W.a.332: [Cookery Book]

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R. D

September the 27

beff 8 scoar and a 11 pound

beff and porke 4 scoar

and 2 pound

To make a fine lip salue

good for seuerall things

Take 8 ounces of new Chirned

butter without salt

4 ounces of beefe waxe

2 ounces of blew corrantes

2 ounces of orcanett

first boÿle the correnes in

the butter pretÿ well

then put in the wax and

orcanett stiring altogether

till it be well mixt then

strain into pottes for use

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To make Ieimes the true way as they

do buy & sell

Take yallow pared quinces, & parboile them reason

able tender, & when they be cold, pare them

& scrape all the pulpe from the core then take

to every pound of quinces, halfe a poound of the

pulpe of yeallow peaches, then stamp them

fine in a stone mortar, then take as much

sugar as the pulp doth weigh. & boyle it to

a candy heigh, with as much rosewater as will

melt the sugar; when your sugar is boiled to

that heigh: put in the pulpe of the fruite, & so

let it boyle together always stirring it, & when

you see it somthing thick, fashon it vpon

a pye plate. some like leaues, & some like

halfe fruite, then put it into an oven

after you have drawn bread & so let it remaine

in the oven till the next day, then you may

turn it, & heat the oven again, but not too hot

for discolloring of it, for when it is through

dry you may keep it all the year

How to make Coller Beefe X

Take the thin flanke beefe and rub it well all

ouer with salt peeter and let it stand three Dayes

and then pull all the grisells and skins from itt and

put an ounce of peper and A ounce of nutmegs and

a good deale of sage shred small and strew the spices

and sage all over it and make it vp in a Coller and

bake itt with its skins vpon itt You must beate the

beefe very much when you skin it and it must lye a

night in pumpe water before you skin itt

How to Stew Oysters X

Open the Oysters and put them into A scillet with two

or three spoonfulls of white wine or one spoonfull of

viniger and a blade of mace and crums of white bread

and a wholl oynion put to it and let them boyle

halfe an howre then take them vp and put in a good

peice of butter soe dish them vp

How to make a Tansy X

Take a quart of Creame and 16 Eggs and 10 of the whites of them

and a nutmeg and halfe a pound of suger two handfulls of

green wheate & two handfulls of primrose leaues & two handfulls

of violet leaues & two handfulls of strabery leaues and one

handfull of sorrell pound all these and taste the Iuse

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To make a Marow Puding X

Take a quart of Creame and six yelks of Eggs beate

them and boyle the Creame and put them togeather

then take a white Loafe and cut the Crume in thin

slices and lay it in the bottome of the Dish then

take reasons of the sonn and plumpe them in

warme Water and strew them on the bread then

take marrow and brake them in small peices

and lay it with the reasons vpon the bread then lay

sclices of bread then reasons and marrow againe

as before then powre in the Creame and bake it

in the oven when you boyle the Creame you must

sweeten it as you like it boyleing in it a litle

mace and nuttmegs:

To make sassages

Take two pound of veale and two pound and halfe of

suett Chop them togeather uery small and put

to it fowre nuttmegs the quantytye of two nutmegs

of mace a few Cloues & a litle ginger beat two Eggs &

mingle then make them vp with a litle grated

bread fry them with sweet butter and bee carefull

you fry them not to much and season them

with salt if you please you may put in a litle sage

cut small and a litle peper:

to make a fine lip salue sarue good for seuerall things

take 8 ounces of new chirmd butter without salt 4 ounces

of beefe waxe 2 ounces of blew corrants 2 ounces of

orcanett first boyle the correns in the butter

prety well then put in the wax and orcanett stiring

altogether till it be well mixt then strain into potts

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3

To make ffrench Pottage

To a Loyne of mutton the stumpe of a leg of veale

a Capon or hen and a peice of beefe boyle these

uery well then take sorrell and beets and a litle Lettice

and marygold leaues and a good handfull of pursley

pease and sparygrass if you please and when it is

ready beate the yelks of three or fowre Eggs and

temper them with some of the broath and sett it

vpon a Chafeindishe of coales being a good dishfull

and well stired with a litle vargis if you like itt

and sippits all will bee an excellent Dish

Alamode de ffrance

To Boyle a Dishe of Pigeons

Take six pigeons and raise the skin of the breast and

take one handfull of beets as much sorill and a few

sweet hearbs and chop them togeather uery small

then take fowre eggs whites and all and stir them with

the hearbs with some nuttmeg put this stuffinge into

the bodye of the pigeons and betwixt the skin and the

flesh then take some broath and powre vpon them boyleing

hott then put a litle mace Cloues and a litle butter &

bee sure they doe not stick to the pott you must putt

all the rest of the stuffings into the pot if you like itt

put in a glass of spanishe or ffrench Wine put sippets

into the Dish of all

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4

To make a Hartychoke Pye X

Boyle 6 hartechoaks and take the bottomes of them

and Six or Eight hard Eggs a nutmeg a like quantity

of mace Suger to the tast goosberyes grapes or

plums what you please the marow of two bones

and some butter and when you draw it out of the

oven make a white wyne cawdle with the yelke

of an Egg and put it into your pye.

To Boyle a Sammon

If you would not haue it coullored you must

put the sammon in before the water boyles

seazoning the liquor with a quart of white wyne

and some salt mace nutmegs and ginger a litle

of each with a Lemmon peele you must not let your

sammon boyle above halfe an howr then take it of

and let it stand vntill it bee cold enough to take up

with your hands and when it is quite cold put the liquor to it

To Boyle a Carpe X

with the black sawce take as much bloud from the Carpe as

you can get then put to it the deepest coullerd claret you can

haue & put into it blades of mace with a litle salt & when

the liquor doth boyle put in your Carpe and keepe it couered

close & soe let it stew for one howre you must put into

it some lemmon & then serue in your Carpe in that liquor

but you must put some boyled Oysters vpon him & if you

please you may put an Anchove into the sawce

5

To make White Oatmeale Pudings

Take two quarts of great oatmeale and picke it very

cleane from the blacks boyle three pints of new milke

and let it stand and coole a pretty while then put it to

the oatmeale and mingle them togeather then cover

it close and let it stand all night next day when you

make your puddings take fowre pound of Beefe suatt

cut it about the bigness of a Dice two pound of currants

i pound of reasons of the sun Eight Eggs whereof fowre of

them with the whites three pennyworth of manchet

grated small one quarter and halfe of suger mace

nutmegs and Cinamon in all halfe an ounce a litle

rose water a litle salt halfe a pint of creame

mingle all these very well togeather then take beefe

gutts and when they are scowred very well put them

a litle while into rose water then fill them but not

to full but a litle more then halfe full and let

them boyle almost an howre:

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6

To make Blacke Puddings

Take three quarters of a peck of the best large

Oatmeale and put to it as much warme sheeps

bloud as will soake it let it stand tweny fowre

howres then put to it a litle quantitye of thicke

sweet Creame and new milke of each a like

quantitye as much as will enoughe wett the pudings

then put in ten eggs and fowre nutmegs and

the quantitye of them in mace and some twenty

cloues finely beaten and twelue pound of beefe

suett cut small and of sweet margerum time and

penny royall three good handfulls of each pickt

cleane from all the stalks and a great handfull

and a halfe of winter sauory pickt and as many

sives as you can hold between your fingers wash

all the hearbs uery well and then chop them very

small and put in a litle salt mingle all these

well togeather and fill it in beefe ^ guts very cleane

washed and boyle them enoughe

7

To Dry Neats Toungs X

Take your Toungs and put them into water and

let them ly all night the next day scrape them

well on the rootes and sides and wipe them with

a cloth very dry then salt them with salt peeter

and let them ly two days and two nights then

take comon salt and bay salt and worke them

well into the toungs then putt them into a Tubb

and lay good waight on them and let them lye

a fortnight one a weeke clarifying the brine

and leting it stand vntill it is cold then hang

them vp and smouke them with sawdust as

you dry westphalia hams if you preserue your

brine you need not salt your toungs aboue once

with salt rubing it well in and keeping them

covered/

To make a shakeing Puding X

Take a pint and halfe of thicke Creame and boyle itt with

mace and nutmeggs quartered then put to it eight eggs

fowre of the whites well beaten and a few Allmonds blanched

and beaten and strained in with the Creame a litle rose

water and suger and one spoonfull of flower then take

a thicke napkin wett it with butter and tye the puding vp

in it and boyle it where beefe or mutton is boyled one howre

then put it into a dish and beate a litle Creame and butter

togeather and powre on itt and strew a litle fine suger

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8

A Very Rare Dish

Take one hundred of Eggs and take the whites

from them and put them into a canuis cloth

and strained them then take the whites of

fowre new laid Eggs beate them very well

and put them into the strained yeolks then

take five pound of double refined suger

and put to it two pints of water and set itt

on the fire and let it seeth vntill it bee like

a thin sirrup then take a tunnell and hold

your suger at the end of itt then fill it full

with the eggs and then loosen your suger

and goe round round into the seething suger

and let it boyle as fast as you can and in the

boyleing you must part it but it must boyle

a greate while then take it up and lay it in a

dish and soe put in more vntill it bee done

you may fashion it as you please in the dish

and trim it vp with comfiggs/

To make sturgeon X

Take a Turky and bone it let it lye all night and

one day in Wine Viniger and some salt then role

it into collers and let it boyle three howrs in a

pretty quicke mixture ^ mixture of salt viniger water and

one pint of white wine when you take it vp pull

of the thin vpper skin and when cold put in the souced

drinke it was boyled in tye it as sturgeon and eate it

with Viniger & min^ced fennell

9

To make A Coller of Beefe X

Take a peice of thin Flanke Beefe and lay it in

pumpe water (or such water as will boyle meat red)

twenty fowre howres and shift it in that time

three or fowre times rubbing it hard and pressing

out with your hand the last water you shifted it from

then dry it in a course cloth and then take to your

discretion two parts of white suet and one part of

salt peeter and salt it therewith rubing it well in

and soe let it ly in a trey three days and turne

it once in the time then wash it and hang it

up adryeing from the brine and water and let

it hang an howre and then with a cloth dry

it in all places very well then season it with

Cloves Mace peper time parsley and a very litle

winter sauory and a few Bay leaues and one

litle oineion and then rowle itt vp very hard and

lace it as hard as you can with course tape and

bake it in an earthen pott with aboute two quarts

of water and strong broth if you haue itt couer the

top ouer with course past and bake it with browne

bread fiue howres take it out and while it is hott lay

it a drayning & when quite cold take of the tape & serue it to

the Table.

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To Dry Neats Tounge X

Take as much salt peeter beaten to powder as

will ly vpon a halfe crowne and rub the tounge

all ouer then lay it in a pan and couer it all ouer

with white salt and let him ly a fortnight then

rub him ouer againe with salt peeter and

couer him againe with white salt and let

him ly a fortnight more then boyle him in

hay vntill hee is very tender and keep him

from any dampe or wett:

Thus you may doe Bacon or porke take the

hind quarter of porke cut him in the shape of

a Westphalia ham season it as the tounge and

if it bee uery thick you may season it thrice

and smo^ake it a month before you boyle itt

vse the thickest pig porke you can gett/

To make ffrench Puffs X

Take spinage parsley endive a sprig of sauory mince

these uery small and season them with nutmeg

ginger and suger and wet them with eggs according to

the quantity of hearbs then take the inside of a lemon

cut into thin slices and put to every slice of lemon

a spoonfull of the seasoned hearbs and fry it with

butter as you fry eggs and then sprincle some

sacke vpon it and serue them with what meate

you please

11

To Stew Pigeons X

Take the Crag end of a necke of mutton and make

broth of it without oatmeale season it with mace and

nutmegs a bunche of sweet hearbs and salt and and

some Crums of white bread then take the pigeons

wash them cleane and put into theire bellyes

pudings made of grates bread penyroyall time

sweet Margerum and suett cut small make them up

with egg into balls not to bigg and ^ then stew them in the

broth and when they are almost enoughe put into them

gravee and a litle clarett which must bee made

scalding hott the Giblitts must bee stewed in

the broth with the Pigeons/

To make a Carett puding X

Take two great Carretts and grate them then grate

a penny loafe and mix them togeather then take

twelue eggs halfe the whites taken away and

beate them very well with a pint of Creame

and two spoonfulls of sacke one nutmeg grated a

litle salt and halfe a pound of suger temper these all

well togeather and when you are ready to put it into

the oven mix with it halfe a pound of fresh butter finely melted

and bake itt three quarters of an howre

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12

To make a Oringe Puding X

Take halfe a pound of canded oringe peels

sliced very thin and pound it well with Creame

then set it on a gentle fire of charcoale

stiring it continually and let it Boyle vntill

it comes to pap then get your puffe past you

intend to put it in ready then beate the

yolkes of six eggs very well with one spo^onfull

of sacke or more a quarter of a pound of

fresh butter melted and one graine of

scutchinneell disolued in a litle sacke mix

all well togeather with good suger to your tast

then put it into the past and bake it one

howre or somewhat more/

To make ffritters X

Take a pint of sacke and make a possett with

milke from the Cow and take the posset curd

and put into a bason with the yolks of six

eggs and fowre whites and a litle nutmeg

beat the posset curd and eggs togeather then put

in fine flower a litle melted butter and

aples and make it into batter for fritters

suger it as you like and boyle them in sacke

13

Bristoll Marrow Pudings X

Take three pound of marow minced very small

put to it halfe a pound of fine suger halfe a pound

of Currants two ounces of Dates minced very small

halfe a pound of Iordan Allmands blanched and beate

very well with orringe flower water a groats worth

of spiritt of Cinamon a peny and halfe peny loafe

grated the yolks of fowre eggs with some sacke

mix all these togeather with three pints of

Creame salt and nutmegg to your tast put it into

beefe gutts very cleane scowred and when filled

double tye them

An Aple Pudinge X

Take twelue large pipins codle them and take out the

pulfe twelue yolks and six whites of Eggs a penny loafe

and nutmeg grated some salt suger and three spoonfuls

of sacke as much orringe flower water seauen spoonfulls

of creame some quince marmalet and orringe peele

make the pulfe of the aple very fine and then mix

all well togeather and iust as you put it into the Oven

put in more then a quarter of a pound of sweet melted

butter; butter the dish you put it in and bake it in a

quicke oven let it not couler to much and when it is

drawne sticke it with sweet meats as you please/

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14

The Queens Puding X

Take twenty fowre pipins scald them and

peele of the skins and pulfe them then

take a good Civill orringe paire of the

rine and boyle the rine in water vntill

the bitter is of then beate the Oringe with

the rine in a morter when it is well beate

put the pulfe of the aple to it then take

twelue Eggs and leaue out six of the whites

and put them to the pulfe and Oringe

and sweeten it to your tast butter the pann

with a quarter of a pound of butter and

soe bake itt

To make a Cowslip Tansy X

Take a pecke and a halfe of Cowslips stampe

them in a stone morter and steepe them in a

pint of Creame then beate fowrteene eggs but six

of the whites and put to them a pint of creame

halfe a pound of naples biskett grated as much

macaroomes two ounces of suger one nutmeg grated

mix all these well togeather then straine the

creame from the Cowslips and put it into the eggs

and a quarter of a pint of sacke mix all well

togeather and fry it with a litle butter vntill it begins

to thicken then put in muske the iuice of two Oringes and

strew fine suger and then serue it vp:

15

To make a ffrigesy X

Take your Chicken or Rabbetts quarter ^ them and brake

the bones with a rowleinging pinn then take a litle

sweet margerum lemon time and parsley and shred

them very small and strew them vpon the meate

then take some broth or water, one nutmegg cut

into quarters a litle / whole peper two or three

peices of Lemon peele a blade of mace and a litle

sharlott and a litle oyster or mushroome liquor

put all these togeather with the meate into a frying

pann and when it is fryed almost enoughe put in

halfe a quarter of a pint of white Wine or Clarett

and two or three Anchovys the yolks of two or three

Eggs beaten in white Wine and a litle peice of butter

and a litle salt keepe the pann shakeing and when

you find it thicke enoughe put in iuice of Lemon

great Oysters diped in the yelks of eggs and fryed

browne mushroomes and sasages and the yolks of eggs

boyled hard And then dish it vp

to make

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16

To Boyle A Cods Head X

Washe and Cleanse the Cods Head well then take

three quartes of white Wine one quart of Viniger

and two quarts of spring water and good store

of mace put these in a kitle and let it boyle a

quarter of an howre then put in the Cods head and

let that boyle an howre with a quicke fire then

take forty of the fairest Oysters open them and

lay them in a dishe and stew them vpon a chafin

dishe of coales with there one gravy some white

wine and mace and the yelks of two eggs well

beaten with some of the Oyster liquor; beate this

stew well togeather for halfe an howre if you can

not gett oysters get good store of Cockells and stew

after the same manner then cut good store of

sippetts harden them a litle before the fire and

lay them in a large dishe and put the Cods head

therein melt good store of fresh butter and beate

it thicke with white Wine and powre it vpon

the Cods Head then spread the Oysters or Cockles

ouer the Cods Head then lay the mace vpon the

Oysters and then powre in the liquor the Oysters

or Cockles were stewed in then serue it vp hott

17

To Roast a shoulder of Mutton X

Take a shoulder of Mutton soe soone as it is killd

steepe it in bload often pricking itt when it has

laine fowre howres take one handfull of striped time

a manchett grated some salt three quarters of a pound

of suett nutmeg grated and a litle fine peper mix

all these with blood and stuffe the mutton and

wrap it up in a Cawle and soe roast itt throughly

the sawce is grauy a litle nutmeg and Clarett

thickened with eggs

To make Puffs X

Take two pints of milke and with some runnett

whey itt well then put in fowre yolks and two whites

of Eggs and mix them well togeather with flower

vntill they bee a litle stiffe then take a pound

of ffresh butter and put into the frying pann

let your past bee laid in long slices and when your

butter boyles vp put them in turne them and bee

sure they burne not serue them up with sacke

butter and fine suger

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18

To Pickle Oysters X

Take two hundred of Oysters and put to them

one quart of faire water and a good handfull of

salt and let them ly one howre then wash them

very well in theire one liquor and straine the

liquor boyle them a quarter of an howre and

scum them cleane then take them of and put

them in a pann with some mace beaten and

some white peper/

To make an Oatemell Puding X

Take great Oatmeale beate it a litle and sift out

the meale, then put it into a quart of Creame

boile it vntill it bee thicke then let it stand

and coole; then take the yelks of eight or nine

eggs well beaten, some beafe suett shred small

and put into it; butter the dish you put it in soe

bake itt.

To bake Beefe X

Take the leane of the buttocke mince it very

small then cut the fatt of bacon like Dice and mingle

amongst it, season it with peper cloves Mace Nutmeg

ginger salt and a litle time. chopt small then

put it betweene two sheets of past, and put in

the bottome of it a clove of garlike and a litle

beefe suett chopt small and on the top put butter

soe bake it in the past:

19

To make A Cake X

Take a peck of fine flower one ounce of nutmegs

halfe an ounce of Cinamon they must bee scearsed

three pound of butter ten Eggs put out fowre of the

whites and something aboue a pint of good Ale Eest

beate the eggs uery well and straine them and your

Eest with a litle warme water then put in your

butter cold in litle bitts the water you knead

withall must bee scalding hot wet it litle and

knead it well and then lay it to rise in a warme

cloth a quarter of an howre then put in Eleauen

pound of Currants two pound of reasons of the sun

stoned and cut in quarters put in a litle milke

and amber Greace disolued in rose water

and a pound of suger your currants must bee

made uery dry otherwise the Cake will bee heavy

mingle all very well togeather but take heed of

breaking the Currants make up the Cake and

cut it round the sides and lett it stand two howrs

in the oven which must bee as hot as for manchet

if you please you may Candy it ouer when itt

comes out of the oven:

This Cake must bee made in a brass pann

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20

To make a Great Cake of 3 Gallons of flower X

Put ten pound of Currants two pound of Allmonds

two pound of suger well dryed and scearched three

pound and halfe of butter nutmegs mace and

Cinamon one ounce and a halfe to the three gallons

of flower a litle rose water and aboute halfe a pint

of sacke and two pints of Ale Eest very well beaten

and strained then take as much water luke warme

as you thinke will knead it and soe untill you put

it into the Oven keepe it in a warme cloth a

while before you make it up; two howres is enough

to soake it haue care in heating your oven if the

weither bee hott you need not melt any of the

butter but crumble it in the flower if you will ice

it when you draw it out of the oven wash it all ouer

with rose water with a feather and through a seive

scears double refined suger a top of itt and then let

it stand vntill it bee cold:

To make Cracknells X

Take a pound of fine flower well dryed a pound of

fine suger two yelks of eggs and one white a quarter of

a pound of butter a spoonefull or two of coriander

seeds steeped in viniger a quarter of an howre then

take them oute and bruise them mingle all these

togeather and worke it up in a past then rowle itt uery

thin cut it out by a plate & cut them round and wash

them over with the yelke of an egg and soe bake them

21

To make Cheese Cakes X

Take eight quarts of morning milke make it vp into

Curds and press the whay cleane from it then breake

the Curds with your hands uery small and put to itt

a quarter of a pound of sweet Butter halfe a pint of

the thickest and sweetest creame halfe a dozen yelks

of eggs and one white and as much suger as will

sweeten it to your tast then ad one spoonfull of rose

water or two and mingle all these togeather then take a

pound of currants well washed and dryed and put them

into it then make them vp let not the oven bee to hott

To make Biskett X

Take a pound of flower and dry it then scearse it

thoroughe a fine scearse then take a pound of double

refined suger beat it uery small and scearse it then

take twelue new layed Eggs and six of the whites

and beate them alltogeather an howre or more then

put in some coriander seeds as many as you thinke fitt

then butter your plates thin and put on your butter

and soe bake them

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22

To make a Batter Cake X

Take two gallons of fine flower well dryed in

an oven a litle Cinamon and Mace twelue Cloves

one Ounce of Nutmeggs finely beaten one pound

of suger mingle these then take sixteene Eggs

and leaue out halfe the whites one quart of

Creame melt fiue pound of butter in it then

put to it one quart of sacke one pint of water

and one quart of strong Ale Eest mix all these

togeather and lay itt leavening one howre before

the fire then put in one pound of Allmonds finely

beaten ten pound of currants well washt and dryed

fowre pound of reasons of the sunn stoned one pound

and halfe of candyed Citterne and Orenge sliced in

litle bitts then put ^ it in the hoope and sett it in a

quicke oven three howres:

To Ice the Cake take two pound of double refined

suger and the whites of eight Eggs beate them to

a froth and then ^ beate bake your suger in itt and as

soone as your Cake is drawne spread it vpon itt

you may ad perfumes as you please

23

To make the Kings Cakes X

Take one pound of fine flower halfe a pound of suger

very finely beaten halfe a pound of butter washed in

Rose water one pound and a halfe of Currants

washed and very well dryed the yelks of fowre

eggs and two whites beaten well with eight spoonfuls

of the thickest creame and six spoonefulls of sacke

mince a litle mace and strew among the flower

and rub the butter well in the flower warme the

Currants and put them and the suger in and mingle

them well togeather then powre in the eggs creame

and sacke and stir all well togeather with a spoone

then flower your hand and make it into a dozen of

Cakes and lay them vpon flowered papers doe not

pricke them but flatt them a litle and sett them

to bake in an oven almost as hot as for manchet

open the Oven to make them rise and when they

bee coulerd enoughe take downe the oven lid and

let them stand to soake

These Cakes will keepe a quarter of

a yeare

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24

To make a seede Cake X

Take fowre pound of fine flower one pound of

sweet Butter allmost a pint of Ale Eest a quart

of thicke Creame warmed a litle three or fowre

spoonfulls of rose water mingle all these

togeather and lay it before the fire vntill the

Oven bee cleane shut vp the Oven lid to make

a good bottome, then put to your past one pound

of bisketts and halfe a pound of caroway comfigs

mingle them well in the past put in your

seeds and make vp the Cake as soone as you Can

and let it stand one howre to bake

To make a seed Cake X

Take halfe a peck of flower and halfe a

pound of Caroway Comfigs and halfe a pound

of butter rub the butter into the flowre and

the carroways put to it a quarter of a pint of

Eest knead them altogether and soe make it vp

and let it stand a while till it rise then bake it

the Oven must bee quicke.

