each side Then

put in your pottage; Take of all

the fat & put in some graui of Mutton

slice a Lemon & lay that & your sweet=Bred

one the top

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To Make French Bread

Take a panshan of flower: then take

a quart of new milk and boyle it

and then let it stand till it be but warme

and then two Eggs and a pint of Creame

then lett it stand halfe an hower;

it will be baked in an hower

the ouen must be soe hott as to scorch it

To Boyle A leg

of Mutton

Take all the flesh out of your

Leg leaueing the sk whole sread

it small with marrow then take grate=

ed Bread the yolks of 5 or 6 eggs som

sweat hearbs Nutmigs mace pepper with

som Raw Lemmon=peel & 2 Anchoues

when all these are minced togather

put it into the leg againe where you=

tooke it out; Then stew it with a marro=

bone or 2; Garnish your dish with ca=

rrots & Turnups or else with herbs whic=

h you please /

As you like the seasining you may

make Balls of it & stew them and

send them vp about a coock Boyled

or a Knuckell of vealle, good Red=

Bacaon Boyled & sliced thin may

Be laid vpon them when dish vp

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A Hash of A Calfshead

When your head is halfe Boyled take

it vp & cut of all the meate in thin

slices with the Toung, put in a pint

of Whitwine & set it to stue over the

fier with a Blade of mace or two

6 pickeled oysters som Lemmon pell

when it is Readi put a peece of swee=

=t Butter The Iuce of a whole Lem=

on; Then take large cippets of&nbsp;

a hool manchet dip them in varg=

as & water & frie them in Butter

Then set them Round your Hash

garnish your dish with Lemon pell

& Lay Lemmon sliced thick vpon

It

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Sasusings

Take a leg of porke sread small a

pound & halfe of Beefe suett halfe a pound

of its one lard 2 handfull of Red sage

pepper salt som cloues & mace with a

littell nutmeg sread all very small &

put in a peece of a onyon with the yelks

of 3 or 4 eggs make it into a past

Then Roole it out Like sasusings & frie

them the will Be very good, you may

frie or Boule them as you vse them with=

out skins

After the same manner make oliues

of veall ether to stue or Rost only sea=

son them with sweet hearbs & put in

marrow instead of sueit

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To Rost A

Pick

Take a picke dress him & wosh ofe all

his slime; Lard it with the Backs of pickell

herrings; draw them thorrough with a

Bodkin Then Take oysters Clarit=wine=

& sweet hearbs stufe the Belly with

them; Then take som strong whit paper

& Butter it dubble Then lap the picke

in it & Bast it with Butter; Tie it to

your spit with corse Tape laping it

seauearall Times Round; you must take

great care in the Rosting of it make

your sauce with Anchoues & the oyst=

=ers that are in the Belly of it with

clarrit & a peece of sweet Butter

when you take it vp you may other

Lay it Round or cut it in 4 peces which

you please & soe dish it vp

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Sasusings

Take the fillets of a hog chop them

very small with a handfull of Red

sage season it with salt pepper & ginger

& a littell cloues & mace; Then put them

in guts & hang them vp they will

Last halfe a yeare; These are good to

garnish Boyld meates

To Barrell vp oysters

Open your oysters & take the Liquor of

them & mix it with the Best whit wine you

can get a littell salt & som pepper lay

your oysters in first Then power your

Liquor one them then stop them

very close & so you may keepe them

Long es

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Oliues of Veale

Take a Leg of vealle of a cowe

calfe; cut of the flesh in thin slices

Take time sweet margoram parssly

som marrow cloues mace & nutmegs

with som salt chop all these togaith

=er & Roule them vp in some of the

Kell some Long then spit them one

a Berd spit when the are Rosted

make sauce for them with sweet

Butter the Iuce of 2 or 3 oringes

season it to your one tast; These&nbsp;

may Be sent in By themselues

or in a dish with a cupell of pulett

=s

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To make venison

Take a peece of Buttock Beefe pou=

nd it well ether in a morter or with a Roolin

=pin Then season it with peper & salt

2 Race of ginger sliced thin 2 nutm=

egs sliced i onyon sread small; Then

take som mutton suett sread small &

put in the Bottom of you pot a place

your venison then fill it vp with suett

& lay a Trencher plate vpon it to kee=

=pe it downe; then lay a peece of your

houshold dough vpon it & so Bake it

with your Bread; when it is could let

out your graue & set it in a warme

ouen fill it vp with Butter; After the

same manner Bake Reall venison

only omit the Beating of it & the=

spice

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To Bake a hare

Pie

Take a cuplle of Hares Take ofe

all the flesh from the Bones; Then tak

e 2 pound of good fat Bacon Take

away all the sward & skin pound all

in a morter for an houer togaither

it will Require strenght; when it is

well Beat togather Then Take clou=es

& mace one nutmeg som pepper & sal=

t with som sweet herbs an onyon srea=

d small season it with these Then

Take 3 or 4 Anchoues Take out the

Bones sread them very small & mix

with it then put it in a pot or Round

pie fill it vp with sweet Butter and=

Bake it if it want fill it vp with Butter

It is as good a Relished coold pie as

can Be cute

probatum est

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A Charthern Pie

Take your chartharn & parboyl it

then after it is could mince it with a

pound of marrow season it with cloues &

mace nutmegs put in som of the pell

of a Raw Lemmon sred small put in

som of the Iuce; you may Bake it

other in puff past or a Round pie if

in puf past then lay it in a dish or

frame of Tin for that purpos pie

fashon; when it coms out of the ouen

cut it up & squse som Iuce of 2 or

3 oringes with a peece of sweet

Butter garnish your dish with orin

=g & Lemmon pell

3d: i

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A Toung Pie

Take 3 neats Toungs Boyle them

after The are peeld cut them in thin

slices Loung way Then season them with

som cloues & mace salt; put in dats sli=

ced, Rasons ith sun stoned 4 or 5 Blads

of Larg mace canded oring & Lemom=

pell with som sweet Butter; the old wa=

y was to make your pies acording to the

Toungs to com out 3 ways; But now you

make Them Rounds or whot you please

when it comes out of the ouen make

a caudell of whit=wine & eggs & put it

in soe send it vp; The 3 or 4 dish

W: G: or S: it will be Baked in=

Les then an houers time; cut of all

the lid & lay them in sippits about

Itt v

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A Chicken Pie

Take 9 or 12 chickens about 3 wee

=ks or a mounth old sald them & truss them

Then make puff past Roole out a sheet

for the Bottom Then take you chicke

=ns & lay them 3 square season them

with cloues & mace pepper & salt lay

on them Blads of large mace then=

Take dats sliced presarved Cherries

graps & goossberryes & put vpon

them Then couer them over with mar

row & Butter; After lay one your

other sheet of past & cut it 3 sq=

-uar as your chickens lie; Bake it

an houer when you take out of the

ouen Take some whitwine Butter and

sugar melt all togaither and put in

you pie garnish your dish with

pastes

i d 2:

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A Toung Pie with

Partridges

Take sheeps toungs sweet=bread

of veall chickens or partridges

Blanch your Toungs & slice them

season them with cloues & mace

sweet herbs put in som pickelld

oysters The outward Rind of a lem=

=mon som large mace lay all

these in your pie with good store

of Butter put in a littell oyon or-

shollot; Then Bake your pie

after it comes out of the ouen

fill it vp with Butter it is to

Bee etaen could; ouen for the

sises was maid of partridges

which are the Best if the ma

=y Be head; with the like

quantity of sheep Toungs and

sweetbreads

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To souce A pigg

Take a fat pigg about a mounth

old cut of his head & take of all

his Bones cleaue him down the

Back Then if you would haue him

puer whit cooller him vp like Bra=

wn; slice 3 nutmegs 3 Race of gi

=nger in thin slices with som salt

Then Roole him vp & like the

coollers in clothes so Boyle him

Tender after it is could Take

a quart of whitwine som water

& salt make a pickell & put it

in; when you send it vp cut them

in A Rounds & garnish your dish=

with greens

i d 2

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To salte Eeels

for Lent

Take your great Eeels & skin them

scouer them well with salt then take

them & tourn them Round Like an

Adder then scuer them thorrow with=

2 scuers a cross this done lay them

down in a deep mugg pot one vpon=

the other with som salt The will

Keep thus 2 or 3 mounths them as

you please to vse them if the haue

Lane long you may lay them in

water Before you vse them; then

Brooll them one a grideiron; Boyle

som onyons for the sauce with Butter

Rost som in ther husks & send

them vp one the top of your eyes

i C: Lent

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Pickell Herrins

Take whit herrins lay them in wat

=er 3 or 4 days when they are well

wattered Take out the Bones cut of

The talls & heads & presarue them

Then take all the flesh ofe of 6

herrins with a peec of oynon a lettell

peper 6 anchoues a sprig or 2 of Ti=

me & sweet margoram som Lemmon=

pell Beate all these togaither as you

doe sasing meate & season it to your

Taist then lay them in a dish in the

shape of your fish Laying to euer=

i fish its head & taill, sr'ead Lem

on pill small & strow one it with the

Iuce of 2 or 3 Lemmons send

Them vp; it is a Elalant dish

In Lent 2

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Puff Past

Take a gallon of flower one pound

of Butter & Breake it in Amongst your

flower; Then take as much new mellk

as will make it into a liue past then

Roole it out & lay one the other pou=

nd. till it be all on Then Roole it out

the 3 time & lay on the 3 pound; the

next time Roole it out & lay it on your

dish or what you deseighn it for

The Rule is 3 pints of flower i pound

of Butter 3 eggs & Roole it out 7 times

you may Add eggs to the former But

my expearance it is the Best

Aproued

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An Almond pudding

Take 3 or 4 ounces of Almonds

Blanch them Then Beate them well

in a Alleblaster morter with Rose=

watter i manchit the yolks of 5 eggs

& 3 whits & all season it with cloues

& mace nutmegs & sugar sread in

som marrow Then Bake it in an ouen

noe hotter then for Biskit when you

send it vp Take your Iorden Almonds

& slice them Lenght way & stick it

thick vpon the top so sarue it

mix it with creame & a Lettell

sack 2 or 3 spoonfull is Enough

sack

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To pickell cowcumbers

Take 2 quarts of veriuice 4 quarts of

fare water a pint of salt a handfull

of fennell & dill Boyle it a littell and

when it is coold put your cumbers to it=

couer it close

OR

Take som salt & strow it in the

Bottom of your pot Then couer it ouer

with dill Then put in a flowerin of

cumbers so continue it till it be full

Then fill it vp with verivice Lay so=

mthing one the toop to Keep them dow=

ne; Keep them close couered

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To pickell samfier

Take your samfier pick it and

putt itt into water as you pick

itt to kepe itt fresh for itt is aptt

to dye fastt then take itt outt

after itt is picktt and lay a lay

of sa samphire and a strowing

of sattt saltt and so tell all be in

your pott then fill up your pott with

faire water and lay abourd with

a stone upon itt within the pott to

kepe itt under the pickell couer

itt very close and lett it stand nine

dayes so then make a pickell of

to partts viniger and one partt water

boyle itt and lett itt stand to be cold

then take your samphire outt lay tt

upon sumthing to draine the saltt pickell

from itt putt it into the oathed Lett it

stand a month longer then boyle

the pickell ouer againe putt itt one

againe Cold. if it wantt more pickell

you may ad to it

To Pickell Broom

Buds

Take your Buds green let them

not begin to grow yallo make a brine

of viniger & salt Let the salt be

well melted then put in your Buds

stirring them euery day till they

Be sunk; Be suer the be couered

cloce

Grapes & Barbearries are only

pickled in Brion; make your Brion

strong & put them in couer them close

green Goosebearys or any other green

fruit

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Marigolds or cowslips

Take 2 quarts of marigolds flowers

make a pickell of viniger & salt put

them in you pot as close as you can that=

you can But desearn the liquor to com

one the top when you press it down

with a spoon Then couer it close these

will be as fresh all the yeare as if

new got only put the top asid

For Cowslip in stead of salt take

sugar & pickell down the flowers as

cloue gilliflower; you may doe them

in salt also; in Both the must bee

done down close or the will loose

ther couller These are good to sett

out a grand sallat

pr:o batum Est

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To pickell oring &

Lemon Peell

Take the pells & Boyle them

then water them 3 or 4 dayes after

the Bitternes is out make a syrop of

viniger & sugar & put them in the

will be of exalant cooler & tast for

sallat in cut thin & laid with clou

e gilliflowers & cowslips; The will

Keep good halfe a yeare; only if

you see any defect as to mould

then other heate them ouer the

fire or set them in a warme ouen

They are very profit=able for=

minc pies or tarts or frigeseas

Becaus Less sugar sarues then

for canded

Aproued

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A quaking pudding

Take 10 or 11 hearb eggs put out the

white of 3 Beate them very well

with Rose water Take a pint of th=

ick creame 3 spoonfull of fine

flower mix all these well togaither

season it with nutmeg & sugar,

Butter your cloth thick you Boyle

it in let it Boyle halfe an houer

Let you sauce be sack Rosewater

sugar & sweet Butter & so send it

vp

Sack Possit

take 3 quarters or i pint of sack 6

yolks of eggs i pint & halfe of cream

make your sack hot vpon coals put

som sugar in you sack then Boyle

your cream & thicken it withthe eggs

sugar & i nuttmeg put all togaither &

let it stand halfe an houer

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spanish buter or cream

to ly light on a saluer scald 4

pans of new milk from the cow

over night and take of the tough

creame in the morning season itt with

spise mase when you scald itt swetten

to your taset put in a bitt of lemon peale

and a litell oring flower water beatte

itt tell itt come to perfect buter so

as to ly one a plate then cutt with

a spoon and lay itt in lumps light

up on a saluer itt lookes very prity

A Hash of chickens

Take 4 or 5 chickens & flay of the

skin from them then cut them in peec=

es frie them in Butter very Brown

Then take them out & put them beet=

wen 2 dishes with som graue of

mutton. 3 or 4 spoonfull of wine whit

put in an onyon six Anchoues Nutmeg

a blade of mace frie som sopes

dipe in the yolks of eggs Beaten with

creame & soe sarue it Laying fri

=d Parsly all ouer them

After the same manner you may

doe Rabits if you please

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To make a prity

light Creame

Take

A frigessee of chickens

Take 3 chickens & pull of the skins&nbsp;

& cut them in peeces put in as much wat=

er as will couer them put in an oyon

& a bunch of parsly when it is halfe

stued put in 2 blads of mace a littell

salt a pint of whitwine let them stue

till the be enough Then take the

yolks of 3 or 4 eggs & beate them

with a littell vargas then with som

sweet Butter put it all in a frieng

pan ouer the fier Let them all scald

to=gaither then send it vp with som

shied Lemmon; garrnich your dish with

Lemon peell sread small & green

Parsly

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To make oring Iely

Take pipings and make Iley of

them boyle oring peale in itt

tell it tast prity strong of itt then

take the Iuse of 2 or 3 oringis and

warme itt and when the Ielly is boyled put

itt to itt and sweten itt with dubell refind

sugar and culer itt with a litel safron

and sett it by to Iely but if you think itt

wil not Iely enough with the apels put

in as much Isingglass as will Iely itt

and a littell ambergrees

To stue carps

Take your carpe & put him in a deep

dish with a pint of whit wine or clarat

or more so much as will couer your

fish som large mace. Let it stue

till it be allmoist Readi, you may put

in before a sprig of time & sweet=

margorom, Then put in 2 or 3 Ancho=vies

a wholle onyon a littell viniger or=

varges; a Lettell gross peper a

good peece of Butter then with=

sippets dish it vp ; F or W: Let

it be the next dish after pottage

or pudding of another day the 3d

or 4 dish

Aproued

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To make

Chokolett Creame

Take to pantions of new millk

scalld itt ouer night and sett itt by

in ebb things that the creame may

rise in the morning take itt of and

with a whisk whip itt a prity whille

then grate sume Chokolett and mix itt

with sugar for if you grate itt into the

creame without mingelling itt with sugar

first itt will turn the creame to curds and

quight spoyle itt but put in the chokolett

and suger together and continew whiping

itt tell itt bee the thicknes you desire itt,

then put itt into the dish you intend itt for

and take sum raw cream and the white

of an ege and chokolett and sugar and

with a wiske whisk maid of splitt

quills whip itt to a froth and cast ouer itt

but put out the prints of the spoonfulls

gentely with your spoon that so itt may cooke

if it ware whipt alltogether

Fritters & cream

Take a pint & halfe of flower

a quarter of a pint of sack 7 eggs

Tak out 4 whits mix them with

stif cream ether sread your Aplles

or slice them thin & put them

not in till you be Readi to frie

them put Nutmeg & ginger

To make sack cream when your

creame is Boyled with wholl spice

stir it till it be somthing cooler

then new milk Then put it into the

Chini dish you Intend it for & then

put in your sugar stiring it Round

put in 6 spoonfull of sack leaser

=ly stiring it all the whill & it

will be thick & last very well

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the yalow lemon creame

take 2 lemons and cut the pill of them

extream thin and sqeese the Iuse to it

so let it stand 4 or 5 howers tell itt tasts

of the pill then take the whights of 3 or

4 egs and one yolke and beate them uery

well then put them to the lemon with half

a pound of dubell refined sugar and

neare 3 quarters of a pint of rose or

oring flower water or a litell of both

stir them together in a dish and sett vpon

itt vpon a hot fire but let it not boyle

and put into itt a litell ambergrese and

when it is as thick as creame it is enough

after the same maner do oring

creame only not quite so much of

the peale

Lemon Cream

Take the creame of the nights

milk season it first with sugar Rose or oring flower

=water i spoonfull with a bagg of

ambergrese desoulfed in it Then take

i or 2 Lemons acording to the quanti=

ty of your dish & squees it in by drop=

till you creame be of a fit Thickne=

=ss paire the Rinds of Both your lem=

ons & let part hang in you creame

the other one the dish sids it will

Tast very pleasant; after the same

mannar doe your oring cream But

Let not the pills goe in for it will

make it Bitter unless the bee

if you take a litell Chinie

more creame and step in it all night

a litell lemon pill shaued very thin or

oring if itt be for that and a blade of

mase and a stik of sinimon and then beate

it up next morning to a froth and with whight of egs

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with a litell white wine and then through it ouer

your creame and stick litell slyces of lemon peale

very thick vpon itt and let it stand in cold water

or a coole plase a prity while to saden it

before itt go up to tabell

To make almond

this i v o a

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to make almon creame

take a pound of almonds blanch

them and beate them very fine and rub

them throw a hare siue then take itt and

season itt vp with a litell sack white wine and or

oring flower water and a litell grated

oring peale if a litell pounded mase fine

and with sugar you think fitt but before you may

ad that if you put same fine curds to your almonds

itt will stifen itt a make it hould together beter

then take itt al up together in a lump and

put it into a round dish and when itt is

shaped to that stick it all ouer

Apiricocke Creame

Take your Apericocks & slice them

into a siluer Tanker & set it in a duble

pot so let it boyle over the fire till

you fruit be pulped; strain it thorough

a siue & season it with Rose water

& sugar a littell much when it is could

mix it with cream acording to descret

=ion flower

After the same manner prepare your

apericocks for tarts or lay them in dishes

with puff past only scald them wholl &

put in sugar what is conveanant

you must other pare them or put ofe

The skins

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To Pickell Mushrums

Gather your mushrums the best you can get

as you wett them in water you may rub of the dirtt

and scurf as grows upon them but the biger

of them must be pealed with a knife those that

have holes in the steales are not good wash

them in 3 waters and rub them uery well

as you wash them then take them out and put them

in a scillitt with a grate handfull of sallt and

no water lett them boyle tell thay bee prity

tough then take your take them of and drain

them lett them stand tell the next day when

the pickell is could cold put them into itt

you may put into the pickell sinimon cloues

mase and ginger when you boyle them

slash

probatum est

1.s.pw.7

To make cheesecakes

Take a quart of Thick creame 8 eggs

set your creame one to boyle Then Beat

you eggs with 2 spoonfull of flower put in&nbsp;

a peece of sweet Butter into you creame

then put in your eggs & keepe it stiring

till it be thick Then take it ofe the

fire & sason it with sugar; 2 spoonfull

of Rose water; i l wholl nuttmeg halfe

a pound of corrons, make puff past &

for them halfe an houer will Bake

them

To make them with curd Take 2 quarts

of new milk put it togaith Breake the=

curd well Then take a pint & halfe of

cream Boyle it & put in som gratered Bred

the yolke of 6 eggs a peece of Butter then sea=

son it to you tast

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The whight 11

Almond Buter

take about 2 quarts of water the beta

botom of a manchett a blaid of mace

boyle boyle itt half an hower then lett

it stand to be could then cold then take

a pound of swette almonds blanched and

beaten with rose water very fine so strain

them with this boyld water often times

tell you think the vertew is got outt of

them and then itt will be a thick almond millk

then put itt into a scillitt and make it boyling

hot and that itt simers then take a sponfull

of the Iuse of lemon and put into in

stiring of itt in and when you perseaue itt redy

to turn then take it from the firet and take

a large fine cloath and cast it all ouer

altogether into the midell with a spoon then

try tie itt hard with a packthred so lett itt

hang tell the next morning then put itt in

a dish and sweten itt with dubel refind

sugar and rosewater you may put in a

graine or 2 of ambergrease if you will

To dress souls or placce

Take your soals & frie them halfe

enough Then take whit wine put in a

lettell slicd ginger a littell shallot let

it all Boyl in a dish then take your

souls & put into your wine & let them

stew when they are stewed enough

Take them out & open the then lay

Anchoues washed along within them

Then put them in again let them stue

a little then take som of the the liqu=or

a peece of Butter the Iuce of i or

2 oringes make the sauce & send

them vp with sippets.

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The yalow

Almond buter

Take a quart of cork creame 16 eges

well beaten mix them togeather and strain

them into a scillitt set them on soft fire

stiring itt continewaly when it is redy

to boyle put in half a quarter of a pint

of a pint of scak sack and stir it tell it

runs to a curd then straine the whay from

it as much as may be then beate a quarter

of a pound of blancht almonds with rose

water then put the curd into a stone

or woodin morter by degrees with sume

of the almonds and a pound and halfe

of dubell refind sugar and when it is

well beaten put it into presarueing

glasis or vpon plates /

To stue pigeons

Take parsly sweet margoram and a

sprig of tine sread all these and stufe

your pigeons with it & Butter then

set Them ouer the fire with noe mor=

e water then will couer them when

the haue Boyled a whille & are

almost enough take halfe a pint of

wine som spinage peper & salt

a good peece of sweet Butter 3 anch

oues the yolks of 3 eggs strain in it

2 or 3 oringes; Lay sauchinges a=

bout you pigeons & with sippets

dish it vp with the Liquor&nbsp;

probatum Est

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To make Almond

Iumballs

Take 1 pound of allmonds blanch them

in cold water beate them in a stone morter

tell thay bee uery fine then take a pound

of dubell refind sugar searst & put a quarter

of itt to the allmonds then beate them till

you can role them without breaking and when

thay are beaten enough role them in the

restt of the sugar in litell roles so make

them up an lay them upon wafers and put

them into an ouen very slake you must beate

your allmonds with sake and either rose or

oringflower/ probatum estt

(. 1. pw .7

To Boyle a Rump

of Beefe

Take your Beefe & Boyle it halfe an

houer then take it vp & put it in a

stue pan slach it one the sids that

The grauie may com out strow on it

a lettell peper & salt Then fill vp

the dish with clarrit wine & put

to it 3 or 4 Blads of mace and set

it one the cooles, Boyle it ther

an hower or longer as you see

ocaison til it Be tender tourn it

oft, when it is almost on enough sli=

ce 6 onyons a handful of capers

3 or 4 hard Lettices sliced with

the onyons fill it up with clarrit

when it is tender Take of all the

fat Then take Brown bread

& fri with Butter make Large

sipets of it & send it vp with

3 or 4 spoonfuls of wine viniger

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To Make Almond

leach leech

Take rose water and gum dragon first

stepd or Isingglass desouled and some

sinimon whooll boyle and thease together

then take onee pound of allmons blanched

and beaten with rose water then put them in

and boyle them with the rest stir them always

and when itt is enough swetten itt to your tasst

and when itt is cold eate itt / schockalett leach

is uery prety for veriety to mix with whight

upon a pirimad.&nbsp;

A flumery Caudell

take sume white or renish wine sett itt

ouer the fire then take sume of the bater

you make your flomery of boyle that by itt self

Lett itt begin to thicken but not to thick before

itt be enough to eate by ittsellf take itt of and

your wine being warme put itt to itt and lett it mix

wel together and leaue not stirring itt tel itt

be enough which it is when itt is thick enough

and the rawness gone from the flumery then

sweeten itt and you may carefully drop in Iuse of

lemon if you will or thicken itt with an ege

an ege if you will but I think it beter without

To Collor Beeffe

Take the Thinnest end of a Beed of

Beefe lay it in hard pump water & salt

2 or 3 days shift in euer day the last

day put in a pint of claret wine. Then

drain & put in a sum cochinall Beaten

with very littell Alum mixt with clarit

Then take 12 anchoves & Bone them

& lay them in the Beef with cloues

and mace peper salt som sweet herbs

If you please a lettell sholet; the

cut it & coller it vp as you doe Brumms

with Caper; Then put it in a deepe

mug pot power in it a pint of clarit

halfe a pint of vineger a vergis littell

water you may put a Bunch of time

Rosemary & sweet margorum then

Bake it & when you take it out of

the ouen Take it out of the pot Befor

it be coold

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To make Almon

Caudell

Take a quart of whitte wine and boyle

itt a while with a blade of large mase

and a littell whoole sinimon then take 4

owncis of swett allmons blanched and

beaten with alittell rose water then strain

your almons with the wine and sett itt ouer the

fire againe and when itt is scolding hott putt

in the yolkes of 4 eges and as much sugar

as you think fitt you may make halfe if you please

or what you please do but proportion your stufe

acordingly

Lemon Caudell

make a positt of good millke turnd

with the Iuse of lemon straine that

throw a haire siue fine from the curd then

take the youlks of as many eges as will sarue

to thicken the quantity you make leaue not

stiring tell it be enough for feare of curdeling

itt you may if you please do of itt of mace swetten

it to your tastt

A lemon positt is a fine positt

turnd carfuly with the Iuse of lemon

instead of anything els

finis

To Make Orange Creame

Take 4 large oranges & chipp the out

sides cleare off, then shred the next peele very

small, squeeze the iuicethe iuice of 4 oranges upon

them lett them stand to steepe 2 or 3 hours then

take the yoks of 3 eggs & the white of 6 eggs &

beate well together, you must take all the treadings

out from your eggs, & when they are well beaten

put your iuice & peele of orange into the eggs, &

a porringer of faire water & halfe a porringer

of rose water, sturr them well together then straine

them & sweeten it as you like it put in a little

muske & ambergrease, & sett it upon a chaffin dish

of coals, keepe it stirring, till it be as thicke as the

thickest creame, serve it up cold, when it is as

thicke as you would have it, take it off the fire &

powre it into what you please to serve it up in

after once you have taken it from the fire & powred it

out you must not stir it lett it not boyle but scald till

it be thicke

Bottoms of both pages have a blot in them in the last two lines and small writing cramped in at the bottom of the page.

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To Make the white Iceing

Take a pound of double refin'd sugar

beaten & scearsed, put into a stone basin

put to it 2 whites of eggs & as much muske

rosewater as will wett it stirr it all one

way till it be as white as snowe lett

it be not shinner then to runn iust af=

ter the knife

COMEITS

1674

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to frigissee Chickings

puntacks way

Take if you wold haue a prity big dish

6 chickings putt them and cut them to

peasis and throw them into cold water

let them ly a while then take them out

and dry them and put them into a frying

pan but not ouer any oather fire then a

stew harth for outher fire will smoke them

fry them in eather beefe suett after it is stued small

and melted and straind or in buter clarifyd

put into the peper saltt clouess and

mase beaten altogether when you fry them

and lett them fry tell thay be a yaloish brown

then power that licker from then and take

some befe broth and bunch of sweet

hearbs and stew them awhille so then.

then quickly after thay are in that putt

to them a pretty many mushrums oysters

or cokells or musells or if you please

you may put them in at the lastt thicking

which think is beter as also a litell of the

pickell of them when the meate has

stewd tell it be enough enough take the

yolkes of eaight eges and breeake

breake in itt twelfe or thirten lumps

of fresh buter aboutt as big as french

walnuts take also one anchouis sred

sread itt with a luttell littell green onion

and parslie 2 or 3 littell ounouns onions is enough

and halfe a handfull of parslie partt

of a lemon cutt in littel bitts but no

rine halfe a handfull or les of the stakstalks of pickled purslan or pickled

grapes cut the purslan in litell betts

not mashtt for that will make itt to sower

put your musherums ousters or cokels into

this ege and buter put all cold with into

a litel of the licker thay are stude in

if you haue not enough of that licker put in

a litell ayle and shake itt alltogether

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and send it hott to the tabell it is extraordinary

good

To stew duckes

take your ducks rostt them finly and then

for sase take a grate deale of strong broth

or what quantity your dish will hold put to itt

claritt wine and ale ayle crums of dryd

breed lemon anchouis picked of oysters

cut cuch cuocomber.

Comfets smuth

Take whot quantity of Almonds you

please to make put them in you pan

for that purpos hung with Ropes at

2 eares ouer a warme Charcoole fire

Keep them continually shaking & stir

=ing when the are a Lettell drie

haue your sugar by you & another

fire to Boyle it one; then Boyle it

noe hier then it will draw like a

Threed betwen your thumb & finger

if you haue a pound of Almonds put

in 2 spoonfull of sugar at a time

Then shake & stir them as fast as

you can; for the preasant the will

all clog togaither but with continu

aly stiring & shaking the will all

part & the sugar dire & worke

vpon them when it is drie then

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To Make Cuttletts of Mutton

Take a neck, or loyne of

Mutton, or both, & breake them

in bones, parting eatch bone &

beate them very well, then strew it with

a little peper & salt, crumbs of white

bread, sweet hearbs, & a little nutmeg,

which you may doo by pouring a little

melted butter over eatch peice, to

make them stick on, then set it byy

& for the sause make a little strong

broath with some Ale or wine or both

boyled in it a little peper & salt

sweet hearbs & an onyon oynion some

mase & one anchovey & when it is

boyled strong enough & the quantity

you would have it take it off the

Caraway Comfits

Then put one more which you mus haue

always warme by you & soe continue it

till you haue Rought sugar one them as

thick as a peens head, your Almonds must

be very smuth a lettell sort of allmonds

when they are enough within i or 2 tims

desoule a grain of Amber greece in a lettell

Rose water & worke it one them with the

sugar & it will giue them a puer sent the

will take a day in doeing 2 or 3 pound will

Be as soone done as one

Caraways or mix

Comfits

Let you suger be lofe and Boyle it to

the same haight & put your sugar by

littell at a time keep a warme fire un=

der your pan continualy be ouer stering

of them & espechally when you put your

suger in that they may not stick togaiher

when you see them begen to drye then

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fire & straine it from the bitts of

meate & other things, then fry the

meate dry & when it is fri'd

enough put in your sause to it in

the pan with a little wine, & gravie &

let it stue a little while then put

in a peece of good fresh butter &

shake up all together & take it of

& send it up you may put

in a spoonful

Comfits

you may ster them with your hand

som tims Ther is noe seint of sugar

Becase you may make them as Big and

as littell as you please; when you haue

Rought them as big as you please to ha=

ue them Then take a vessell maid

for that purposs like a lettell Tin=

Tun dish with 2 Rings of each side

the top & at the Bottom a littell holl

noe biger then a great penns head put

a packthread thorrow the Rings one

the top & let it Reach one each sids

the Rope that is sid to the ears of

the pan That you tinn vessell may

hang Righ ouer your comfits Then

put in a ladell full of sugar boyl

=ed to the same haight as it comes

ofe the fire & let it Run with a

small thread thorrow upon your

Comfits Be suer to shak fast all the

while; This continue till you see them

all pired Then take them out

probatum est

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To make rise potage

take a neck of a neck or knuckell of veale

is beter make strong brath of itt with

a prity deale of mase Iemeco peper or

a litell whole peper, desoule in itt sume

anchouis but nott to much a litell

oyster pickell it if you haue itt or mushurums

but make itt nott to tartt of them boyle

what quantity of rise you think enough

in water thicken your brath to whatt

thicknes you lick itt sred sume boyld sorill

and throw in itt the Iuse of a lemond

thicken itt with a littell ege and

baker (let your soril be boyld by it selfe)