25

To make a very good Cake X

Take three pound and a halfe of very fine flowe^ r

a quarter of an ounce of mace with which you

may if you please beate a litle muske and amber

greace and mingle them togeather in the flower

then take a quart of good Creame and in it melt

a pound of sweet butter and when it is a litle

cold put in the yelks of twelue Eggs with eight

of the whites beate them well with a quarter of

a pint of rose water and as much sacke and a

pint of Ale Eest and three quarters of a pound

of suger well beaten all these beeing well

mingled togeather and made luke warme powre

into the hole made in the flower then take

three or fowre handfulls of flower and strew

ouer the hole and couer it with a cloath and let

it stand then take fowre pound of currants washe

them and dry them well then worke all well

togeather and couer it againe and set it by the

fire to rise while the Oven heats when your Oven

is hott put your Cake into a case of paper or tinn

well butterd and let it stand aboue one howre

to bake:

You may Ice it if you please

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26

A Cake

Take a peck of wheate flower and three pound of butter

breake the butter in peices into the flower and rub it

vntill it bee crumbly then take a pound of Currants and

one ounce of nutmegs a quarter of an ounce of Cloves as

much Mace and one pound of suger a spoonfull of salt and

a quart of Creame one halfe scalded and the other cold

a quarter of a pint of sacke fowre Eggs and a pint of

good new Ale yeest strained mingle all these togeather

but doe not knead it longer then vntill it bee mingled

then set it before a hott fire in a wooden bowle and

cover it with a blanket and let it stand vntill it bee

risen; this proportion will make two Cakes the Oven must

bee well heated and they must stand in three howres

they will keepe full a quarter of a yeare vpon occation

To make Cheesecakes X

Take a pint of Creame set it on the fire then beate

seaven Eggs very well when the Creame boyles put them

in and stir it continually vntill it bee thicke like curds

then put into it a quarter of a pound of suger a Nutmeg

sliced as much butter as a wallnut and a quarter of

a pound of currents first plumped then take halfe a pound

of butter and one pint of flower breake the ^ butter small into it

then put in two or ^ 3 spoonfulls of cold water and when it is

well mingled beate it vpon a Gable and rowle it out into

three square Cakes soe fill them and bake them:

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The Lady Grayes Cake X

Take six quartes of very fine flower six pound of Currants

one pound and a halfe of butter three quarters of a pound

of Allmonds three quarters of a pound of fine suger one

quart of thicke Creame halfe a pint of sacke a little six penyworth

of Cinamon fowre Nutmeggs two rase of ginger you must

stampe your Allmonds very fine with a good quantity of

rose water the butter must bee pulled into litle bitts &

worked into the flower vntill you can see noe butter then

mingle your Allmonds with the flower and the suger

and Currents (which must be well washed and dryed)

then put in your spices (the nutmegg scraped very fine)

then boile the Creame and when it is allmost cold put

your sacke to itt and make a very tender possett and then

put that into the flower and one quart of the newest and

strongest Ale Est put not all the posset in at a time lest

it bee to wett yet it must bee uery ly.. it must haue a

quicke Oven and stand in an howre and a halfe.

put in a litle salt:

To make an Allmond Custerd X

Take a platter full of Allmond milke season it with

nutmegs Cinamond suger and rose water bake it over

a pot of water and serue it vp

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To make an Exellent Vnboyled Creame X

Take a quarter of a pound of Allmonds blanch them and

cut out all spotts then beate them in a cleane stone

morter very small with a litle rose water that they

may not oyle, then mingle therewith a pint of very

sweet Creame and straine them as long as you can get

any thing oute of them and put to it as much fine

suger beaten uery small as will make it uery sweet

a nutmeg cut in quarters some whole large mace

two spoonfulls of orange flower water or as much

rose water some muske or Amber greace dissolved in

it then put all into a handsome cleane glass churne

and shake them continually vp and downe untill it

grew as thicke as butter before it bee broken then

powre all into a handsome cleane Dishe take out

the nutmeg and mace and when it is setled scatter

some white comfigoes some caroway comfigoes or scrape

some hard suger vpon the top of itt and send it

presently to the Table:

This is an excellent summers Dishe after

meate both pleaseing and cooleing and has

been much commended by Noble Ladyes:

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To make Spanishe Creame X

Take fowre gallons of new milke from the Cow

set it over the fire vntill it bee ready to boyle

and put into it a quart of sweet thicke Creame

and stir it well togeather then put it into halfe

a dozen vessells to coole; the next morneing

when you vse it take of the Creame with a

skimmer and bee sure draine the milke

well from itt put the Creame into a bowle

and beate it with a ladle and put in it the

whites of fowre eggs put in a litle orenge

flower water or sacke and sweeten it to your

pallat it must bee beaten vntill it bee thicke

to set it in what forme you please and serue

it in with creame aboute itt /

To make Spanish Creame X

Take a Gallon of new milke from the Cow and scald

it a litle in a kittle vpon a charcoale fire into the

scalded milke put in a quart of sweet creame then

take it of and let it stand a night and a day then

skim itt and put it into an earthen pot and beate it

with a silver Ladle untill it bee as thicke as butter

and soe dish it for your vse

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To make A Spanishe Creame X

Take three of fowre gallons of new milke and

set it ouer the fire then put in one pint of creame

then take it of the fire and stirr itt and put it

into three seuerall vessells as for clowted Creame

then let it stand one day and one night and

one howre and halfe before you are to vse

itt take of the Creame with a scimmer and bee

sure let not much milke remaine in itt then

put itt into an earthen pann and put to itt as

much hard suger as will sweeten itt the night

before take one spoonfull of rose water and take

a litle peice of tiffany and put it into the

rose water and tye it vp close all night and

then put it into the creame with the suger

then take a siluer ladle and brake it but

not to fast but continue breakeing it vntill

it come to the thicknesse that it will stand in

the dishe then take the other creame that is

left and lay it all over itt.

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To make Rice Creame X

Take two spoonfulls of fine Rice flower three or

fowre spoonfulls of fine suger mingle the flower

and suger togeather puting it into a quart of sweet

Creame and the yolke of a new laid Egg well beaten

two or three spoonfulls of damask Rose water

mingle them all togeather then set it vpon a quick

fire still stiring itt and when it begins to bee thick

enoughe put it into your dish stiring it vntill it bee

almost cold that it may not creame a top/

To make a fresh Cheese X

Take six whole Eggs beate them very well and put

them into a quart of creame and set it on the fire

still stiring itt that it may not turne to flakes vpon

the fire when it begins to turne to curds then tye it

vp in a Cloth if you would put it whole to the table

season it on the fire with Rose water and fine suger

then tye it vp in the cloth and let it drayne vntill

it bee coole then serue it vp with creame rose water

and suger

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To make a Creame to be Eaten with fresh Chees

Take scalded or roasted aples and take the pap from them

put it into a dish and bruise it well with a spoone

then spread it ouer the bottome of the dish you meane

to put your fresh cheese into and vpon the sides soe

far as you meane the Creame shall come you must take

very thicke sweet creame and in a skillet set it over

the fire and put into it as much rose water and

suger as you please let it boyle apace and when it

is soe thicke that it bubles and froths with a silver

spoone take of the bubles and froth as fast as it riseth

and put into the dish you spread with aples till you haue

filled up the dish as far as the aples goe and when

it is cold put in your fresh Cheese and serue it to the

table

To make a Creame Dish X

When you haue made a Cheese of new milke

take the whey and set it ouer he fire and make

wild curds thereof and saue the curds in a cleane

dish then powre them into a thin linnen cloth

tye them vp close and hang them that the whey

may draine from them then take the Curds and

straine them thoroughe a tiffany sweeten it with suger

put in a litle rose water and a litle ginger beat small

and fine scearsed soe searue it up in a fruite Dish beeing

pricked with a knife on the Top

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To make a fresh Cheese of Almonds X

Grind your Allmonds as small as you can with

rose water straine them and rub out some of

the water with them to make milke then

take the same milke and set ouer the fire and

season it with salt when it seeths take vp a dish

full of itt and put a litle suger to itt then put

to the other that seeths some iuice of oringes and

Lemons and then take it of the fire and let it

stand a quarter of an howre then put it into

a linnen cloth and tye it vp and let it hang up

fowre howres then put it into a dish season it with

rose water and suger make it round like a Chees

and take three pints of the first and second Cream

and powre vpon itt

To make a thin Creame Cheese

Take two gallons of strokeings and put to it a warme

potle of Creame and let it bee runned let it not

come to hard when it is come melt halfe a pound

of sweet butter and put to itt fill your fatt by

degrees and press it with your hands vntill itt bee

full then cast a cloth on it and put six pound waite

on itt the next day turne it and salt itt and lay it

in dry clothes and when you ^ haue pressed it enoughe lay it

in dry clothes netles vntill it bee fit to eate

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To make Lemon Creame X

Take fowre faire Lemons paire them very thin

and shred those pareings very small and put them

into a poringer then squeeze all the iuice of the

Lemons to the rine and soe let them ^ steepe two or three

howres then take the whites of seauen Eggs beat

them well and put to them the lemon iuice and rine

and alsoe the yeolks of the Eggs and one pint and

halfe of water and some Rose water to your tast

and with double refined suger scearsed sweeten it and

then set it on a chafindishe of coales stiring it

continually vntill it bee of the thickness of the

best Creame but you must not let it boyle you may

ad a litle muske and Amber grease

To make a Whipt Sullibub X

Take a quart of White Wine a litle glass of sacke a litle

rose water a sprig of rosemary a bit of Lemon peele the

whites of six Eggs a quart of good sweet thick Creame put

all these togeather in a broad earthen pann and with a cleane

burchen rod whip it well tell it rises with a great froth and as

fast as it rises take it of and put it into your Sullibub glasses

vntill you haue filled them to the top you may lay it higher then the

glass and soe whip it vntill you haue fitted all your glasses they

should not bee eaten in fowre or fiue howres after they are

made

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To make Lemon Creame X

Take three pints of creame and set it on the

fire when it is ready to boyle take it of and

crush the iuice of one Lemon into it then

stir it aboute and hang it vp in a cloth

vntill the whey bee run from it, then

sweeten it to your tast and serve it vp/-

To make Codling Creame X

Take about halfe a pint of the pap of Codlings

put to it a quarter of a pound of suger and a litle

Rose water mingle the suger and Codlings

togeather very well then take aboute a quart

of thick creame and stir it into your Codlings

by two or three spoonfulls togeather vntill it bee

all well mingled then cover it with clouted Creame

and let it stand halfe a day before you eat itt:

To make Hodge Creame X

Take a quart of creame and put it into a strong

Iugg and season it with suger then shake it very

well one howre and halfe still takeing of

the top as it thickens lay it in a Dish and soe

serve it vp you may make this creame either

with sacke Lemon or fruit.

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To make Allmond Butter X

Blanch three quarters of a pound of Allmonds beate

them very well with faire water then straine them

and with that liquer that comes from them beat them

still vntill all the strength bee out of the Allmonds

then put to them one quart of creame and six yelks

of Eggs and a litle salt to gather itt then set it on the

fire and let it boyle vntill you see ^ the butter gather to the

top stir it now and then, soe take it vp and season it to

your tast; It should stand ten or twelve howres before

you vse itt

The Whey will make a very good hasty puding

To make a Cold Possett X

Take one quart of Creame and a pint of white Wine

sweeten them both put the wine into a glass then let

one stand as high as they can and powre the Creame

to the Wine and let another stir that it may bee

well mingled then take of all the froth and let it stand

twenty fowre howres in luke warme water of the

weither bee cold if not in cold water:

To make a good Possett X

Take a quart of Creame boyle in it a litle Nutmeg and two or three

spoonfulls of suger the yelks of ten Eggs well beaten and put to them one quarter

of a pound of suger a Nutmeg or two grated then put your sack eggs spice & suger

in a bason over a quick fire of Embers stir them well togeather let it bee

well heat but not neare boyling powr your Creame into the bason boyling

hot cover it quicke and let it stand vpon the sam Embers a quarter of an

howr strew it well with nutmeg and soe serue it vp

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How to Candy Violetts or any other fflowers and

Keepe them that they will looke as ffresh as when

they are first gathared X

Take Violetts and pluck of the flowers from the knot

then weigh halfe a pound of those leaues then

take a pound and a halfe of suger and boyle to a

candy height then take it of the fire and stirr in

your Violett leaues then sett it on the fire againe

and let it boyle as fast as possible you can make

it ^ that the sirrip may still boyle on the top of the flowers

continually stirring them alone in the pann when

they haue boyled almost a quarter of an howre thus

last then straine them thoroughe a siluer Cullender

cleane from the sirrup which sirrup put into the pan

againe and as fast as you can boyle it to a hard

candy height then take the pann of the fire and stir

the aforesaid Violetts into the seething sirrip when you

haue mingled them well togeather then then sett the

pann on the fire againe and let it boyle fowre or

fiue minnutes togeather as fast as it is possible you can

make itt, then take of the pann and powre all the

violetts and sirrip into a siluer bason and stir them

aboute as fast as it is possible with a siluer spoone

rubing the violetts and suger towards you with the

backe of the spoone and as the suger coolls it will

rub into powder and fall from the flowers (but you

must rub it uery hastilly before the suger is

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thoroughe coolled otherwise it will dry into knots and

lumps like a rose candy) and when you find the suger

is cleane come from the candy flowers then put the

suger flowers and all into a fine searce and sift away

all the suger then put the flowers vp into a box with

a paper and sett them where they may stand neer

the fire and they will keepe all the yeare and smell

as fresh as if they were new gathered: And on

this manner you may doe rosemary flowers Burrege

flowers Beudles or sweet Margarum: Experienced

To Candy Angellico stalkes in May X

Take Angellico stalks the biggest you can gett and

cut them round in rings then boyle them in faire

water vntill they are very tender shifting them

fowre or five times to take away the bitterness of

them, the water must bee still boyleing as you put

them in, and keepe them couered close to green them

and when they are enoughe take them out of the

water and put them into a Dish or pann that they

may lye single and then throughe your suger on

them and the moisture of them will disolue itt, then

boyle them vntill they will candy and when you take

them oute of the suger lay them vpon a plate one

by one then ^ open with a bodkin and set them in the sunn

a dryeing they must bee done with refined suger

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To make a Conserue of Red Roses X

Take red Rose budds cut of the white nayles and

put to the leaues as much faire water as will

couer them and boyle them untill they bee soft

enoughe to part betweene your fingers and in the

heating are uery tender tender at which time

they will loose their couller that you would thinke

they were spoiled but thoughe the colour bee

gon from them the water hath got the tincture

thereof: then put to one pound of roses three

pound of white fine suger beaten small then

boyle it gently after the suger is in stirring of

it continvally vntill it bee enoughe and taken of

the fire and cooled one pound of this is better

then six pound of the raw conserue for virtue

tast and colour:

If you would haue it a purer couler then the

naturall Rose take the iuce of three or fowre

Lemmons and to euery pound of Roses put in such

a quantity of Iuice iust as you are ready to take

them of the fire to put up stiring the lemmons

and roses togeather while they boyle three of fowre

minutes then put them vp in glasses for your vse

they will keep seauen yeares:

This Conserue is good to comfort weake stomaches that are

moist and raw it strengthens the liver kidneys and other

weake intrailes takeing it in the morning fasting and late

at night it alsoe strengthens the heart and taketh away the

shakeing and trembling of it it caryeth downwards chollericke

humors and helpeth stoping of the liver

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To make Paste of Quinces X

ffirst perboyle your quinces then paire them and

take of all the meate from the core and to a pound

of that meate of quince take a pound of suger then

put to your suger as much water as will wett it

then boyle it almost suger againe then put in

your quince and let it stand on the fire allmost

halfe an howre but doe not let it boyle then

take it of and put it into some earthen Dishes

and let it stand two or three dayes then lay it oute

vpon pye plates in what ffashion you will and put

it into an oven that is noe hotter then you can lay

your hand vpon and when they are dry on the

top take them of with a knife and turne them

that they may dry on the Bottome and when they

are dry enoughe put them betweene papers and

keepe them in a dry place

To make sirrip of Gelleflowers X

To a pecke of flowers you must take a quart

and a gill of white Wine and soe let them steepe

all night the next morneing straine them oute

then beate them in a morter and straine them

againe and to the iuice put two pound of loafe

suger to boyle it vp to a sirrup and put it into a

botle while it is hott but stop it not untill it is cold

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To make a sweet Bagg X

Take two handfulls and a halfe of rosemary

Lemontine masticke tine and sweet margarum

of each two handfulls one handfull of bay leaues

a handfull and a halfe of Lauender all these must

bee mingled togeather and put to them twice as many

roses as these quantityes then take one pound of

Damaske powder one pound of orris powder and one

pound of Rohdies powder and halfe a pound of Cyprus

rootes beaten all these must bee mingled togeather

with the hearbs and soe put into the baggs:

Powder of Roses X

Take Damaske Rose budds and cut of a litle of the

white then cut your roses small with knife or

scizers then beate them in a morter and to euery

two ounces of roses take two graines of muske and

beate it a litle with the roses then lay your roses

very thin vpon sheets of white paper to dry but

let them not stand in the sun stir them euery

day vntill they are soe dry that they will pan

to powder:

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To Perfume Roses X

Take an equall quantitye of Bengebine and storracke

and a few beaten Cloues that it may not cary the smell

then strew a rowe of roses and then a rowe of these powde^ rs

powders and soe doe till the still bee full and when

they are soe hot in the still that they sticke togeather

they are stilled enoughe take them out and lay them

vpon a table to dry and seperate them in litle peices

and when they are dry put them in a paper bag

and pricke it; the curtains of the windows must bee

drawne when the roses dry that the sunn may not

come at them

To make a Ielly of Pipins X

Take two quarts of water twenty pipins and two

Iohn Aples let it boyle vntill Iust halfe is boyled

away then to every pint of Iuce beeing strained

take one pound of double refined suger beaten and

scearsed warme the suger dry vpon the fire and the

Iuce warme by it selfe both being hot mix them both

togeather and haue ready cut Lemon peele out of which the

bitterness hath been boyled in water and the iuce of

one or two Lemons put the peele and iuce into itt with

a bag of muske and amber you just bee sure not

to let it boyle after the iuce and suger are mixed then

put it into a glass and let it stand in some place neer

the fire otherwise in dampe weither by reason of the Iuce of Lemon

the Ielly will be apt to give

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To make Knotts with Allmonds X

Take a pound of Allmonds lay them in water

two days then blanch them and beat them in a

morter with a pound of double refined suger

beate them uery fine togeather then put to them

fennell seeds Anniseeds Coriander seeds of each

halfe a spoonefull & Gum Dragon that hath been

laid in water a day: and muske the quantitye of

halfe a pease and as much Amber Grease and

the white of one egg well beaten mingle all

these togeather and put it in a Dish sett it on

a soft fire there let it stand vntill it worke

like very limber paste then rowle it oute

into small long rowles and cast them into

knotts and lay them vpon papers oyld with Oyle

of Allmonds then set them vpon pye plates the

oven must not bee any hotter then for biskit

bread as soone as they are well risen in the

Oven take them oute and set them in a place that

they may bee kept dry:

You must take a litle of the suger and searce it thorou

thoroughe a Lane searce to make them up with; when

you take them first of the fire let it stand vntill

it bee cold then beate them with a rowleing pin

before you make it into rowles

Approued

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To Pickle Mushroomes X

approued

Throwe them into water and wash of all the earth and

then put them into water again and wash of all the

skin and rub of all the slime and then put them into

another water and when they haue layne a litle while

put them into a kitle and boyle them in there one lïquo^ r

vntill they are tender and then straine them cleere

from the liquor and put them into white wine viniger

and soe let them stand vntill they are cold then take

them cleere from that liquor and put them into a glass

then boyle a liquor of white wine and white wine viniger

and a litle water with all sorts of spice and when it is

cold powre it into the mushroomes and put in a bay

leafe or two

To make past of Oringes X

Take your orenges and shaue them and water them eight

dayes and shift them twice a day then boyle them vntill

they bee soe tender that a straw will goe thorowe them

shifting the water often as they boyle and still with hott

water and when they are tender enoughe take out all

the seeds or strings then waigh it and then weighe

your suger something more waight then your orenges

then wet your suger but with noe more water then

will disolve itt and boyle it to a Candy height a great

candy then put in your orenge and when it is well

stirred with the suger not to boyle put it in glasses and

dry them in a stow and when they are dry turne them

oute vpon paper

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To make cleere Cakes of quinces X

Take the best quinces you can get paire them and

cut them into thin slices from the coare then put

them into a gally pott close stoped with a sawcer

and tyed downe with a cloth and put it into a kitle

of boyleing water set it soe that it may stand steady

and boyle soe long vntill all the Iuice bee out of

the quince which will take vp fowre or five howres

as the water boyles away in the kitle fill it vp with

fresh water then take it of the fire and put it

into a fine straine tie it well togeather and hang it

vp vntill it has draned all the liquor into a bason

and as it draynes with a spoone take some of the pulfe

of it to thicken youre iuice a litle still as the iuice

scruies thowroughe the straine take it of with a spoone

bee sure you doe not squeeze it at all then to a pint

of Iuice thus ordered you must take a pound and a

quarter of double refined suger and when you haue

wet it enoughe to melt it but you must first beate

it very fine then boyle it a candy height while your

suger is thus boyleing take the aforesaid quince liquor

and put it into a siluer dish and set it vpon a very

quicke fire of cleere coales and soe let it simper

vntill it thickens you must still stirr itt X

You may doe Apricoks gooseberyes white sweet plums

Currants or any thing this way

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You must alsoe take your purest quince kernell and

boyle it in a siluer dishe with faire running or

spring water vntill they are as thicke as Ielly then

straine them cleane from the kernalls and let

it stand vntill it bee cold then powre in the

before mentioned iuice into the suger stirring itt

continually one way and put in with your iuice

into the suger fowre or five spoonefulls of the

Ielly made of your quince kernells then set it on

a soft fire and let it boyle vntill it come to a body

when you see it fitt to cast then powre it into your

glasses which you meane to stew it in keepe your

stowe of a temperate heat if to hott it will

spoyle your Cakes when your Cakes begin to candy

pretty well on the top then with a knife loosen

the edges and turne your Cakes on the glasses and

keepe them soe turned vntill they bee dry enough

To make Ebulum

To one Hogshead of Beere put in a bushell of

Elder Berryes full ripe and well pickt Nutmeggs

Ginger Cloves and Mace of each fowre penywor^ th

put these things in with your hopps boyle it

well and order it as you doe other Beere

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To make Allmond Cakes X

Take a pound of Iordan Allmonds blanch them in

cold water dry them in a cleane cloth then beate

them in a stone morter very fine puting now

and then a litle rose water to keepe them from

Oyleing then put them oute into a dishe and haue

a pound of double refined suger beaten ready

and let it bee beaten very fine then mix it

with the Allmonds with the backe of a spoone

and set it on a chafindishe of coales and

lett it stand continually stirring it vntill it bee

thoroughe hott then take it of and lett it stand

vntill it bee thoroughe cold haue ready six

whites of eggs beaten with a spoonefull of

flower to froth them mix them well with

the Allmonds soe butter your plates very thin

droping them on soe suger them and bake them

when they are risen raise them with a knife

and soe let them stand vntill they are hardened

but not to much collored

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To make Iackolett Cakes X

Take two Eggs beat them well with a litle rose water

then beate in as much double refined suger as will

make it a pretty thicke ^ batter p... then grate in as much

Iackolet as will make it neere the Couler of Iackolett

then you must make dripping pans of cards and

bake them after the bread comes out

To make a finer sort of Naples Bisket X

then ordinary

Take three Eggs and beate them well whites and all

with a litle rose water put to them halfe a pound

of double refined suger scearsed and a litle more

then a quarter of a pound of flower beate these well

togeather till you put then into the oven in card

dripping panns you may ad a litle beaten Carroway

seeds

To make Allmond Paste X

Pound the Allmonds very well then take refined suger

and put it into a preserueing pann with iust water

enoughe to wet the suger then set it ouer a quicke

fire and when it is melted put the Allmonds into itt

stirring it all the while uery fast let it boyle a good while

vntill it is pretty stiffe then take it of and put it into the morter

againe and put to it whites of eggs and a litle rose water

and beate them well togeather then let it stand vntill it

bee cold and with as much fine suger as it will take vp

mould it into a stiffe past and make it into severall shapes of

Iomballs and bake them on papers after the bread comes oute

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To Dry any sort of Plumbs X

Take one pound of suger to three pound of plumbs

then make the suger into a sirrip with a pint of

water and when it is boyled and scumd powre itt

boyeling hot vpon the plumbs but first slitt them

in the crease and soe let them stand vntill the

next day then doe the same the second day and

let them stand all night and the third day you must

set them on a gentle fire and let them scald and

simper a litel vntill you find them tender then take

them of and throwe them into a Cullender to draine

them then cut out the stones of the plumbs and fill

it vp with halfe a plumbe soe three makes two

and when you haue done this lay them vpon scives

and set them in an oven not to hott and when they

are dry wash them ouer with a cloth diped in hot

water and then set them into a coole oven where

they will bee quickly dry and looke as if they had

the blew vpon them: they must scald and howre

and iust before you take them of let them boyle/

To make Italyan Biskett

Take a quarter of a pound of scearsed suger and beate

it in an Alleblaster morter with the white of an egge and

a litle Gum dragon steept in rose water to bring it

to a perfect past then mould it vp with a litle annyseeds

and a graine of muske then make it vp like Duch

bread and bake itt on a pye plate in a warme oven

till they rise a litle then take them out but handle them

not vntill they are thoroughe dry and cold

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To make Prince Bisckett X

Take a pound of suger scearsed and a pound of fine

flower eight Eggs two of the redest yelks taken oute

soe beate them togeather a full howre then take your

Coffins and indose them ouer them ouer with butter

very thin to the biskett stuffe put an ounce of anisseeds

fine dusted and when you are ready to fill the Coffins

put in the anyseeds and bake them in an oven as hot

as for manchett

To make Allmond Biskett X

Take the whites of fowre new laid Eggs and two

yealks and beate well for an howre togeather and haue

in readinesse a quarter of a pound of the best Allmonds

blancht in cold water & beat them uery small with

rose water then take a pound of the best loafe suger

beaten fine and beate that into the Eggs then put

in your Allmonds and fiue or six spoonefulls of the

best flower and soe bake them vpon paper or

plates you may haue in readynesse fine suger in

a peice of tiffany to dust them as they bee in the

Oven bake them as you doe biskett

To make Chery Wine X

Take your Cherryes and wash them with your hands and

then let them stand two or three Dayes Cheryes: stones

and liquor altogeather to firment then straine out the

liquor and put to euery gallon of liquor a pound of suger

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To make Cowslip Wine

Take three gallons of water and six pound of

powdered suger boyle it togeather halfe an howr

then take fowre or fiue quarts of Cowslips

pickt and cut and stampe then in a morter

and when the water is pretty coole or blood

warme put it into an earthen stand then put

in the Cowslips and then take one spoonfull of

Ale Eest and the iuice of two lemmons beate

togeather put that alsoe into the water and let

it stand a day and two nights then straine

it thoroughe a haire scive and then put it into

your Vessell and let it stand uery well stopt

three weeks or a month then botle it and put

in eache botle a lumpe of loafe suger and

you may drinke thereof at a months end:

It will keepe A yeare if you please

To make Rasbery Wine X

Take your Rasberyes and iuice them and strain

them and then put to euery quart of liquor one

pound of suger and let it stand in an earthen

pot or Vessell one monthe then put it vp into

botles doe not stop your earthen vessell to close

for feare of breaking and keepe it in a Coole

sellar:

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To Pickle Oysters X

ffirst open your Oysters and saue all the liquor

then take a third part of water a third part of

white Wine and a third part of their owne liquer

with as much salt as you thinke fitt and set it

ouer a quicke fire and scim it very well then

put in the Oysters and let them boyle up and noe

more then take them up in a skimmer and lay

them broad on a greate plate and set them in a

coole place then set on the liquer againe and

put in cloves mace and peper Lemon rine and

bay leaues of all these put in according to your tast

and let them boyle well togeather that the liquor

may bee indifferent strong then powre it into

an earthen pan and when it is quite cold put in

the Oysters and soe pot or Barrell them up:

If they are to keepe melt some salt Butter

and put into them

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To make Cowslip Wine

Take three Gallons of water and 6 pound of

powdered suger boyle it togeather halfe an howre

then take fowre or fiue quarts of Cowslips pick't

and stampe them in a morter when the water

is pretty Coole or bloud warme put it into an

earthen stand then put in the Cowslips then

take one spoonfull of Ale Eest and the Iuce

of two Lemons beate togeather and put into

the water and soe Let it stand a day and two

nights then straine it thoroughe a haire seive

then put it into your Vessell and let it stand

very well stopt three weeks or a month then

botle it out and put in each botle a Lumpe

of Loafe suger and within one month ^ you may drinke it and

it will keepe a yeare if you please/

To make Browne Waffers X

Take the yelke and white of one egg halfe a pint

of creame halfe a pound of fine powdered suger

as much very fine flower as will make it of the

thickness of pancake batter then heate your waffer

tongs over charcoale and cleane them with a peice

of sweet butter and keeping them hott vpon the

fire take of your Cakes and rowle them into what

shape you please and keepe them in a tinn box by the fire

to prevent being Tuffe

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Another for Cowslip Wine

Take six gallons of water 12 pound of powdered

suger mingle them well set in on the fire and

when it boyles skum itt very cleane and let it boyle

one howre then take it of and let it coole as you

doe wort put to it two spoonfulls of Ale Eest

beaten six ounces of sirrip of Citterne as many clipt

Cowslips as will give it a sufficient tast and Couler

let it worke two dayes then put in the iuice of

two Lemmons and theire peels and let it worke

one day more then straine it out and put it into

a vessell that will iust hold itt that it may worke

ouer when it hath done working stop it vp close

for a fortnight then draw it into cleane glass

botles put in each botle a peice of loafe suger

and corke your botles well:

when you are Tunning itt put in two quarts of

Rennishe Wine

The Extract of Malt

Take fowre Gallons of the strongest wort and boyle itt

vntill there bee but one Gallon left keep it stiring

continually and when it growes thick haue but a very

litle fire vnder it that it may not boile over

let it boile but gently all the while:/

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To Preserue Oringes X

Take the the thickest rind and deepest coulerd

Oringes and pare them and as you doe them put

them into cold water cut a round hole in the

top and take oute the seeds then boyle them in

three seauerall waters but let your water boyle

before you put them in then take them out

and draine them dry make a sirup ready

of a pound of suger to a pint of water and

let them stand in that sirup fiue or six days

and turn them often then boyle them in the

same sirip vntill they are tender then take

them out and lay them vpon a pye plate vntill

they are tender and scrape them cleane from

that sirip vpon farther experience you must

not boyle them in the suger sirup but powre

it scalding hot vpon the oringes euery day

for the fiue or six days aboue mentioned

and the suger must not bee to course:

To make Cinamont Water X

Take halfe a pound of Cinamond with two or three

Nutmegs bruise them and steepe them in a Gallon

of sacke or Clarett Wine put to it one pound of suger

and lett it infuse twenty fowre howres then Distill itt

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Doctor Chamberlaine Soveraigne

Water X

Take a Gallon of white Wine Ginger Mace Cloves

anyseeds fennell seeds Carraway seeds Gallingate of

each of these one dram then take Red Sage Red Mynts

time and wild time Rosemary Camamell Lavender

tops and pellitory of spaine of each of these one handfull

beat the spices cut small the hearbs and put both into

the Wine and let it stand twelue howres stiring it often

and then distill it in a Lymbecke and keepe the

first water by it selfe that is the best the second is

very good

The Virtues of this

It comforteth the Vitall spiritts cureth inward

diseases that come by Cold it is good against the shaking

of the palsye that is the contraction of the sinnewes

it helpeth conseption in women that are barren it

killeth the wormes in the body it helpeth the stone

in the blader it comforth the stomache cureth

the Coughe helpeth the tooth ache it cureth the cold

dropsye it helpeth the stone in the raynes of the back

it cureth stincking breath presently and whomsoever

vseth it somtimes not to often it preserueth the body in

strength and will make one looke young a longtime

it comforteth Nature marvellous Doctor Chamberlaine by

Gods assistance presearued his life to a very great age

and confessed hee vsed noe phisicke but this water in

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all former sickness Arch Bishop Abbott acknowledged

this to bee the most soveraigne water and the second

preseruer of his life and seriant Rowe vsed it

all his life time and left the receite wishing

his friends to vse itt: In summer let it stand

in the sunn/

To make Imperiall Water X&nbsp;

Take scabious Bittany pimpernell and turm^entell

roots and Dragons burnets leaues and knobs and all

of each of these fowre handfulls pick them cleane

and lay them a dryeing three days on a cleane table

then chop them small and steepe them in as much

white Wine as will cover them and soe let them

about five

pints of white

Wine will doe

stand twenty fowre howres then still it in an ordinary

still then put to the water soe distilled two ounces

of methridate three peny worth of turmary roots

one pound of suger fowre stickes of liquorishe one

handfull of annyseeds a pecke of Bewgles or Burrage

flowers and a litle safforne and fowre ounces of

Harts horne then distill it againe with all these in the

before distilled water

This water is very good against the plauge either alone

or with Bezar stone it preventeth Convultions it helpeth

the burning feauor comforteth the heart and expelleth

evill humors that offend the stomache you may giue

it with a litle harts horne it is best to put in the suger

into the double distilled water /

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To make Ginger Bread

Take the best cap Dates you can get and picke out

all the whites then take halfe the quantitye of blanched

Allmonds breake the dates and them togeather in a stone

morter then take a quantytye of gum Dragon steep it in

rose water and beate it with the dates and allmonds then

X take as much good suger as will make it sweet and fine

Cinamon and beat all togeather vntill it is very fine then

take it out of the morter and breake it in peices and

then rowle it out with a rowling pin then take your pr^ints

of what fashion you will haue them of and strow on some

powder of cinamon and ginger and lay on your past

and soe prince them then lay them on faire papers

and sett them where they may haue the Aire of the

fire soe they will keep a great while

To make sweet Water X

Take a drop or two of Essence of Oringe or any other

Essence you like in a spoone and as much fine suger

as the two drops may wett and stirr them with a bodkin

well togeather vntill the suger hath dryed vp the Essence

then put in a litle water and stirr it then put in a quart

of water and itt will bee sweet enoughe

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To make Perfumed Cakes X

Take three ounces and a halfe of Beniamin and

lay it one night in rose water then beate it fine

then take halfe a pint of Damaske Roses the

whites being taken away beat them fine in a morter

then put the beniamin into the roses and beat

them togeather vntill it come to a past then take

it out and mingle with it halfe an ounce of muske

finely beaten as much Ciuett and one ounce and a

halfe of the best suger finely scearsed then mingle

it well togeather and make it in litle Cakes laying

a rose leafe on either side of them and soe lay them

a drying in a place where noe Aire nor dust comes

and keep them close and they will last two yeares:

To make Goosbery Wine X

Take a good quantitye of Goosberyes when they

are ripe bruise them all and put them into a vessell

and let them stand one day and one night then

straine them into another vessell from the seeds

and husks and let them stand six weeks vpon theire

Lee then to every gallon of iuice put three quarters

of a pound of suger and soe botle itt it must not

bee drunke vntill it grow briske

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To make suger of Roses X

Take the deepest Red rose budds picke them and cut

of the whites and sift the seeds from them and dry

the leaues in an oven vntill they bee as dry as

posible then beate them to powder and scearse them

then take halfe a pound of powdered suger and beate

very fine and put it into a siluer Dish with as much

faire water as will wet it and set it on a chafindishe

of coales and boyle it vntill it comes to suger againe

then put in as much powder of roses as will make

it looke very red stir them well togeather and when

they are almost cold put them on plates

To make meat Ielly

Take a knuckell of veale and take of all the fatt and skin

and let it ly in faire water fowre howres vntill the

blood bee drained and it looke white then take one

Calues foot sliced and boyle them togeather in three

gallons of spring water vntill it is a hard Ielly vpon

a soft cleere fire then straine it from the meate and let

it stand all night an next morning take of the top and bottome and

to every quart of Ielly put a pint of sherry sacke or white wine

and as much suger as will sweeten itt and put in Cinamon

nutmeg and Mace as you thinke fitt and six whites of eggs

beaten vntill they looke like snow mingle all togeather then

let it boyle one howre and let it run throughe a Ielly bag

the noose of which you may dip in rose water

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To Preserue Morella Cheryes X

Take one pound of the fairest Cheryes you can gett

stone them and saue the iuice that comes from them in

stoneing them then take One pound of good suger beat

it very small and strew three quarters of the pound

vpon the Cheryes let them soe stand vntill the suger

bee almost melted then set them on a quicke fire

and cleere and let them boyle as fast as possible often

shake them and as they boyle strew some of your suger

vpon them that was left of the pound and when you think

they are almost enoughe put into them something

more then a quarter of a pint of the raw iuice

of Currants and what remaines of your suger and boyle

them more gentle sciming them very cleane when they looke

cleare and iumpe and the sirip will ielly take them of and

scim them as cleane as posible and when they are pretty

cold lay them in the glasses one or two rowes as you please

with a litle of the sirip then straine the remayning sirip

throughe a scive and when it is cold lay it ouer your

Cheryes vntill you haue filled the glasses

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To Dry Damsons X

Take fowre pound of ripe Damsons put them into

a preserueing pann with as much cold water as will wet

them set them on the fire and let them scald vntill

they bee soft then put them into a scive and straine

them then take a pound of loafe suger and boyle it

to a candy height then put your damsons in a broad

earthen pann puting the skins as close as you can

then powre on them the candy suger boyling hott

all ouer them and let them stand all night the next

day take the Damsons out of that sirip and lay them

in another earthen pann and set the sirip ouer the

fire vntill the candy bee loosened then powre it

vpon the Damsons and stir them on the fire vntill

they bee scalding hott then let them stand vntill

the next day and so doe for six days but the first

day you must take the stones out and then put them

into the sirup againe to scald as they did before after

six dayes lay them on plates to dry and put them into a

stove turning them twice a day for fowre dayes then put

them into cold water wash them cleane and wipe them

very dry with a cloth and lay them on the plates againe

and set them in a stove a day and night then they will bee

dry to lay in a box when the water you wash

them in looks red powre it out and take cleane /

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To Preserue Aprycockes or Malicatoones X

Dry

Take a pound of either of the fruites peare and

stone them then take halfe a pound of fine suger

beaten fine and strew on them and let them stand

vntill the next day and then boyle them a very

litle while and put them into a pot and when

they are cold couer them close and let them

lye in the sirup two days then take them out

and put them into a stove and every two howres

bee changeing them to fresh plates vntill they

bee dry that will keepe them from claminess

To make Oyle of Roses

Take the seed of Mellons well beaten then picke

of the flowers of Roses and lay the flowers vnder

and aboue the seed for eight dayes then take a

linnen bag and wet that in the water of roses

and put in the seeds and leaves and press out the Oyle

and keepe it close in a glass:

To make and keepe the forehead smooth

Take a new peece of kidds leather well washed and wash it in

May Dew when it is dry Oyle it on the smooth side with Oyle of

sweet Allmonds and when it begins to dry Oyle it with Oyle of

white pepper haue in readiness a scillet of hot water with a

plate on it and lay your leather vpon the plate and strew

Parmacitye on it rubing it with your hand vntill it is melted in

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To Perfume Rose Buds X

Take one hundred of buds and let them ly one night

then take three graines of Civet and one of muske

Disolve them in a spoonfull of rose water then take

as many cloves as rose buds then take one bud pullll

it of at the bottome and hold it fast in your hand

then take a clove dip it in the spoone and put it

into the midle of the bud and wind it hard aboute

with thread and doe soe to them all then put them

in paper baggs and let them dry in the shade

To Preserue Goolden Pippins

Take one pound of Iohn Apples paire and quarter them

but not coare them put to them one pint of water and soe

set them on the fire and let them boyle as fast as you can

vntill the Aples bee cleere and are boyled to wash them

then take them of the fire and straine them thoroughe a

scive and set the Ielly by; then take one pound of golden

pipins cut them in halfe the round way and cut out the coare

then paire them and take one pound and halfe of double

refined suger beaten and put into a silver dish wet it thin

with water and let it boyle well vpon a Chafindishe of coales

then take it of the fire and powree the pipins into the suger and

set it on the fire againe and let them boyle vntill they begin to looke

cleare then take halfe a pint of Renish Wine warme it on the fire and put

it to the Aples and boyle them as fast as you can and turn them with a spoon

and when they looke cleere warme the former Ielly with litle peices of

Lemon peele first boyled tender in water put in your pipins and

boyle them apace vntill they begin to Ielly in the spoone then warme

five spoonfulls of Iuice of Lemon let them boyle a litle after you put that

to them then put them into potts or glasses

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To make plaine White Leache X

Take two pound of the best Allmonds blanched in

cold water and beate them well with a litle water then

take Cinamon whole mace and nutmeg and six

ounces of Isinglasse sp steeped one night in spring

water boyle the spice and that togeather in six

quartes of new milke and twenty ounces of fine

suger soe long vntill by cooleing it in a spoone

you find it stiffe enoughe for your vse then take it

from the fire and mingle well your beaten Allmonds

with it then let them boyle gently againe a while

then take if it and straine into Dishes thorowe a fine

strainer and soe keep it for your vse:

To pickle Champions

Pick away the skin that is vpon them and if they bee soe big

that they open take away the red that is in them wash them

cleane and put them into boyleing water and let them boyle

vpon a cleane cloth vntill they are cold then take as much White

wine viniger as will ^ halfe cover them and put into it Cloves Mace

Nutmegs Ginger peper and salt of each a litle boyle these togeather

a while then put the Champions into an earthen pot with two or

three bay leaues a Clove of Garlicke and a Lemon cut in peeces

and when the pickle is cold put it vpon them and as much

White Wine Viniger as will cover them and vpon that

put a litle of the best sallet Oyle.