boyle a litel lemon peale in your brath

a neek of veall will hardly make enough

for a dish a leg is beter throw in crispt

bread in dise and slicis of lemon

Pennid days

Take a pound of sugar put to it half

a pint of water Boyle it col high till it

snap Betwen your fingers, Then haue

a Brood plat of stone is the Best &

let it be Readi oyled with oyle of sweet

Almonds Then take it ofe & speedily

power it all abrood & as the eggs begin

to groe stife turn them vp as you say

me; Then haue a littell starch & sugar

searsed togaither in a fine Bag dust

your hands & draw it out seauerall

times till it groee whitter Then cut

them ofe with sciers & make them

vp in the fashon of a small horne=

They are Exalant good for cough

you may worke them vp with a prepard

mastick is very Auailable to slay

Rhume

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To stew a Rump of Beafe

Take all sorts of sweet hearbs and other green

herbs and a fue Carrotes shread them small then

slash your Beafe on both sides then stuff beaf

with the herbs so tye the befe vp in a cloth and stew

it till it be tender and put in whole pepper as it is

a stewing then tak shread herbs and frye them wel

in Butter till they be crisp and lay them all over the

beafe when you dish it vp and melte butter the

put all ouer the stew beate up your sase which

must be a litell of the broath wharin sume

anchouis has desould whole peper mase a

litell ale or wine and any sortt of pickell

sume of the same frid earbs beate all this

up with brund po buter if you will a litell egg

to thicken itt poure itt alouer your meate but

take care you washnott of your earbs that ly

upon it you may eather make itt ly with a

dish full of this brath aboutt itt or only

sarue it with as much as will sarue for

sase which you licke bestt fry choptt

carott by itt selfe and if you lick itt putt amoung

your earbs when you lay them one your beafe

it is very good without

To make Iumbals

Take 2 pound of fine flower well

dried, one pound whit lose sugar finly

searced mix your flower & sugar well

Togaither, Then take a pound & halfe

if very sweet Butter, wash out the salt

worke it the last time in Rose waiter

Break your Butter in Bits amoungst it

Take the whits of 4 new laid eggs 4 or 5

spoonfull of sack, 4 spoonfull of cream

Beat alltogaither & put them to the

flower Kneed it into a past Then Roole

them out in Iumballs what Knots you

please; Butter you papers & lay them

one; The will be Baked an ouen

noe hotter the when manchet is drawen

Before you Roole them out worke in

them 2 ounces or less of

Colliander seed

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abeter way to stew a rump of beefe

take a good many swett hearbs but most

sorill or beets hard egg shreed lemon peell

and some spise slash your beefe one botth

sids and sttuf itt well with this ty itt up in a

cloth and stew it till itt be tender and putt in

whole peper: make some your sase of sume

of the broth put to itt ayle or wine or both

anchouis mase any sortt of pickell as much

of the same sortt of stufe as stufs itt with as

will make itt of a fitt thicknes frid choptt

turnep in the dish amoungs itt but nott to be

stuftt with itt fry a goodeell more turnip and ouer couer

the top of your beef with it fill your dish well

with thes after it is thickend up with buter

and egg and sarue it up it is rare good

To make Wiggs

Take 3 pints of flower i pint of

stif Barme as much new milke as will

make it into a stif past Then set it to

Rise. let your ouen be heateing in the

meane time; when it is Risen worke

in it 3 ounces of sweet Butter halfe

a pound of carriways comfits; your

ouen being as hot as for manchet mak=

=e them & set them in; you haue expea

=renced the goodness of them&nbsp;

Sugar Cakes

Take 2 pound of flower one pound of

Butter. let your flower be very well

dried. Then Rub your Butter amoungst

your flower a quarter of an ounce of&nbsp;

mace 3 or 4 spoonfull of damaske

Rose watter worke all into a past Then

Roole it out & cut Round with a Glas or

dish

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To regowe a brestt of veale

To kegow a goos

Take

Take your goose boyle itt in millke and water tell

itt be almostt enough which will take a many

howers befor itt will be tender enough to eate but

as seed it must be taken up and larded before itt be

quight dune for if itt be larded att firstt itt will be aptt

to boyle outt with the long doing a goose requirs

when you lard itt stufe itt as full as itt will hold

with sorill and beetts and hard egg and lemon

peell sreed small and a littell green ounioun and

butter sttew all in her tell itt be enough tye itt

up in a cloth when you boyle itt for yoursase sawse

take strong bratth a litel ayle or wine sume

more of the same you stuftt your goose with and

thatt thatt is in her tell itt be of a thicknes you

like itt deroule it your brath a litlell anchouis

or any theng thatt is good beatt it up with fresh

buter poure itt alouer your goos putt sasingis

with itt if you haue them so sarue itt up hott

you may if you lick it thiken itt with a litel egg butt

itt is thick engouge witthoutt and a rare good dish

if the goose be fatt and enough dune

a brestt of vealle is rare good this way but

garnish thatt with lemon and lard itt with lemon

peell (leaue out your oyunion)

thick

A seed cake

Take six pound of fine flower Rub in

it 2 pound & halfe of Butter Take i pint

and halfe of Boyld Cream noe hotter then

new milk i pint & halfe of good Barme, Mix

all these togaither & set it By the fire till

your ouen Be hot Then put in it 2 pound

of carriway Comfits halfe a pound of

sugar put it In you ouen. it will Requir

2 houers Baking when you take it out Ise

it with the whit of an eggs Rose water &

sugar &#8211; put into you cake 2 greans of Ambe=

=rgreece

A cake

Take 3 quarts of flower 6 yolks of eggs i pin=

=t of Barme, halfe a pint of good milke i=

pound & halfe of Butter melt your Butter

in your milk But luc warme mix all to=

gaither Then let it stand to Rise; when

your ouen is hot put in it 3 pound of sorriol

i pound of Raisons oth sun stond & sread

Bake it in a hoop 3 quarters of an houer

is Enough

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to regoow turkes ducks or

pigeons

Take your turkeyes bone them whole season

them with stuff thare Craws with hard egg

sred lemon peel but nott to much for feare

making it bitter and sreed soril or beetts and sume

buter then lard your turkes and boyle them with

in milke and water tell, thay are enough then

make sause for them with strong brath

where in sume strong ayll is or wine or both

wholle peper mase and quartred nutmeg if you

lick it then sreed a whole lemon but no rind

pill one anchouis a few mushurums sreed and a

few oysters also sume of the pickell of both with

wheghtt wine as much as you thinke will rellish itt

even ad this together a while and then.

put in the youlks of 2 eggs stering itt all the

while beate them firstt with a littel of your hott licker

putt in about ten or a dozen lumps of fresh

buter as big as french walnuts never leaue stiring it

for feare of curdling it tell it go up lay your fowle in your

dish pour all this over itt garnish it with colops of

bakon boyled not fride oysters and lemon

Read Almon Genger

Bread

Take the same quantity of Almonds &

Bread & with 2 pound of sugar & genger

only in stead of spirt of Cinimon put in the

powder finly serced with som of the cooler

of cutchineall acordeing to your one decres=

ction Beat it all togaith & print it as before

The ordinorie thus

Tak 4 pound of Bread or lofe seaced=

& dried take 3 quorts of march Beare

set it ouer the fire when it Boyld put in

your Bread & stire it as you would doe a pud

=ing Then haue all your spices Readi seaced

& put in a 6 spoonfull of Anniseeds 4 of geng

er 3 of Cinimon i of peper i of cloues i of

mace. Then Knead it all to gaither hott

Then as manie as can Roole it out & print

it one you moulds Roole it in some powder

of Cinimon & suggar

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Iumbals for sweetmeatt

Take i pound of dubell Refine sugar let it be

finly searced lay som Gumdragon in soke in a

spoonfull or 2 of Rose water if you would haue

your Iumballs whit Take i ounce of your sugar

& put a littell of your gum one the Bottom of

your pessill then Beate it in a stone morter

till it com to a parfect past Then Roole it out&nbsp;

vpon whit paper make them in Knots or chains

acordeing to your fancy lay them one a pie&nbsp;

& the will be drie in a day, if you would haue

them Red put in a littell Iuce of corrons to=

an ounce of sugar withthe less gum & Beate

to a past you may Roule whit & Read togait

=er; obesarue to doe but a littell at a time=

for it will dry two fast vnder your hand

if you would have them green take a leafe or

2 of spiniag; marigold flowers Burage or

Bugalus; what euer couler you would haue

get the herb or flower & doe a littell at

a Time you may Intermix your couler as

you please

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To make Losinges

Take 4 ounces of Lofe sugar 2 drams of

Aramaticum Rosatum speches with som gum

desoulfed in Rosewater water make it into a past

By beating it in a stone morter Then Roole

them out & cut them square when they are

drie eat them betwen meals; They are

Exceding good for the longs helps digesti=

ion strengthen the Braine & stumacke

Or

You make take 2 ounces of whit sugar

a dram of English Liquorish finly searc=ed

& whit halfe a dram of Ambergreece

and with som Gum Beate it into a past

Then make them Round like littell

Balls & stam them with a scale these

are very good for a Cough; calld

picturall Rools

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To make french

puffs

line

Take half a pound of whit

suger

To make french

puffes

Take halfe a pound of sugar dubell

Refin let it be finly searsed 2 ounces

of Iordan Almonds Blanched finly Bea=

ten with i spounfull of Rose water that

you may get the milke of them then

Take as much gumdragon steeped

as the Bignes of a nutmeg the whit

of one egg make all these into a

past with halfe a grain of musk

Beat it in a morter & when it comes

to a parfect past Then Roule it out

and make it into Knots acording

to your fancie lay them vpon whit

paper & Bake them in a ouen when

manchit is drawn, Raither leaue

out som of your milk then the whit

of eggs, The will Be the prittyest

puffs as you shall see

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To make oringe Creame or

outher ways calld butter

To make the yelow

lemond creams

To make Almond

butter white or yalow

To make satin biskets

Take the whight of an egg and

and oringe flower water or rose

water beate them together a while

then put to them halfe a pound of dubell

refind sugar beate it till itt be

as white as snow and and hower

or 2 then drop itt into round kakes

litel and big as you lieke them

and bake them in an ouen no hotter

then when manchit is drawne

that so thay may not be colerd at

all&nbsp;