The spices must not bee very small onely bruised

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A Cordiall Water X

Take sage rew wormewood Rosemary scordium Rosa solis Balme

salladine scabious Egrimony Bittany of each one handfull alsoe

the rootes of Ellicompaine Piony Angellico Gention Dragons

Tormentill Cinquefoile and halfe a pound of liquerishe shred

the hearbs and scrape and slice the rootes and put them

into two Gallons of white wine or sacke and let lye in that

forty Eight howres close Covered stiring them sometimes

then Distill them in a still with a soft fire doe the still

aboute with past, the first water you may give to men and

women the second to Chilldren:

Another Cordiall Water X

Take sage sallendine Rosemary Mugwort Wormewood Pimpernell

Dragons scabious Egrimony Balme Rosa solis scordium Cardus

Benedictus Centry flowers and leaues of Bettany flowers and leaues

of Saint Iohns Wort and of mary Golds of each one handfull and of

rootes of Gentiem Angellico Tormentill Zoddery Petosists pyony and

liqueorishe of each three quarters of an Ounce wash the hearbs

and shake them in a cloth vntill they bee as dry as you can make them

then shred them small and scrape and slice the rootes mix altogeather

and put them into an earthen pann powre into them five quartes of good

White Wine and cover them close and let ^ them stand two Dayes and two Nights

stir them once each night Distill them in an ordinary still with a gentle fire

keeping the still coole with wet clothes often Changed past the still close with past

made of Rye flower Eggs and Viniger to keep it from Evaporating you may

distill it in two Dayes and one night it will yeild fowre quarts of water

which is best to bee Divided into two or three sortes and make vse

of the weakest for Chilldren: //

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Mr Gaskins Cordiall powder X

Take the Raggs of pearle or seed pearle of red Corall

of Crabbs Eyes of harts horne of white Amber of each a like quantity

beate them all severally into fine powder and scearse them

very fine then take as much of the Toes of the Crabbs Clawes

as of all the rest of the other five powders beate and scearse them

as you did the rest of the powders then weighe them all severally

and take as much of the tips or Toes as of all the rest of the five

powders and mix them togeather and make it vp into balls with

some Ielly of harts Horne wherein you must infuse some

safferne more or less as you desire to haue it coullerd soe let

them lye vntill they bee dry and fully decocted and vse them as you

haue occasion: take the Crabbs Eyes and Toes either in the Month

of may or september and if you can before they are boyled; this

powder finely shaven or scraped with a knife may bee taken

in a spoonfull of Dragon water or Cardus water tenn graines

at a time washing it Downe with one spoonfull of the same water

to a young child two graines is sufficient

The Virtues it is good to prevent the small pox and put

forth the Disease; It recovereth those that bee fallen into

a Consumption if dayly taken a good time; It is in Excellent in

burning and violent feavors and against all sorts of poyson;

It serueth to master and Extirpate the plague nothing matching or

Equalling it; It helpeth Qvoditian Tertian or double Tertian

Agues for quarterne Agues it comforteth the spiritts and mitigates

fitts and for other Agues it is equall to any animalls or Vegetables

whatsoever it is most excellent for trembling and passion

of the heart; It preserveth from all diseases and keepeth in

health and Vigor and worketh without any Violence to nature

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Docter Burgeshis Remedy aginst the Plague

Take three pints of Malmsey boile therein one handfull

of sage and one handfull of rew Rue vntill a pint be

wasted then straine it and set it over the fire againe and

put thereto one penyworth of long peper halfe an ounce

of ginger and a quarter of an ounce of nutmegs all

beaten togeather and let it then boile a litle then put to it

one penyworth of methridate two penyworth of Treacle and

a quarter of a pint of good Aquavite or hot Angellico

water (that being better) keepe this as your life aboue all

worldly treasure in a time of infetion; Take it always

warme morning and Evening one spoonfull at a time

if you thinke you are infected (and swett there vpon) if

not once a day is sufficient all the Plague time

vnder God trust to it for certaine it neaver deceiued

man woman or child being taken before the hert

bee vtterly mortifyed with the disease this is not

onely good for the comon Plague called the sickness

but alsoe for the small pox meassells surfetts and

divers other Diseases:

In the preserveing of Oringes Cittern or Lemone

some put weight and halfe of suger and to every

pound of suger three quarts of Water which may

doe very well:

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A Perfume to Burne X

Take three ounces and a halfe of Beniamin

beate it very small then steepe it three or fowre

Dayes in Damaske Rose water then take halfe a pecke

of Damaske Rose budds cut them as for Conserve

and beate them very small in a Morter then powre

the Water cleere from the Beniamin and mingle

it with the rose buds well togeather, then put to

it forty Graines of Civett and as much Muske

and mingle them well with the Rose budds and

Beniamin and it will bee like a past then take

a Rose leafe and lay as much past vpon it

as containes the quantity of a hazell Nutt then put

another leafe vpon that and press it downe

with a seale or your finger; soe lay them one by

another vntill they bee Dry:

To make Cherry Water X

Take fowre pound of Cherrys take out the

stones and put the Cherrys into fiue pints of Clarett

Wine put into it halfe a handfull of rosemary

two handfulls of balme two ounces of Cinamon two

Nutmegs sliced let all these infuse one night in

the Clarett and let the pot bee close stopt: the next

Day Distill it an Ordinary still and if you please sweeten it

75

To make Conserue of Burrge

Take one pint of Burrage water and put as

many burrage flowers to itt as you can then cover it

close with past and put it into a pot of hott water &

soe let it infuse vntill all the couler and virtues of the

flowers is out then straine it and put in fresh

flowers renew it this three or fowre times till

it bee very strong then put a less quantity of

flowers in and let them boile vntill they are

soe tender that you may rub them in peices

betweene your fingers then ad to every pound

of those flowers a pound and halfe of hard suger

and let it boile to a great height then put to every

pound soe boiled twenty drops of the spiritt of

sulpher a booke of leafe gold six graines of Amber

Greace three graines of muske twenty or thirty

Graines of Magisterivm of pearle and as much

of Corrall this makes it a hotter Cordiall but with

the flowers alone it will doe well:

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To preserue Barbarryes X

Take Barbaryes and stone them and to every

pound of Barbaryes put two pound of suger

then take a quart of pulled barberryes and put

them into a Iugg put in a handfull or two of

suger and set the Iugg into a scillett of boileing

water and when the sirrip comes to the top

take them out and straine them put the suger

to the sirrip boile it vntill you see it will

Ielly then put in your barberyes and give

them halfe a dozen good boiles then take

them of and glass them

To Dry Barberyes X

Take your best Barberyes and stone them

and to every pound of barberyes put two pound

of suger beaten to a fine powder then put a lay

of barberyes and a lay of suger soe let them

stand three or fowre Days then take them out and

tye them in litle bunches vpon a scive bottome

soe dry them either in an Oven or stove

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To Preserue Aprycokes X

Take Aprycocks before they bee two ripe and

stone them and throwe them into as much clarifyed

suger as will cover them set them on the fire and

let them boyle leasurely a litle time then take

them of the fire and scim them and shake them in

the pann and set them on the fire againe and soe

let them boyle vntill you see they bee reasonable

tender then take them vp with a spoone with holes

and lay them in a dish a cooling then boyle your sirrip a litle

more and coole it and put it vp with the Aprycocks if you heat

them the first day vntill they bee somewhat Tender let them

stand vntill the next and then boyle them:

To make sirrip of Mulberys X

Take ripe Mullberyes the blackest and fairest

press out the iuice from them and to every pint of Iuice

take one pound of suger and boyle it to the height

of a sirrip:

To preserue Damsons X

Take a pound of the fairest Damsons and a pound of

suger and set them on the fire the suger being candied

let the fire they stand on bee but enoughe to give them heat

that they may simper very softly when the skins begin

to breake scim and turne them vntill the sirrip comes to a

Gelly let them boyle very softly & when they are cold pot them

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To preserue Green Apracocks X

before they bee stoned

Take them when you may put a pin thorowe them

perboyle them in faire water reasonable tender

keepe them covered close then take them vp and

dry them in a cloth throwe into them as much

clarifyed suger as will cover them and soe boyle

them well vntill your sirip growes somewhat thicke

then betwixt hot and cold pot them and soe keepe

them all the yeare if you please:

To make sirip of violetts X

Take three ounces of the sirip of violetts being

ready pickt bruise them in a stone Morter

and put them in a gally pot with faire water

and let them steepe all night then warme them

in a double vessell strayne them and to every

pint of suger take three pound of suger and

boyle it in a double vessell till it is a thicke

sirrip:

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To preserve Cherryes to lye in Gelly X

Take a pound of Cheryes the best you can gett

and cut the stalks halfe away then take a knife

and cross every chery vpon the top and take away

the stone then take a quarter of a pound of other

Cheryes and breake them with the backe of a

spoone and boyle them without any water

till you see the liquer turne to the couller of

Clarett then straine that liquer into a bason and

take one pound and a quarter of fine suger

divide it into three parts put one part thereof

into the sirip and let it boyle vntill the suger

bee well disolved then take it of the fire & scum

it and let it stand vntill it bee blood warme

then put in the Cherryes and let them boyle

as fast as you can when they boyle to the top straine

one part of the suger soe take them of the fire

and scum them and put in the other part of

the suger and let them boyle as before then

take them of the fire and pricke them a thin

trencher vpon the point of a knife and that will

take of all the scum at one time when they bee

somewhat hott take them of the fire take them vp

and coole them and betwixt hot and cold put them

vp and keepe them:

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To Preserue White peare Plums X

Take white peare plums before they bee to

soft gather them with the sceales on then give

them a scoth with a knife in the Dent to the stone

then put them into as much clarifyed suger as

will cover them and soe let them boyle very

leasurely now and then turning them with a spoone

and when you see them reasonable soft take them

of the fire and let them stand vntill the sirip bee

almost cold then set them on the fire warmeing

them and shakeing them gently that will keepe

your plums from sowreing the latter end of the

yeare:

In this maner you may preserve

muske Millions and pescot plumbs

To preserve Cyder in its life and quickness X

Take the whites of Eggs and some wheate flower

first beat your Eggs well then put the flower

to them and beat them all well togeather and after

you haue sunke six gallons of your vessell put

it in and it will preserue it to the last:

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To Preserue Oringes to ly in Gelly X

Take thicke rined oringes and pare them very

thin and lay them in water three or fowre

Dayes then boyle them tender in faire water then

take them out of the water and put them into a

pann of cold water all night the next day take

them out and dry them in a faire cloth and put

them into as much clarifyed suger as will cover

them and let them boyle in that suger leasurely

now and then stiring them to take the sirip in to

them then take them of the fire and put them into an

Earthen pann and let them stand vntill the next

day then set them on the fire againe and when

you see them looke cleere and are tender powre

them into a wooden scive and let then sirip drop

from them then put a quart of apple water and

one pound suger into your sirip and that will

make your oringes lye in a quakeing Gelly

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To preserve Green Wallnuts X

Take green Wallnuts when you may pricke

them throughe with a pinn pare them very thin

and pricke them with a penknife in three or

fowre places then throwe them into a scillett

of faire water that is boyling and let them boile

a pretty while shifting the water often when

they are tender dry them well in a warme

cloth and pricke three Cloves in either of them

then put as much clarifyeing suger as will cover

them put to them a graine of Muske and put

them into a pipkin and let them boyle close

covered leasurely three or fowre howres now

and then turning them then betwixt hott

and Cold pott them:

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To Roast a Pigg without the Coate

When your Pigg is roasted soe that the coate will come

of pull the coate and sticke the pigg full of branches

of time then lay it to the fire and roast it againe

dredge it with a litle dryed time and grated bread

then take grated bread and boyle it in water with who^ ll

Mace and sliced nutmeg as you boyle punadoe but

not soe thicke then take a lemon paire him and

shred the rine small and the inside by themselves

then mingle the sauce togeather powre it on the pigg

and serve it vp:

To make Cold Creem

Take oyl of Trotters half a pint oyl of

sweet almonds one ounce 3 quarters of an

ounce of uirgins wax 3 penny worth of parmicitty

put all this in a new eathen pipking

Let it Iest semer till it is disolued

then take it of the fire and pour it into

half a pint of spring water and then

beat it till it is frothy and white

you cant beat it to much if it be rather

to thick or to thin you must increass or

diminish the wax in winter as wax

will doo then in somar

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To Make Mrs windham sed cake

Take 5 pound of fine flowar and

drie it half an ounce of mase 3 pound

of butr a pint of creme 16 eggs and

9 of the whits a quart of good ele yest

3 pound of caraways comfits put the

mase and flowar togather malt the

buter in the creme and bet the eggs wall

and mix them with the yest and strane

them thrugh a siue into the flowar

with your butr and creme then mingle

it wall togather and set it before the

fire to rise a quarter of an ouer

then put in the carways and mingle

it wall to gather the ouen must be

hot and shat the dore befor the cake

goes in to make a good botam then

put in your cake and a shet of paper

one the top an ouer and half will

bake it rather more when it coms out

ise it

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an outher sed cake

take 2 pound of fine flowar and

drie it a pound and half of fine suger

uery finly beten 18 eggs Leue out 8

whits 2 pound of butr 2 spoonfulls of

rose water 2 ounses of craways seds

you must beat your eggs uery wall and

take the buter and worke it uery wall

withe your hands till it is saft an outher

must beat the eggs and put in a Litle atnd

a time of the top that froths whilst

you work it till thay are all in that

your buter is Like a creme mix your

suger and flowar togather and put it

into your butr by a Litl at a time as

you work it till it is all in you must

beat it an houer with your hands till it

goes in the ouen you must nauer Leau of

working and beating it when it is began

till it gose in the ouen; and when it is

rady to goe in the ouen put in your seds

and bake it an ouer and half

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The Dutchess of somerssets Hog hoof

Powder good against the gravel

Take the horny part of a scalded

Hogs hoofs dry them in the air

and make them into as fine a powder

as such a thing will admit of, take

of this powder morning and night as

much as will ly upon a shilling in syrup

of Marsh mallow.