for little huffes

the same way will do mighty

well if ye put in more whights

of egg ane a little quicker ouen

for pox

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GELY & CONSRVE

1674

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Whit Corron Gelly

Take your corrons when Ripe and

strip them then set them in a dube

=l pot let the water Boyle Befor you

put in you pot Then of power it that

it may stay noe longer one the

fire then while you can draw

ofe you Gelly; Then way it in por=

=ingers & take for you waight in=

Gelly the waight in Trible Refin

Sugar; put your Sugar to your quid

one & stir it let it pritty well de=

soulfe Befor you set it one the

fire Let your fire nether Bee

violant hot nor yet 2 slow, But

so that your scom may Rise and

you may take it of cleare Let it

Boyle in the midell; Then take it ofe

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Apericock Gelly

Take your Apericocks & set them in

a dubell pot Then take The Best

yallo Amber plum you can get take

out the Gelly of that out of a dubll

pot Then waigh 2 parts of the qui=

dney of Apericocks i part of the

quidnoy of plumbs; Then take the

waight in Trible Refine sugar

& Boyle it of an indefarant fire

when it Boyles a wallm or 2 you

must take caire of that or else

it will Be Apt to mould; Take it

ofe the fire & haue your glas

=es Readi put it out hot; you may

Rub you glasses with musk or

Ambergres; The plumbs of them=

selves make an Exalent Gelly

page 240 || page 241

Harts=horn Gelly

Take to every ounce of hartshorne

halfe a pint of water couer it close

& set it in a dubell pot keep it with=

Boyleing 6 or 8 houers then strain

it out & let it stand to coole Then

put it out in a silver Bason put to

it a stick of Cinomin 2 or 3 peeces=

of sliced genger a nutmeg sliced

2 Blads of Large mace i sprig

of Rosmari season it with lofe

sugar & let all Boyle togaither

if you would cooler som yallo you

may by puting in a bag of safurn

if Red. with a lettell Cutichneall

it is very Refreshing to a weake

person cheares the spirits

probatum Est

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Green Gelly of plumbs

Take the Amber or whit pure plum

while it is green before it begin to

Turn pull ofe the steak & put them

in a cleane presarueing pan with

a littell more waiter then will cou=

er them set them one a quick fire

that is cleare & let them Boyle

as fast as the can Till you pres=

=eaue them to groe Thick Then

Take it ofe & put it in a cleane

earthen pan for that purpose

when it is coold strain out the ski=ns

& stons & take the cleare of it

as you like the coole you may waig

=h the waight in fine sugar &=

Boyle it vp as your other Gelly

if you plumbs be Right it will bee

a puer coole I have Expearnced it

page 244 || page 245

Red Gelly

Take Iuce of Red corrons or Ras=

beries drawn out of a duble pot put

to it the waight of sugar when you

haue Boyled & scomed it Take it

ofe & haueing your glasses Readi

put into euery glass a spoonfull of

& so goe ouer them; But Be suer

your Ielly be boyld that it may

Gelly s as soon as it coolds when

you haue put by degrees about

halfe your glasses full then hau

By you som larg whit corrons

Clipt from the stalk & put them

in Then fill up your gelly, it

Keep most part of the yeare

if the Run one doe not Break

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Chiries in Gelly

Take to a pound of flanders Chiries

2 ounces of Gelly of Red corrans take

the waight of sugar; put to it halfe

a pint of water when it iust Boyls

& scumed put in you Cherris cross

one the Bottom Boyle them leas=

uerly at the first, as the Begen

to groe cleare mend you fire let

them be couered, Let them be hig=

=her then presarued Cherries, when

you Chire is Cleare & you syorop

Enough to Gelly as you may easily

preseaue sake them ofe & haue

ing your glasses Readi, Take your

Chiries out first & lay them in, after

a whill put to your Gelly

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To presarue Green

Plumbs

Take the wheat plumb or the ya=

llo Amber or whit pear plumb whill

the are green let them be cleare

and free from worms, p cut of the

steals but not close then take as

much water as will couer them

set them one a fire to scald them

when you se the outward skin

to Ripell Take them ofe & put

them on a siue Then Besuer you

pill them; then put as much far

water to them as will couer them

and set them ouer a slow fire

cover them close with leaues and

within a hower or something more

The will be green, Then take

them vp & waigh them put them

one by one in a siluer Bason

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For paine in the Stomack

Take Callamus Aramaticus halfe an ounce

cort wintrion i dram & a halfe caraway

seeds 1 dram: i nutmegg, salt of worm=

wood 4 scruples, all in fine powder as much

as will lye on a shilling then may tale at a time

or as you find occasion

Either mixt with hard suger or taken in drink

Grene plumbs

Then haueing your sugar powdred

strow one som as much as will couer

them all Then set them By all

night nex day heale them ouer the=

cools & as you se ocaison you may

put in 2 or 3 spoonfull of water

when you haue heat them thorro

Then strow a littell more of your

sugar & set them by; after you

haue done so 3 times Then put in

some of the Iu Iuce you maid

your green Ielly of with as much

sugar as it ways; Then put in the

Rest of your sugar & Boyle them

up se the Be cleare & scum

them; The will Keep Green

all the yeare

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A earttin gentelman who had a

gangreene in his foot theserrgons chyrgons

Chyrurgions resoule to cutt itt of butt in the

meane time one aduisd to try a fomention of

only ly lime and chalke boyld in water

and batth it all one nightt witth thatt water

tis sed in the morning no aperancs of the

gangreene was to be sene butt a perfictt

cure

Keveirous

A person of quality after

she was broughtt to bed the afterberth

sttaying thay cutt of witth a gratte phisistons

order sume of the hairs of her head

and burntt itt to a pouder and gaue her in a

glass of whightt wine itt broughtt itt away

whole when all ther hopes of life ware

gon /

Keveirous

Quince Gelly

Take you quinces & paire them

then cut them in Thin slices & set

them in a posuit of Boyleing waiter

put in halfe a Gill of water to them

Then take the seeds of as many

Boyld Quinces as you can get get put

them in a peece of lane & as much

or mor as will cover them then

let them boyle, Leaseauarly the

other will take 3 houers; Then

Take it of the fire take the

clear of Both & with the waight

of sugar Boyle it vp it will be

clear & of a marbill Coullor

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for P to sweall away

a swelling eather in brestt or

legs or any partt, the reed lead

plaster is a rare thing and cored

mrs browns leg

To drie Cherris

Take i pound of flanders cherres

steall & stones; Take 2 pound more

of those that are good free from Brus=

es; cut them one the top & take out

the stons; Then waigh for you 2 pound

i pound & halfe of sugar Boyle it vp

& scom it then put in your cherris

without steals Boyle them slow att

first till the Begin to be cleare then

Take them ofe & set them by, to

your pound with steals take 3 quartes

of sugar Boyle them as the other

Then heate them in the syrop 2 or 3

days The 3 time put in the Rema=

nders of sugar; that a halfe a pound

to them without steals & a quarter

to the other Let them haue a Boyl

vp & tourned, Then take them

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an exsalentt good thing

to bring a way any thing leftt

behind, or for them thatt wantt

deliuerancs after child beartth

sume fortty drops or more of

spirett of caster in a spunfull

of small plage water or whightt

wine

to hasten labor

as much of fatt amber as will lye one

a groatt in a spoonfull of sinimon

water poudered fine and searstt

to vrge and forward birth birth

in very suratt labor butt nott eles

to be vsed much

mrs.

anoyntt the privatt parts with

oyle of amber mrs lye

Drid Chiries

And drean them seauerall vpon a

siue Bottom when the are prity well

dre and; Take i with a steall & 2 with=

out put them i by one vpon the other

other & with your fingers place them

euen & smouth so your cherri will

Be Beger then before & of an Ex=

alant Coollor; Lay them as you doe

them one by one one a pie plait

when The are all done; haue a bag

with duble Refine sugar finly

searced & dust them ouer Then set

them in a stow when one sid is dry

Turn Them vpon whit paper, it will

Be moyst within & Keep a year of

a dilicat coolor I haue expearnced

it Eleaven yeare

Thrum

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salts

saltt of Cardas cuers feauers

of alsortts and is good against surfits

and small pox

saltt of rosemary cuers conulsions

palsey leathrgy apoplexy and epilepsy

saltt of camamoile provakes them brings

away the dead Chilld cuers the Colick

stone and agnes

saltt of mugwortt prouokes them and brings

away botth bearth birth and after beart bearth birth

To make cleare

Cakes

Take halfe the pulp & halfe the

cleare Gelly of corrons Take ther

waigh in duble Refine sugar; Boy

=le you sugar Col high that is till it

snap betwen your finger; Then put

in your pulp & lett it dry a littell then

Let it haue one Boyl vp scum it

very cleare Then have Glases Re=

=adi of the Bignes you would haue

your cakes of & put it out into euery

glass about a quarter of an inch

Thick set them in a drie place &

in 2 or 3 days the will Be canded

ouer cleare then with a Needell goe

Round the eggs & tourn them out

vpon whit paper & when the other sid is

candid lay them vp the will be clear

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The Balsam of Lucatellus

Take the best yellow wax melt it by a small fire

in an equal quantity of canary wine; then add

of the best oyl oliue Venice

to stop in one witth child

and will do no harme)

take 3 grains of allam in a spoon=

=full of claritt wine

another for the same a very good one

as much corall as will ly on a shilling

in a spoonfull of sinimon water

and ly very sttill in bed and drink

no drink butt boyld new milk

MrsE.

yet I haue had them very green

anouther

one spoonfull of spirritt of allum

a thing

Goosberries Green

Take your goosberies when green &

hard put them in water let them scald

very littell till you se the outward

skin Begin to Ripell Then take them

ofe speedaly for a littell will make them

two soft put them preasently in coold

water Then peell of that skim & set

them ouer the fire in another water

Let the fire be noe hotter then it

make them warme; Let them be cou=

ered close. for an houer Then take them

out & way them Take ther waight in

fine sugar Let it be powdred & stro

=w som one them as you doe your plums

next day heat them so continue 2 or 3

days; Then with som of ther one Gelly =

Boyle them vp & put them in glases

They are very dificalt

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for to stay a purging

in any or if thay ly in Mrs Br.

take sinimon whight aniseeds

and white sugar candy of each a

like quantity searcs itt after itt is

beaten and giue itt in a spoonfull of

claritt wine or sinimon water

anouther for the same

the youlk of an egg and 4

or 5 spoonfull of whightt

aniseed water butt giue itt

quickly after mix itt so it is

aptt to turne eles

To presarue Goosbearies

in Gelly

Take your goosberies when begin to

be Ripe but not fully; pick the far

est cut of the blossoms & stoone

them Take their waights in puer

Trible Refin sugar put them to

parte of the sugar as you seed

them; saue the seeds & Ielly that

comes out in a siluer poringer; Then

take halfe a pint of water & put to

it strain it all out & put it to your

goosbearies Then set them ouer the

fire being prity quick & Boyle

them till the Bee cleare & past

sriueling then set them by next

morning giue them i boyle & then

Take them ofe the fire & put them

vp in glases

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an oyntment for a burn

Take barows greese one pound white

wine a quartt leaues of leser sage ground

iuy and walling margrom and biger

housleek of each two handfulls boyle

them together ouer a sofftt fire to the

consumtion of the moisture stiring them

often then strain and prees them out

strongly and kepe the oynttmentt

this oynttmentt is highly estemd

for the cure of burns

To gitt the fire out of any

burn or scald

take garlick and mintt and sage and

beate it altogether with fresh buter and

lay itt to it after lay one sume outher

plaster proper waight for waight

for itt

To presarue Quinces

wholl

Take your farest quinces pare them

& core them Then to a pound of qui

=nces put a pint & halfe of waiter

at first about halfe a pound of

sugar let them boyle of a midell

Temprat fire not two fast nor tw=

=o slow when you perseaue them

Begen to grow tender put a fue see=

=ds in a fine lawn & Boyle them

in if you syorop Begin to gre low

& thick Befor the coole & are ten

=der Then helpe them with a spoo

=nfull or 2 of fare water when the

are about halfe done put in about

a quarter more of you pound of su=

gar Then let them Boyle, close coue=

=red, Then put in the Rest & Boyle

it vp The coeller will be; Exalant.

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for The wild fire

sower butermilk and sutt

each micxtt together and the

place anoynted witth it will cure itt

as has bin tryd often

anouther for the same

and a much beter

take a good deale of stif cream

and putt a good quantitty of the

Iuse of housegrene grene boyle both

together tell thay come to an oyle

then anoyntt itt well with thatt itt

will heale and coole it

Whit Marmolt of

Quinces

Take your farest Quinces not two

yallo nor two green put them in

fare waiter & Boyle them one a

quick fire till the Bee soft then

take them out & pare them, Then

pulpe them thorrough a siue that

is very cleane, waigh your pulpe

and Take the waight in duble Re=

fin sugar Boyle it to a Candi=

haight Then put in your pulpe

& Lett you fire be hott Then let

it haue a Boyle vp & soe Box it

make you, whit after the same

maner But Boyle it not as you

are diricted Before Amongst

The pastes

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to breake a brestt and heale it

againe if ocation bee

make a pultis of sope and ayle and

aply it to the brestt tell it breake itt and

after if it remain one it will dray all the

filth out of itt and heale it of it selfe

as has bin tryed but if itt fails curing after

aply mr beckits salue to itt which will

nott faile to perfectly heale it up

though the outher has dun itt alowne

you may anoyntt it with cooling oynments

to hinder the swilling of itt

c1-1l-7

Marmolot of Pipens

Take Kintesh pipens pare them

& put as much water to them as

will a litell more then couer them

Then Boyle them vpon a very qui=

ck fire Then pulp them To a po=

und of pulp Take a pound of sug=

=ar if you would haue it whit=

Let your sugar be duble Refine

Boyle it to a candi haight; with

The Iuce of 2 orringes in your

pulp put it in & Let it haue one

Boyl Then Take it of & put it in

glasses, if you would haue it Red

cooler it as your

Past

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Mr Beekitts infalibell healing

oyntmentt for a sore brestt:or any

outher sore that is kroke or has any uentt

but if not broke of no aduantage to any swelling

tell it bee;

Take oyle of roses one pound

beese wax fiue owncis meltt these two

to together, then ad to these the folling powders

earth of lemonds; lapis Calamineris

of each 4 owncis; letharge of gold; searus;

of each three owncis; Camphor one dram

beate all theas together in a morter tell itt is

well mixt kepe it in a pott for your use

This oyntment alowne has curd the stump

of a leg when the fatt has bin cutt of

Gam of Damsons

And Chiries

Take 3 pound of damsons one

pound & halfe of sugar Boyle vp

your sugar & scoom it then put

in your dam=sons & let them Boy=l

Reasonable fast stiring them all

The whill peeck out som of the

stones as it Boyles; when it grows

so thick as you may see the Bott=

om of the pan you may Take it

ofe & put it in pots or Boxes

For Chiries Take the same

quantity and make them acord=

ing to your damsons

probatum Est

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The pouder of lilycome

valy for the grate stofing in my head

orderd mee by doctor Charlton which he

ses is a sure cure for it

take a handfull of lyly come valy flowers

dry them to powder and snuf them vp the

nose&nbsp;

anouther

take swett margrom and beate it and strain

itt and snuf it the Ioyse of it up the nose

To make the quean of

hungrys water a good way and as

good as whatt wee comonly by

take a quartt of spritt of wine put to it 3 or 4

handfull of spritt of wine rosemary flowers

stop your glas well sett it in the sun eaite or

ten days then strain it throw a browne cap

paper made tun tish fashen and twisted

the paper dubelld and then the leafe that has

is close at the botom opend and your stuf put in that

and it will drop fastt throw and be mighty

cleane and good sett it not to drop in the sun

or by the fire for losing the spritts

Consarue of Barberrys

Take your Barbearys picked from

The stalks put as much watter to them

as will Iust couer them then scald

them dreane them out of the water

& Rub them thorroug a siue Take

to a pound of pulp a quarter of a p=

=ound of the pulpe of Kentish pipe=

ens one pound & quarter of sugar

put you sugar in Beaten to powder

Then drie it one the fire about an=

when it is well incoraperated put it

into pots; the pipens will make it

Gelly with out them it will not

But be Thin like pullpe you may

vse your one decrection for

Both

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the oyntmentt of briony

take broyany roots pound them in a morter

tell they are like a slimy pulp then put itt

into fresh buter and boyle it tell it be as all

oyntments that are woite made and mustt

helpe ought to bee, that is tell the buter

is perfectt oyle and the stufe hard and

crisp so as if you please you may crumell it in your

fingers and itt has perfettly giuen ouer

blobering and sparkling as all things do

tell all the warvy substance be boyld out and

then it will if you sett it upon neuer so hott

a fire only lick as if it simerd without

rising upone blobs which as long as any

watry substancs remains in eather that

or any outher saule it will do when it is after

this manr take it of and strain it but it is

dificoltt to do it without burning it for if you

do nott use hard labor in the stiring itt or

euer giue ouer it will burn and slo oyle it will

go neare to take half a day to do it write and much

bestird wit an oirn iorn (or or as ladell) this

with oyle of foxes if an infaleabel cure for all

ould ackes or paines be they neuer so bad

or new ones eather or any scateeil strains or waight or pains in knese

or Ioynts.

Consarve of Rosses

Take the Buds of Red Roses cut

ofe at the whits then waigh a pound

of the Leaues pound them very fine

in a stone morter with a wooden pestell

Take to them 3 pound of sugar let

not you sugar goe in tell your Roses be

finly pounded Then put it in By degree

=s itt must be well pownded togaith &

will Require much strength

Boyled Consarue

make an infusion of som of they lea=

=ues & Take the Liquor of that put

a pound of you Roose leaues in & lett it

Boyle a whille with out sugar That

your leaues may be tender then put in

you sugar By degrees & keep it Boyle

=ing wel & Be tender & is of a puer coollor

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for a sore brestt the

worst almostt that is

firstt dray it to a head and breake itt by if to be broken

laying a pultis to it of otemeale

oylle of Camamoyle and dyat

dialthea when it is broke drope

sume oyle of St Iohns wortt into the

hole to cleare it of all curuption or

put lintt in to itt ^in coipttin after this apply mr Beakits

oynttmentt to itt and I am informd it will

not faill to perfectly heale the worstt

of brestts as also the mostt

mr B salue is also good for the very worstt

sore leg or any outher sore after itt is broke

and neads no outher aplicatcon but that

and needs no other application but that

exseptt it bee sumthing to cleare the wound of

exseptt itt ^bee sumthing to cleare the wound of

curuption which must alwayes be dun before the

outher is aplid eather by droping oyle of st iohns wortt into

itt of lintt with it in it or sume outher clearing thing

it well nott availe it itt be nott broke) if it be any bee

any swelling that must be broke which you will see

by the gethering of it that forgoing pultis will

breake itt and this healle itt in falably if it bee a

swelling nott to be broke the vnguntum populerum

and oyle of camamoills will dispers it and coole itt (or

eather in brestt or any outher plase the first alone) nay though it haue a round

black or sanguin spott in the midell if it be nott come

to seperation or a reall gathering (which if it bee it

must be broke) and heals with Mr B salue which is as

good a thing that it has curd the stump of a leg after the fut has bin

cut of

Consarue of Woodsorrill

Take the leaves of wood sorrill and

waigh them To a pound take the wa=

aight of sugar pound your leaues=

very small in a Aloblaster mortor &

Take your sugar & Boyle it candi

high when your sorrill is ver small

put it in & ster it togaither ouer the

fire let it drie a lettell; Then put

it vp in pots hot

Consarue of Bittony

or Archangell

The must be pounded & waight

for waight of sugar, only Be suer

you poon them very small Before

you put your sugar to them and

very well after, That the may

mix

wild malows boyle in with spring water and

aplyd to the brestt is a rare thing to soften a gorged

brest and will do the such no harme but rather make more

thay must be softt as pap thay are also good for to come

bath sore heads

or legs if any haue

the ich to a lay the

itcing of them

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for one that makes Bloody water a tryd

remedy by a good phisitions order

take corks cut them to peasis and

boyle them in spring water and lett the

person drink frely of it boyle them halfe

an hower strain then them outt / this also will

stop a loosnes

anouther doctor Charltons

way

take a paille of smiths water put in it a shafell

full of water unsleektt lime stir it to

gether and lett it stand 4 an twenty houers

it will haue a scome one it which put a

side and it wil be mighty cleare giue the

party sume half a pinet or sumthing less

at a time of it and lett them drink prity

often or some 3 or 4 times a day

drink milk after it a day

The haights of

sugar

When you would Boyle it candi high

put your water in by gass so as to desol=

fe your sugar, Then let it Boyle vpon

a quick fire when you see it groe thic=

=k & begin to Blob stir it with you scomer with

hools & when you see it enough Take it

ofe in the nick of time or it will be too

high

For Comfits

Boyle your sugar till it will dray like

a Threed Betwen you Thomb & finger

For pellets

Boyle it as you see till it will koole be

twen your Thumb & finger & then snap

in two;