This powder is to be bought at

Mr Bodens Apothecary in Old Palace

Yard , the Price 2 shillings an ounce

to be inquired after by the name

of the Duchess of somersets Hogs hoof Powder

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A Receipt of baked Meates

Take a fleshy peice of Beefe weighing Eighteen pounds

and a very good Leg of mutton cut them into preetty

good collops fat and leane togeather then beate them a

litle with a rowleing pinn mingling the meate togeather

then take fowre ounces of beaten nutmegs one ounce of

beaten peper two or three rases of beaten ginger and

salt to your pallatt season the meat lightly with some

of itt then take three pound of the best beefe svett

and beat it very well with a rowleing pinn lay some

of it in the bottome of the pott and when you haue

put in your meat lay the rest on the top it is

best to bake it in one great pott at first and then you may put

it into litle potts at the second bakeing bake it with browne bread

and cover the top with past and let it haue vent when it

is cold take it out of the pott and breake it into peices and take all

the grayne sinnews and skin cleane away and then beate

it very well with the svett that was baked with itt in a

stone morter then take the rest of your seasoning and a

pound of butter broken into litle bitts and knead it into your

meat as you doe bread then take two pound of butter more and

lay some of it in the bottome of the potts and strew in a litle seasoning

and worke in your meat very close lay the rest of the butter on the

top with some more seasoning and couer it with a paper and sett

them into the Oven againe but let them bee but thoroughe hott

and when you draw them put in butter enoughe to cover your meate

and it will keepe a yeare or more: In wett weither there will

rise a dew vpon the potts which must bee carefully

wiped away with a dry Cloth:

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To make Pancakes

Take tenn Eggs take out three of the whites beat them

well and put to them one handfull or two of flower

and beate the Eggs and that well togeather put in two Nutmegs

a litle ginger nere a quarter of a pint of sacke and a pint

of very thicke sweet creame beat them well togeather let

them bee mingled thin and two or three howres before

you fry them put a litle bag of safforne into the sacke

To make Oyster Pyes

Parboile the Oysters and season them with peper ginger

nutmegs and a litle salt then take wholl sorell Grapes or

Lemons and the yelks of hard Eggs mingle these togeather

and put them into your pye with good store of butter and

when it comes out of the Oven fill it vp with beaten butter

Thus you may bake shrimps or Cockells you may bake

scaretts or parsnips as you make your Chesnut pyes you

must put marrow in all these pyes:

To Dress an Ele

Cut him into peeces aboute fowre inches and scarify them and

salt them well in a dish and powre viniger on itt then put

them into white Wine fearcely boyleing with a great handfull

of striped time the best part of an ounce of gross peper two

Oynions when it is well boiled put some butter into the

scillett and shakeing it well togeather put it into a dishe and

squeese a Lemon into itt /

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To Dresse a Carpe with Blacke

sauce X

The Carpe must bee taken alive and splitt in

the midle, saue all the bloud and take nothing

out of it but the Gutts the liquer you boyle it in

must bee halfe water and halfe wine season it

with salt put noe more liquer to it then will cover

the Dishe the liquer must boile before you put in

the Carpe abnd then kept boyleing then melt a pound

of butter soe well that all the scum may bee taken

of when the Carpe is halfe boiled powre in the butter

and season it with ginger, Clove, nutmeg, when the fish

is boyled serue it vp with this seause this must bee

done with all speed and the sause will bee blacke

To Boyle Tripes

Take strong broth of beefe mutton or veale or altogether

and of that and White Wine an equall quantity put

your Tripes into it with a great handfull of green

Oynions blades and all shread small a good quantity of

sweet hearbs salt and peper according to your pallat

boyle all these togeather vntill the Tripe is enoughe

then mingle a good quantity of musterd with them

with slices of french bread in the bottome of the Dishe

To make a Dish of Oysters X

Take two quarts of flower and two pound of butter

crumble your butter into the flower then take two

eggs and mak cold water make it vp into a

reasonable soft past then rowle it into Lidds

haue your oysters ready perboiled butter a dish

and put in your past then put into it your Oysters

lumps of marrow yelks of hard Eggs some skirrats

if you please - soe close it vp with the other ledd

when it is baked cut the top open and haue ready

made sauce with White Wine and butter iuice

of Lemons and oringes

To make mince Pyes

Take six pound of leane double Tripe scrapte and

five pound best Beefe svett shred them very small

togeather then take Nutmeg Mace a few cloues & a litle

Cinamon and season it to your tast then take the peele of

three or fowre Lemons shred very small about twenty

large pipins shred small and put to your meate and put

suger to your tast, then take two pound of prveons stone

and shred them; then take six pounds of currants & three pound

of raysons shred the reasons small and mingle them well with

your meate; you may put in sweetmeats if you please:

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To make Plum Porredge

Take shins or legs of beefe or both and make

strong broth then straine it from your meate and

to five Gallons

of water three

shinns of beefe

or two shinns

and a Leg

is requisite

put it againe into your pot then take six penny worth

of white bread and chip it and grate or slice it thin

then take some of your hot liquer and put to it enough

to soake it and cover it close then put into the broth

fowre or six nutmegs as they are in bigness a quarter

of an ounce of large mace one Large peece of Cinamon

some seaven or eight cloves cut your nutmegs in pretty

big peeces and soe let it boyle a pretty while & when

you thinke your bread is soakt enoughe put ^ into it againe

some of your warme broth and stir the bread in itt &

put it into the pott; when it hath boyled a pretty

while take three pound of raysons three pound of currants

and two pound of proeons (one pound whereof you must

put at first into your broth when you put in your spices

to couler itt) and put them in and when your fruit is

boiled enoughe put in a quart of clarret Wine and sweeten

it to your tast with good browne suger: If you will not

afford white

Probatum Sydenham

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To make sassages

Take a pound of beefe and somewhat more then a pound

of svett shred them very small togeather then take two large

nutmegs and grate them some beaten pepper and a litle mace

you may vse

mutton if

you please

some salt let your salt and pepper bee to your tast as for

other seasonings and ad your spice to it if you like hearbs

a Litle Margearum sage and parsley shread small and

some oysters shread small: make them vp into rowles or

balls with the yelke of an eg and dry them with a litle

butter

To Dress a Calves Head X

Boyle it almost enoughe and take it vp cut one side

of it and the tounge in litle peeces and put it into your

frying pann and put to it some pallatts and Coxcombes

then take a pint of strong broth or the liquer it was

boyled in a pint and halfe of oysters with theire liquer

halfe a pint of white Wine two good Anchoves some peeces

of nutmeg some whole peper some mushroomes an whole

Oynion some Lemon peele a blade of mace put all these

into the pann and soe let them fry togeather: If you

haue any Lambstones fry some and some sweet breads

and litle slices of bacon and large Oysters and lay vpon

them and some sasages and balls & when you dish it vp

lay vpon itt

Take the braines and drop into a batter

made of the yelke of an egg & flower and fry them

in a pan as you doe Oysters & strew them vpon the head

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one side of the head must bee broyled vpon which

you must strew some crumbs of bread and dredge it

put it vpon a beefe forke and hold it to the fire vntill

cut it cross

when you salt

itt

it is browne ^ bast it with butter and salt itt then lay it in the midle of your dishe

with the other things squeeze some Lemon into it

and if you please sett marribones round the Dish

To fry Oysters

Take your largest Oysters and dry them in a

cloth from the liquer dip them in batter which

you must make with an egg beat it and mingle

it with flower like a pancake batter and dip the

oysters into it and soe fry them

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To Brew Ale

Take fowre bushells of Malt and to make a barell

of Ale of it you must put into your Coper seaventene

pales of water that will containe Nineteene pints

in eache pale let the water boyle a full howre

and put into it a full halfe pecke of wheat brann

and boyle it a litle then into the Tubb you

mash in put this water and then put in your

grounded Malt and stirr it very well togeather

and strew on the top of it some wheat brann to

cover the malt and cover the tub close and

let it stand two howres and in the meane

time put into your Copper twelve pales

full of water put wheat bran in it as before

but it need not boyle soe long as at first; at

the two howrs end let your first runn out

and set it in severall vessells to coole then put

your second water to your Malt and stirr it

three howres then straine it out and put it

into your Copper and let it boyle two howrs

when you put your second wort into your Copper

put in two pound of raysons of the sunn sto beaten

small and when your wort is boyled take it of the

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of the fire and let it runn thorowe a haire Cive

and set it to coole as you did your first wart:

as soone as your first wart is coole begin to work

it vp with three pints of good Eest and when the

other is coole put that to itt and take care when

you put the second to the first you breake not

the head and the next day Tunn it if you haue

it very strong take but halfe the quantity of

water or ad as much more malt:

at a fortnights end you

may botle itt

The quantity directed makes a good sort of

midleing Ale

Ann Goodeenoff

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Too make mrs Duncombe black plastar

Take one pint of the bast salet oyl

put to it half a pound of Read Laed

beten uery smale sture it while you

are puting in the Lead then sate

it one the fier boyle it till it begins

to Luke black then put in as much

rosin as a pullets egg beten uery small

stir it uery wall all the time it is

boyling Lat it not boyle to fast becose

it is apt to boyl ouer then drop a

Litle on a putar dish and if it Rols

out Long it is enuf then wat a Cloth

in it of new Lockrum with out

sems or saluegs for sere Cloth

and make the rest up in Rols which

you must throw in a kitle of watar

and oyl your hand to work it and then

role it

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To Make Ratefel draps

take half a pound of biter almons

blansh them won pound of dubel refine

suger pounded sifted and then dride

the whits of 4 new Lade eggs beat to

of them with the almons and the outher

to when you pout in your suger

beat it all wall togather drap it upon

whit paper bake them in a quick ouen

( Susan Powells writing

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Lucitelles Balsam

Take a pint of sacke a quarter of a pound of yallow

wax thin sliced and put it into the sacke and put

it vpon a Chafindishe of coales vntill the wax bee

well melted then take it from the fire and take

halfe a pound of Venus Turpentine and wash it in

damaske rose water vntill it bee white then put

away the rose water from the turpentine then

take the turpentine and a pint and halfe of sallet

Oyle and put it to the sacke and the wax and

stirr them well togeather and lett it boyle halfe

an howre uery leasurely then let it stand untill

it bee cold then take the salue from the sacke

and put it in a dish and let it melt then take an

ounce of red sanders and put them to it and stirr

it vntill it is cold and soe put it into a pott: you

must bee uery exact in the makeing itt and

bee very choice in your saunders /

To Cure the Scurvy

Take a quart of good white wine and a pint of

the Iuice of scurvy grasse and the Iuice of eight

bitter orringes mix all these togeather and take a

litle glass of it every morning sweetened with

nutmegg and suger

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The Greene Oyntment

Take of Rosemary Camamell sage red mints Elider

blossomes and leaues southerne wood hearbe of grace

Bewgles and Brookelime of each of these seuerall

hearbs two handfulls a potle of blacke snailes

a quarter of a pound of ffrankcomsence beaten to

powder henns dung and Cowes dung new made of

each a porringer full fresh Butter or May

Butter eight pounds Mace Nutmeggs Cloves and

Cinnamon of eache one ounce finely beaten:

You must first boyle your butter and then stampe

your hearbs and put them in and let it boyle vntill

it bee thicke then straine it and sett it on the

fire againe and then put in the snailes dung and

spices and let all boyle togeather vntill it bee

thicke then straine it againe and keepe it for your

vse

This is an excellent remedy for the

spleene Aches Bruises spraines swellings

or Palsyes and gives comfort vnto the

sinnews and Bones

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An Oyntment for any pains of the stomake

or paines aboute the Heart or for any great

cold or long Coughe or any swellings

The Countess of Rochester Receite

Take a quart of the best sallett Oyle or Oyle of

Roses and put it into a long gally pot and put into

it of wild time red mints wormwood Isup and balme

of each one handfull two handfulls of red rose leaues

one ounce of ginger halfe an ounce of mace grossly

beaten chop the hearbs a litle and mingle the spice

with them and an ounce of bay berries these must

bee all well mixt togeather and put into the oyle and

then stop vp the pot close with past and set it in a

scillet of water and keepe the water as highe as the

Oyle comes and soe let it stand boyleing gently for

fowre howres then straine the oyle from the hearbs

then put to it three ounces of orenge flower iuice

halfe a quarter of an ounce of Oyle of Cinamon a

quarter of an ounce of oyle of Cloves tenn graines

of Amber greace two ounces of the best Bees wax

thin slised a quarter of an ounce of spirit of

Cinamon then set it on a chafindishe of Coales till

it bee disolved and when it is cold put it vp for

your vse:

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Sexbys Exellent Oyntment

Take one good handfull of Vallerian halfe a handfull

of rew halfe a hand sull of yarrow fowre good handfulls

of mouseare as much nightshade these are best

to bee had in vpland dry grounds one handfull

of red docke roots those that looke yallowest and

let them bee washed very cleane and thorowly pickt

and well dryed with a linnen cloth then chop these

and the hearbs very small and put them into a great

scillett then ad to these fowre pound of the fatt of

a Barrow hogg sweet and good and well dryed vp melt

the fat bloud warme or somewhat warmer then put

to it all the hearbs before mentioned set them to boyle

ouer a soft fire and keepe it always stirring vntill

the hearbs swim aboue the liquer then straine forth

the substance in a canvis bagg and keep it for the

vses followeing

This Oyntment is good for any inflamation

proceeding from the liver for any dry burne

or scald vseing it coole with a feather it cures

scald heads bee they neauer soe far gon but

espesially the dry scald it cures the heat and

rednesse in the face Noli mi tangere good against

swollen leggs cures any blast by contageious Aire

or any the like inflamation it cures any sore

eyes puting it into them

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A most Excellent Oyntment for the Eyes X

Take Hoggs Greace fresh and new two Ounces steepe

it and wash it in rose water six howres after wash

it againe then every halfe howre wash it againe twelve

times more in the best white wine in which white

wine Lapis Calamantisaris must bee tenn or twelue times

quenched then straine the Wine then take one ounce of

Tutye well prepared and finely powdered stone of Acmalites

well washed one scruple of Alloes twelue graines well washt

and made into powder of pearle in powder three graines

mix all these togeather with a litle red Rose water mingle

them well in the water then beate it well into the prepared

Hoggs Greace soe make it vp into an Oyntment and keepe

it in pewter potts for your vse:

You must haue three pints of White Wine to quench

the stone Lapis Calamantis in it must bee red hott every

time and lye in the wine vntill almost cold quench it in a

pewter or silver Bason you must wash the Hoggs Greace in

a white earthen Dishe and mingle it in the same:

The seed of Tinsey however it bee taken both

kills the wormes and Drives them out:

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Oyle of Earth Wormes and Swallowes

Take a potle of sallett Oyle and put into a glass

botle that will hold a gallon then take a pound

of rosemary flowers bruise them and put them

to the Oyle and set the glass in the sunn stop it

very close then take a pound of red rose buds

Dill Vervine and Saint Iohns of each halfe a pound

bruise all these in a morter and put them in the

Oyle and let them stand nine or ten Dayes in

the sunn; gather after a showre of raine a quart

of the bigest earthwormes scowr them well in white

wine then let them run on a cloth to clear them

then take them and halfe a pound of Lavender

tops and ten young swallowes out of the nest

beat them togeather in a morter vntill you see

neither feathers nor Gutts then put them into

your glass of oyle and let them stand one night

the next day put all that is in the glass into a

brass pann put to it one pint of the best Malmsey

and halfe a pint of Acquavite set in on a soft fire

till the Malmsey and Aquavite bee well wasted

then take it from the fire straine it throughe a

strong cloth into an earthen pann set it on the

fire and when it boyles put in two ounces of masticke

beaten & two Ounces of Cloves bruised let it boyle

one quarter of an howre then put it vp and keep it

for your vse:

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The Deane

of the Chapell

and

out and

halfe a pound boile

when it is cold but barme to it

five or six dayes it will bee ready to

The Gout Water

Take Cloves Nutmegs Ginger Mace Cinamon blacke &

white peper saffron Zedoria Gallingall Iuniper Beryes

rinds of Citterne rindes of Oringes sage Basill Rosemary

Mint Margarum Bayberyes Pennyroyall Gentian Callamint

Elder flowers white and red Roses spicknard Cubebs Aloes

hepatt Lignum Aloes Cardemum Callamus Aromaticus

sticas Germander Canupe Balme olibanum Motherwort

of each of all these two Drams Blew figgs Dates Allmonds

pine Apple kernells raysons of the sunn of each six ounces

fine hony one pound fine suger fowre pounds muske one

Dram bruise them altogeather grossly and put them into

fifeteene pints of the best spiritt of sacke stop the vessell

well wherein you put itt and let them infuse therein for

tenn or twelue Dayes then distill it in Balneo vntill it

bee allmost dry and circulate it in a pellican in horse dung

for two months:

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into a spoone then

Crimson Naple silke cut it

put it into the same spoone soe take

take after it two spoonfulls of sacke a litle

warmed take this thrice togeather morning and Evening

An Excellent salve to bring vp the

flesh in green wounds

Take a good quantity of the leaues of the hearb

called Maudlin and as much of the leaues of

Adders Tounge stampe then in a stone Morter

and put them into a brazen vessell and add

thereto as much Oyle olive as will well wash

the same and boile them togeather on a soft fire

vntill the iuice bee consumed into the Oile which

is when it leaueth bubling then take it from the

fire and straine the Oile from the hearbes as

cleane as you can then set the Oyle againe on the

fire and put to it a litle Turpentine and a good

quantity of yallow wax and rozin and let it boyle

as before:

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A most pretious Oyle for wounds

Take the leaues flowers and seeds of Saint Iohns Wort

stampe them very small and put them into a glass

and fill vp the glass with Oyle Olive and set it in

the hott sunn for severall weeks togeather then straine

the Oyle away from the hearbs and put the Oyle

into the same glass againe and put to it the like

quantity of the same hearbs but put not any more

Oile and set it againe in the sunn the ofter you soe

doe the Oile is the better by changeing the hearbs

fowre or five times the Oyle will bee as red as

bloud and is a most pretious remedy for deep wounds

or sinnews that are prickt thoughe with a venomed

weapon

In this maner make your oyle of white

Lyllies and such Oiles but you need not change

them soe often:

An Excellent salve

Take of the green Leaues of yallow henbane which is English

Tobacco three pounds and a halfe stamp it very small in a stone

morter and put to it one quart of oile Olive Olive set it to boile

in a brass pann on a gentle fire keepe stiring it vntill the

hearbs seeme blacke and leaue bubleing then straine out the

Oyle and set the cleere Oyle to the fire againe and put to itt

halfe pound wax foure Ounces of rosin and two ounces of Turpentine

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An Excellent frownse water for a sore mouth

or any Kind of wound or Canker

Take sallendine Tutsen periwincle bugles penniwort

comfry hony suckle leaues daysyes rosemary red sage

broome yarrow planton hasty Roger plullarium selfe

heale white collumbine leaues White batchellour

button leaues simicle sinquefoile Estrige Orpine

woodsorell Alehoofe Hisop Thrist of each of these a

good handfull wash them cleane and shred them &

boile them in two gallons of runing water vntill

it bee halfe boiled away then straine them and

take one pound of roache Allum three pints of hony

and one gallon of white Wine and boyle it againe

softly aboute an howre and scim it very well then

set it a cooleing and when it is coole enoughe put it

vp in glasses and vse it when occation is:

If In two or three yeares time the water will bee

apt to bee sharpe then mingle a litle hony with

itt when you vse it for a sore mouth serrenge itt when

for a wound dip a cloth into the water & lay it on & often

moisten the rag with itt, it will stop bleeding but

if it bee a great wound vse the following salve

and wash it with the water:

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A salue to Vse with the Frownse Water

Take three pounds of the green Leaues of yallow henbane

stampe them very small in a stone morter put to them one

quart of Oyle Olive set it on a gentle fire keep stiring it

vntill the hearbs seeme blacke and will not buble any

more then it will bee an excellent green Oyle then straine

the hearbs and set the cleere oyle to the fire againe

and put to it halfe a pound of yallow wax fowre ounces

of Rosin and two ounces of good Turpentine melt them

togeather and keep it for your vse:

This is an Excellent salve for cureing old vlcers appostems burnings

green wounds cuts and Chaps:

To make Bullis Oyle

Take a potle of Neats foot Oyle three pounds of Mutton

svett hott out of the sheeps belly one quart of Goose greace

one pound of red sage one pound of hearbe of grace a

quarter of a pound of rosemary and bayes of wormwood

feather few Comfry and Ragweed of each one handfull

beat the hearbs very small then put in the svett hot

beat it togeather till it is all of a Couller then put it in an

earthen pott and put to it the Neats foot Oyle and stop itt

close and put it nine dayes in a Coole celler then it

being stopt close seeth it in a pot of water seauen dayes or

eight howres then straine it and put to it fowre ounces of Oyle

of spike and stop it close in a gally pott:

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Oyle of swallowes for strainings of sinews

and Old bruises

Take planton Ribwort Knottgrasse violets strawbery

strings Tetson leaues young bay leaues Lavender

spike small Lavender Lavender Cotten sage of virtue

french red sage small sage Camamell flowers

rosemary flowers hisop Roman wormewood the leaues

of red rose buds of each of these one handfull then

take one potle of Neates foot Oyle twenty young

quicke swallowes beate them with the hearbs feathers

and all and put to it two ounces of cloves bruised

put all togeather into an earthen vessell stopt close

with earth or clay set it in a low celler but beware

noe earth get into itt let it stand forty dayes

without vncovering it; after that set it over the

fire in a Ketle full of water that it may boile

in the water three or fowre howres but doe not

vncouer the pott then take it out and straine itt

throughe a course cloth and keepe it in some vessell

of earth:

600

Iun the 26

muslin 4 bushils

wheat 4 bushils

Iuley the 9

a sack of muslen

and a sack of whete

Iuley the 16

a sack of wheat

and a sack of muslin

agust the 7

a sack of muslin

a sack of wheat

uell 18 pound

[ W.a. 332 ]

back outside cover

spine

head

fore-edge

tail

recto of insertion [1]

To Make orange Marmalet

Take 12 of the best oranges pare

and grate them then cut and squeese

out all the Iuce and pick all the

pulf from the skins and put it into

your Iuce then take the wieght of

dubel Refined suger a pound to a

pint leatting it stand all night in

a siluer tanker then put the peels

into water and the next day boyl

them tender as you woud haue them

then pick out all the shings and

skings of them slice and mince

them uery thin and smal then

take thare wieght in suger and

boyle it to a candy hight then put

in your pulf and boyl it as quick

as you can till it is prity thick

then put in your Iuce and the

suger and giue it but 2 or 3 boyls

verso of insertion [1]

.....g in the Iuse of won

Lemon and so put it in your

glases

recto of insertion [2]

To Make a fine pomatom

take uele or Lam ffat

Leat it step 3 days in

water and then take it

and put it in to whit

wine uineager for 9 days

then take it out and beat

it wal and put it in to

a pot to infuse some whit

Lely Ruts and som mas

malo Ruts the 4 cold seds

and palm a sety a on to

a pound and beat it up

witht what swets you plese

verso of insertion [2]

recto of insertion [3] before page 27

20: grains| a scrople

3. scruple maks a drachm . ℨ

8: drames an once. ℥

12: onces a pound. ℔

℞ recept.

℔ A pound

ℨ A dram

&#8456; A scruple

gr. A grain

&#8499; A handfull

p A pugil

p A part

&#8470; number

A. ana, of each alike

∫∫. ∫∫. half anÿ quantetÿ

℥ an ounce

Q : s. quantum satis

Q.u. quantum uis.

s.a. secundum arrem

verso of insertion [3] before page 27

recto of insertion [4] before page 45

dÿet drink

take coulsfoot flowers

maiden hare

harts toung

long wort

whitloe grase

ground Iuÿ

scorvÿ grase

of each a handfull

roots of sharp pointed dock

of fenell roots

of oris roots

of each fower ownces

of inglish ruberb

to ownces

fine ruberb one ownce

Iuneper berÿs 4 ownce

sweet fenell seeds

corÿander seeds

and winter sinement

of aack too ownces

verso of insertion [4] before page 45

the seeds and sinement

must be brusd

and the roots all slicst

uerÿ thin then put all

together in three gallens

of alle