For Cleare cakes

Boyle it till it will being drop one a plait

lie as hard & cleare as glass as you say

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the oyle of populeon

that is vnguntum populim

take first popler buds buds buds or the

young leaues of popler elder leaues

wood sorill plantan and prunela or

outherways cald selfeheale of each

a handfull housgreen tow handfull

or 3 ad to thease 3 pound of buter

b after the hearbs areground boyle them tell thay

are crisp and will crumbell and then strain them for

your vse

oyle of camamoyle is good to mix

sume times with it but this veasly neads

no more being an exslent thing for all

swellings or inflamations that is nott

broke it will take all blasts away

housegreen boyld in oyle of creame is a

mighty good thing for any inflamd inflamed

swelling to cooll itt and dispers it

Sugar of Rosses

Take Rose Buds & cut ofe the whits

Lay them one cap paper & drie them

speedaly in a warme ouen after manchit

The will be drie in halfe an houer

& of a very good couller, Thus you&nbsp;

may lay them by all the yeare for your

vse, Take som of them & grind them

to powder one ounce of this to 2 ouncs

of lofe sugar Boyle your sugar in a

silver porringer & or posnit when it is

about as high as for comfits put in your

powder of Roses Let it Boyle till it be

Candi high Then power it all out of

a potter or Tin heate plate it will Be could

presently hould the Back of it to the=

fire & it will com ofe wholl; or you

may Cut it in to Losinges if you please

page 282 || page 283

oyle of Sanaint Iohns wortt

to ane pound of oyle oliue put to

tow pound of Saint Iohns wortt finly

ground after thay are put together

heate them almostt to the boyling

then take them of and lett itt stand

alnight next day boyle itt up tell the

hearbs are Crisp then strain itt

this oyle droptt int & any sore is one of

the bestt things to cleare itt from all

corup curuption and make itt redy for a

healing

oyle of Camamoyle is made Iust

after that maner as the Saint Iohns

wortt and is very good for all swellings

Oyle of Saint Iohns wortt wortt is amostt

exslentt thing for any a bruse or strain,

or swelling that looks whight but

not for any swelling that is inflamd

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for a cofe of the lungs

Take 2 spunfull of oyle of sweet almonds

new drawn 3 sponfuls of coltsfut water

2 spunful of redd rose rosewater 2 ownisis of

whight sugarcandy beaten fine mingell all

theas together and beate it one hower with a

spoon tell it be uery whight then take this

upon a stick of lickurish this a child may

take that is new borne or any one who hath

a coufe cough or horsnes it is also uery

good for the stone

surup of purslan is sed to be a

sure remedy for a cough and

consumtion

ungun unguintom pumpulioun

is rare to dispers any swelling thoug it bee

hoged and looks as if it woold gether

so is oyle of camomille

OYNTMENS

1674

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for the fading sickness

Take a hand full of sparpoyntt grass a

hand full of brooklime a penyworth of turmerick

boyle in spring water strain itt outt and

drinke 3 times of itt it has dune much good

For the bleding purpels

a quarter of a pound of brown sugar

as much oyle of uiterill as will make itt Iustt tartt

stir itt together as you drop itt and lett the

party eate itt with a knife itt is a rare

thing for that purpos

An exslentt eye water

Take plantan or red rose water put

into it ten grains of whight vitirall

powderd small shake them well together

and when itt hath stood so 2 or 3 dayes

tis fitt to rest / take a littell of the

Clearistt of this water drop itt intto the

waterish eyes and lett the party ly

still tell itt dry of itt sellf and when

Lucutellues

Balsum

Take halfe a pound of yallo wax melt

it in a sklot Then put in i pound of ven=

ice Turpentine woshed in Read Rose water

after you have Boyled it togaither take

it ofe the fire & when it is could Cut it in

Thin slices that all the water may kum

out then set it ouer the fire againe

& put in 3 pints of oyle oliue oyle of

Saint Iohns wort 3 ounces Natuerall=

Balsom Ten ounces Red sanders in pow

der 15 ounces Boyle all these togaither

stering it all the whill when it hath

Boyled to=gaith Take it ofe & strain it

put it into Gallipots & Keep it for your

use, It is good to heale the longes the

quantity of a nut may be taken at a

Time night & morning; it may be

aplid outwardly

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for hartt ake or burning

or any grate opreation by wind in

the stomack) the powder of

egg shells after the inward and skins bee

first taken cleare of which stick closs

to the shell and thay powderd no finer

then through a cours lawne seares

and giuen eather in beare or anything ells

as much as will ly on a shilling or a whole

egg shell which after itt powderd is not much

itt is as good a thing and will as eartinly ease

as most less easey things

doct Iacs

for a paine in the back

the powder of the shoulder bone in

as backon is exslentt good first burntt

and powderd and giuen as much as lyes on a

shilling in a spoonfull of anything itt does much good

you may giue it prity often

aproud by doctor

d

to anoyntt the back with oyle of spick

vesaly eases grate paine in itt though itt is is

a litell aptt to weaken itt tharfor must not be dune

to often but itt is sure to take away the paine

if uery bad (exseptt itt bee I woold nott yes it

for the forenamd reson

To make Green

Salue

Take mellot vellarin Bay leaues lauen=

der pick of each one handfull pick

them & sread them; Then take the

Keell of a sheep hot as soon as it is&nbsp;

kild & Beat all the herbs in it with

a Rooling pin for halfe & ouer tog=

ather then let it lie a day or tw then

set it ouer the fire & strain out all

The herbs when it is could take it ofe

from the wateri substance at the

Bottom melt it ouer again put in it i

ounce of yallo wax i ounce of Rosen

Let these incorporat then put it in

a pot or Rools for your use

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for the worms

anoyntt the bebys witth oyle of peter

oyle of rew oyle of wormwood and oyle

of sauin or any swelling it is mighty good for

oyle of camamoyle is lickwise uery good

for any swelling eather in fall breest or bely or any else

(and safe) to youse in chilldbed

safron and lemon is good for the worms

for to strenthen a child that has any weaknes

in its back or limes, a strong Ielly made of

neats feett to anoyntt the back and lims

night and morning is good, also pack grease

is an exselentt thing the same way made

well of but thay must with both kepe

warme

for a thin cofe

take penyroyall the iuce of it one spoonful

spoonfull at a time swetend with dubell

refind sugar euery morning or at outher

times of the day it is a very good thing

for a could in a child is hysop water and white

sugar candy for wind surup of each is good, or

fenill water) or fenill seeds comfits steped in

beare in case you haue no water by you

For sore Breastes

Take one pint of Clarit wine put in it

two a spoonfull of clar wheat flower

Boyle it till it will spread one a clot=

h when it hath done boyling put in it

2 ounces of fresh Butter 2 peny worth

of safforn Rub in powder; Then spread

it one a cloth & Aply it Renew it one

in twelfe houers it will heale any

sore Brest or Breake it if it is Be hony=

ed & heale it after; For sore nipells

vergins wax & fresh Butter is the

Best

to backen ye milk

oyle of pumpilion made with bees wax

into a plaster and put as hott as can be indurd

to the brestt cuting a hole for the nipell

will backen the millk and take away any

hardnes or paine out of the brestt allso

anoyntt the brestt with sume of the oyle

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for a plurisy or any violentt stich

or a grate stoping by a colld

take a pintt of ayll positt drink beat

in a morter a quarter of a pound of broun

sugar candy lett itt desoulve in the positt

drink tell itt be all meltted then putt to itt

6 or seven sponfull of linsead oyle if itt

be a strong person you may put eaightt it

a uery weake not aboue 4 or 5 itt will as has bin

proued selldom faill cureing if taken in

time itt must be drunk at twise

milk warme

doctor Bently

for the gripeing of the guts

take pelittory of the wall and grownsill

of each a handfull boyle itt in a quartt of

whitte wine and lett the party drink often of

itt it is a most exselentt thing

anouther

take a wooden dish putt in it wood embers but

first wett your dish that may not burn then lay a good deal

of camomille one itt and lay itt to the blase

eaither bely or side

Oyle of Roses

Take the buds of Red Roses 6 ounces=

Beat them in a stone morter then put them

to a pound of oyle oliue set them in a

glass in the sun close stoped a weeke

shalking them euery day, Then set them

in a duble pot & press them out warme

Then put in more fresh Rose & Renew

it after the same manner 3 time;=

Then Keep you oyl the 3 time vpon

The Iuce of your Roses

This is very good to Anoint any swelling

Espechally in the face of much vse for

pultesses & the Like

proued

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for any bruse by fals or any

such way

take sage and bruse a good quantity

in a morter & then stran outt the Iuse that

comes from itt and lett itt be taken by

2 sponfull at a time often and so

sune as euer the person has reseaued the

iniury itt is sed to be far beter then

gris slatte by them

aproued by lady

graham

sack and Irish slate are very

good giuen as sune as the hurtt is dune

or sack and luckittellis balsom

aproued by Er

An oyntment for the

Ricckets

Take cammoill Bey leaues Lauender

of each a Like quantity pick them

& sread them small then take a

pound or 2 of may Butter acording

To the quantity you will make Then

Beate it all togaither & let it stand

2 or 3 days Then set it one a gentill

fire & when you have got out all

The vertue of the herbs strain it

& keep it for your vse, This is Exal

ant good to Anoint those Chilldren

whose Iounts ar big it will strengththen

& cuer the desease as hath been

Fines

Aproued

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Mr Caudrys remedy for the

griping of the guts

take an owncs of right castell sope

put it in half a pint of beare boyle itt &

scome itt as long as any whight scome risis

then take itt of and as hot as you can drink

it itt selldom it is sed faills easing

To stay vomitting

make a gallon of water in to brath

with onech one chickin or a very litel

bitt of meate but it must be of so small a

strenth that itt must be but one degree

from water drink good store of it it is

the very bestt thing I know and I neuer

saw it faill stoping the seuearist vomiting

if thay tolke tooke enough of it

Docter Iackson

Sacess for fish

for a carp or pick Take a pint of

Clarit wine make it a littell Thick

will crumbs of Bread put in a wholl

oynon a peece of horse Readish Roo=

le 2 Anchoues halfe a pound of

sweet Butter; you may make this for

a fresh Cood or whitings

For fresh salmon

Buter & varges with som horse Red=

ish & pickell Barberyes

For A pick or Barbell

Tak a handfull of parsly sread scald

it in waiter Take a handfull of samper

as many Goosebearys scalded Boyle all

togaither with halfe a pond of Butter make

your sauce

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for a stick

take 6 peniworth of a whight

frankrum frankumsencs rost it

in the midel of an apell and so core it

put the top bitt on againe turn itt often

let the party eate itt thay

may eate a cupell if one do not

do (it is no harme) put a litell anyseed wax in it the powder

of acornns akeurns is an exaslint

thing

for hart burning and pains of

the stomacke Crabs eyes in powder

is on of the best things counted

but it is more pertickularly rare

for the hart burning whare itt

selldom misis doing good and cureing&nbsp;

for a Chin cofe a rare

remedy

Make a surup of hysope water and

white sugar candy theas or take the powder

of gumdrggon and as much of white shugar

candy mixt togither eate of itt seuerall

times a day or take the aboue named surup

eather of theas will do the cure

For foule

For a hearn or wild goose

Take 2 ounces of pruines pulpe them

season it with Ginger & cinimon with

clarit wine & send it vp

For a Capon of fessen

Slice your onyons & Boyle them in water

Tender Then put in a littell Graue & Clarit

with a littell salt & fresh Butter & peper

put you peper in the Bottom of the dish

Becaus it is Apt to make you sauce Black

For A Tarcki

Take 6 spoonfull of whit wine as much

water with som Crumbs of manchit a hoell

onyon a peece of sweet Butter & the Iuce

of an oring with a lettell Groose peper

send it vp

page 300 || page 301

Make green pease

potage

Take a leg of ueale and a coke with all

the skin flead of him and beate to peaseis

and boyle them for your broath tell itt bee a prity

strong Ielly and put in sume broad mase wholl

peper and slysed nutmeg then strain itt

and take 2 quarts of pease or what you think

will fit the quantity your dish will hoald you

intend for itt boyle them by themselfs tell enough

and sett them by then mellt your Ielly and put to itt

as many of your pease as will thicken it then take a good

handfull of spinage as much of sorill if you can

gitt itt if you canot gitt sorill you may make use of beats

or letis boyle the hearbs in fair water by them selfs

and putt them in your potage Iust when itt gos up

if you please you may if you haue itt squeas a uery

litell Iuse of lemon but if you take not the gratis

care in the world itt will turn itt tharfor I think it

is beter to leaue itt out then uentar itt & you may put itt

a pease of buter but you must neuer leaue stiring

itt after the buter is in tell itt gos up for if you

do that will turn itt to if you please you may

thicken itt a litell with a litell yolke

of egg

To make Potage

Take a good store of fresh lofes of the leanest of it put in

a quart of good alle and what water your one discrechon ses

fit boyl it over a charcole fire a good whille put in a prity

quantity of whole peper and cloves and large mase & eight

anchovies & a grate many hearbs a botom or 2 of whight loves

let thes boyle alltogether tell it be very strong & enough to

scum of all the fat & before you sarve it up strane it throa

gh a colindar & when you put it thor in the dish haue sume

thin tosts redy to put in for veryti thicken it with yolks of eges

after it is strand: pro:batum est:&nbsp;

send up sume

hearbs and litell bals

in itt you must boyle the hearbes and bals

in fare water each by them selfes that you

send up and put them in but Iust before

that go up if you haue cabig puld in litell

fleakes shake in sume for ueryeaty

or turnups cut dise fashin is prity

spinage lettis and sorill are the outher

bestt hearbes to thickin itt when you haue

not those

page 302 || page 303

To make the pease potage

I learnt of C:M 4 9/1

Take a leg of ueale and a coke

with all the skin fleade of and beate

itt to peasis and boyle them for your broth

tell it bee a pritty strong Ielly and

put in sume bread mase whole peper

& slysed nutmeg then strane itt &

take 2 quarts of the bestt white pease

& boyle them tell thay bee as thick as a

hasty puding & strain them then

mellt your Iely and put to itt as mainy of

your peas as will thicken them to your onee

licking then take a good handfull of spinage

and almost as much sorill if you canot git

spineg you must make use of beets boyle

your hearbs in a litell cleane water and put

them into your potage Iust when (turn ouer)

To Boyle a carp

Take a botill or to of whitght wine & a lemon

or 2 slicst & svme water as much as will cover

it ouer head & salt & a bunch of swet hearbs let

your licker boyle before put in your fish & when it

is boyled enough take it vp & dry of all the water with

a cleane cloth now for the sause take a botill of cl

arit wine or whight & a pound of capers a dusin anchovis

take out the bones & sred the capers & the anchovis to

gether then put them into the clarit wine into a sau

se pan with good store of oystrs if you can git then

& a few srimps put them over the fire & let them

stew soughely take 5 yolks of eggs & beate them

very well put svme mellted buter thick to the yo

lks mix theas together but have a care but take

grate care of cvrdling it this savce wil sarve

for pick & when you send it vp garnish it with lem

on & srimps & hors redish it will do well

stude in water in seed of wine at the first

only make your sase of wine

this sase is good to a

cods head

Pro:batum est:

page 304 || page 305

to make curd pufs

take cords made of prity good milk

if new will do very well but that beter beat

it in a mortar very well rub it through a

sive mix it with rose water or oringe

flower water mase beaten a litell cream

and buter and sogar make fried hopes

of papor the Bignes of litell podings buter

them well and put it in them and bake

them palle and thay wil be prity things

it gos to the tabell and squeis a litell lemon

in it but but a very litell of that and a pose

pees of buter but you must neuer leaue stiring

itt after the buter is in tell itt gos y up

for if you do it will burn itt

To Make a hash

Take a leg of mvton halfed to halfe rosted

pvt a dish under it to cach the gravey when it is halfe

rosted take it of the spit & cvt it in thin slices pvt

a good handfvl of whole capers in it pvt a half

a dosin anchovis washt & a botill of whit wine

& the gravey that comes from it & so pvt it over the

fire & cover it close let it stve tell it bee en

ovgh befor you send it vp take the yolkes of 2

eges & a litell melted bvter so pvt it into the

stve pan to thicken pvt sipits abovt it & send

it vp

Pro:batum est:

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To hash a shoulder or leg

of muton

take a shoulder of muton half rost it put

bast it with a litell whight wine then cut

it in thin slisis and put it into a stwepan put

with it swet hearbs whole peper and a ltell

shallot or onion an anchovis or to with

water acordin to your one discresioun let it stwe so

tell it be almost enough then put in it oysters

if you have them good store of musherooms and

goodealle of whight wine and lemon srede

thicken it a litel with buter if you will and

shake it well together and when it is in the dish

cover it with lemon sliced and balls and hard

eges it is a fine hash if made well that must

nedes be gravy a goodealle

To make a fregise of chickings

Take chickings & blood then & kepe the blood in pvll of thetea

skins then cut them vp & bruse them withthe back of your

knife & so pvt them into a stve pan take 2 nvtmegs

grateed & pvt that to it svme or a handful of

sred parsly very smal & pvt that in & botill of w

hit wine so pvt it over a charcole fire & let it stve

& when it is stud enough take the yolks of 3 eges

& svme dran buter & but the eges to the bvter but

thes into the stue pan to the meat & shake it well to

gether & so sarve it vp with sipits

Pro: batum est L.v.E

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A scoch collop pye

take a leg of vealle cut it in thin slisis,

than take backon cut also in slices, lay a

lay of that betwen to lays of veale, mix

it with swete hearbes a few capors sred small

a litell lemon lade in slisis atop hard egs

good store of fresh buter

and few barbirys if you will, ^good store of fresh buter put a cadell of

whightwine wine and ege and biter and a litell

Ioyse of lemon, in it but then leave out capers least

it be to sower, this is an extroyordinary very

good pye if well made a toung py after this

maner is very good only leave out the backon

To Make good broth

Take svme befe & svme mvton & boyle

it very well & when it is boyled enovgh

pvt in very svme graevy & cvt in svme

sipits of whigh bread & so sarve it vp

To stufe pigons

fvrst take a handfull or to of sorill &

she shred it small then pvt it into the

frining pan stvr it & let it fry vntell it be

pri^ty well Then pvt in one or to yolks of eges

& stir it well together tell it bee a

litell stiff then stvf the pigons at the

crawe & betwixt the skin & bons

bodys Then set them on the fire in

a stwepan with svme water thay

mvst stand & stwe a good while you

mvst shred a litell more sorill & bvt

into the water & when you think thay are

into the water & when you think thay are

stved enovgh then beate vp the

licker with a litell bvter

pro batum est L.V.E

page 310 || page 311

To make ovld pease potage

take good store of fresh befe so mvch as

to make it strong put water to it and boyl

it over a charcole fire a good while tell it be

so put into it whole peper clowes and large:

mase and six anchovis and a grate many swet

hearbs and letis leaves a botom or to of

whight loves let them boyle all to together

tell thay be be very strong but and will gelly before it be inough put in the

boyle your pease by them selfs tell thay be as thaike hasty

pudding and let them boyle tell it be

then melt the Ielly and thicken itt tell itt

be of a good thicknes bvt not to thick thik

but first strain your pease and mellt both together

strane it and when it is sent vp cvt bred bread in

litell dise hardin them before the fire to

crisp them and pvt them in, litel balls of

that bignes are very prity a many of them this is

a good potage shake in after it is straid

a good many lettis leaves or sorill which you

have boyled in outher water a few of the pease

dus well you may if itt shold not be thick enoufe

ad a litell yolks of ege or a lump of buter

butter which you must neuer leaue stirring tell

itt go up and pell of lemon but uery litell

of that

withthe egs

withthe egs

To make a Calvefs head

hash

fvrst boyle the cavlfes hade head

then cvt it in thin slisis litel peacis

& the tong with it then pvt it in the frying

pan & pvt in svme water & svme anchovis

& svme onyons & let it boyle & let it

fire a litell whille then cvt a litell

bakon in thin slisis & fry it in anovther

pan then pvt in the bakon into the hash

Then set it bye then yov mvst make svme

balls with befe swit shvit shred well

together fine with sage then breake

one ege into it & mix it all together &

then make it vp into balls & so boyle

them in a scillit of water & so let them

stand & when you are redy to send vp the

hash then fry the bals in the pan & beate

5 or 6 yolks of eges & fry the brains in

egs & lay them & the bals one the hash

& then set the hash over the fire & pvt

in a littel wine & beate it vp with

bvtter as thick as you please you may

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a pye o v h s

take rabit slise it into litel thin pesis pvt it

in the pye mix it vp with Comps of marow

pickeld grapes or gosberys or a litel of any

oother sort of pickeld things that are proper for

a pye if you have not grapes g capers may sarve

a litel lemon chopet smalle a few oysters a litel

letis or spinage mase hard eges with a goodealle of

bvter whin it is baked pvt in itt a cadell of

bvter and whight wine and ege, it is a very good

pye and best with grapes if you have them you may

if you please make litel balls and mix with it

bvt they mvst be no biger then small nvts thay looke

prity

thicken it with the yolks of eggs

probatum est

E.I.E

to boyle a goose

Take a very fat goose or els it will not

boyle whight boyle it in milk and water

very whight tell it be tender shake eather

cabige or oonions all over it boyld

very whight this is a prity dish if the

goos be well powdered which it mvst be

page 314 || back stub recto

to make a hash

take svme veall & cvt it in thin slices

with svme ovther vealle & made vp into

balls with svme swet hearbs & a litell

salt so stew it & send it vp or ovther hearbs you may stue letis in it

you may stwe it in clarit wine with svme

anchovis & a pease of fresh buter or

leave the buter out and thickin it with

the yolke of an ege

A pye

Take a knokel svme of a leg of veale cvt it in to pesis

make svme more veale into bals with swet

hearbs & a litell lemon pealle sred very smal

pvt thease into yovr pye with good store of bvter

a few barberys sw svme swet herbes whole

yolks of eges when you take it ovt of the

oven make a cadell of veargis & buter or

whight wine & bvter you may put svme cloves

or mase if yov please ho whole into it

....^7.rv-.L

iivr.good.7.1,

fo.1.y.7.chery

..ii.7v

/y.7. r ..-^L.ii

7v

^P7 swet.s

....7igood

^ calvhs.ha i

good

stued pgons

a chicin P

to tum

^chi of vv

^has of muton

^has of vv

^frigis of cher

^ calv h' hi

back stub verso || back inside cover

[ Folger Shakespeare Library bookplate ]

back outside cover

spine

head

fore-edge

tail