These crowdsourced transcriptions were made by EMROC classes and transcribathons (emroc.hypotheses.org), Shakespeare’s World volunteers, Folger docents, and paleography students. Original line endings, spelling, and punctuation are maintained and abbreviations are expanded, but the overall layout is not reproduced. Please contact emmo@folger.edu with transcription errors. Digitized images are available on LUNA and XML versions are available upon request. All transcriptions can be freely used and shared without restrictions, but please acknowledge “Folger Shakespeare Library” and the source manuscript’s call number.

Last Updated: 11 September 2020

V.a.450: Cookery book of Lettice Pudsey [manuscript], ca. 1675.

back outside cover || front outside cover

EJ

E Jackson

front inside cover || back inside cover

SOLD BY

THOMAS THORNE, Bookseller,

49 Blackett St. Newcastle on Tyne.

BOOKS BOUGHT

To make Meade

not her hand

Eliz

Jackson

front outside cover

front inside cover

front endleaf 1 recto

front endleaf 1 verso

front endleaf 2 recto

front endleaf 2 verso

front endleaf 3 recto

front endleaf 3 verso

folio 1 recto

for A Gammon of Bacon

First parboyle your vensen with Bay leaues and let the

water drayne from it and then put it into a vesell

that yow may put vineger and wine to it and then let

it stand tell it be could and if yow will lard it

yow may and when yow haue soe done then seasen

your venson with Cloues Ginger peper and Salt and then

close it in course past and when it baked put in

vineger all the vent hole and then stope it close

and shake the past and turne the Bottom vpward

and let it stand soe tell it bee almost could and

then turne it againe ---

To Boyle a Capon in whit Broth

first take your Capon and boyle him in faier water &

salt then take the best of the broth and as much

white wine and let them boyle togeather and put to

your Mace and let your Currans and pruans boyle in

faier watter and when the Capon is ready to send

in blanch your Almons and stamp them and straine

them in the broth and put your pruans and Curans

in the broth and lay them vpon the Capon yow

must not let the broth boyle after the Almons

be in if yow haue any oringe pils slise them &

put them on if they be to hard take them and

lay them in water xxiiii houers and boyle them

in faier water tell they bee tender then slise

them and cast them on the Capon with the Broth

folio 1 verso

To make a Pudding in a Breast of Mutton

Take grated bread and Ship suet finly shred Marigold

peneriall Margerum and a littell time all well shred

temper therwith noe other liquor but 3 whole eggs

mixe with them some Mace Cloues Nutmege and

Suger & peper and put itt into the brest and rost itt

To make A Pudding Pie

Take white bread finly grated and fine wheat flouer

3 eggs whits and all a few Cloues Mace peper and

salt a handfull of Curranc temper these together

with sweet Craime noe thicker then maybe

stirred with a spoune then put itt into a coffine

or platter let itt bake an hower then serue itt

To make a fine Dish of Eggs

Take viii yolks of Eggs beate them with a littell

rosewater set them on a chafin dish of Colls with

a littell butter to keepe them from burninge and

when itt is thicke put to itt the iuce of two

oringes and season itt with Suger remember to

skin itt with a spone tell itt be thicke enough

To make a sallot of Spinnage

first Boyle itt and chope itt smale put therto

a peece of Butter and a hanfull of Curranc

and let itt boyle season itt with Suger and

a littell vergis in

folio 2 recto

To make Pease pottage

Take peascods beate them and straine them a good many

take some persle time Mariorum Sauery and Burrage

and other herbes set on your pott and let your water seeth

and then put in the herbs and Straine pease and

straine a good quantitie of Bread into itt and put

in a good many of whole pease and let them seeth

and seasen them with Cloues Mase peper and Salt

and a good peece of Butter and if yow will Sinammon ginger & suger

To make A Curious Sheeps Puddings

Take bigge Oatmeale and peake itt well and steepe

itt in good Cramme or milke 3 howers then put to itt

a quantitie of Suet minsed also Time and parsle

Margerum and Sauery finly Minsed also peper &

Salt with as much Ships Blud as will cutter itt

read and noe moore and soe make your puddings

your Suet in quantitie must be as much as all

the rest of your Stufe

Broth for Ani that is Brought low.

Take a younge Cocke rutt him in peeces and bruse him then

take the end of a knuckell of veale brused reasons of

the sunne stoned one hanfull Damusk pruans stoned xx

french Barly a hanfull a quantitie of Annis Seed

then take 4 suckry roots a younge fenell roote two

parsle roots 4 Burrag roots all picked and cutt in

peeces a quantety of Safforn vialett leaues and

Strawbery leaues a hanfull bind them togeather

and seeth them in half a pint of white wine me and

season it withall

folio 2 verso

A good Broth for potchd Eggs

Take time and Margerum a littell one onion and a peece

of sweet Butter and a littell Suger half a hanfull of

Curranc shred and pare all these things and put them

into i pint of whit wine boyle itt as itt aught then

put the potched Eggs upon the broth&nbsp;

To make a mans appetite to his Meet.

Take fennell Mints persle Centery Bitony Sorrell

of each alike whitbread powder of aquauite

vergis seeth all these together in good alle and

drinke itt of warme&nbsp;

A made Dish

Take Carret roots pare them boyle them & chop them

smale and put therto 2 or three yolks of Eggs and

a good quantie of Currant and Dates well minsed

with any handfull of grated bread season itt with

Sinamon xi Suger and ginger bake itt with an hole

open and when itt is to be sent in put therto a good

quantity of sweet Butter Melted&nbsp;

Frittars of Eggs and herbes

Take persle peneriall and Margerum the quantity

of a handfull finly choped put to them vi egges

a littell grated Bread and three or fouer sponfull

of Melted Butter beate them all togeather and

season itt with Salt and Suger Cloues and Mace

beaten then frye itt as yow doe a tansy & soe serue itt

folio 3 recto

To purge Malincoly without grife

Take half a handfull ^ ounce of Sene on sponfull of Sinamon &

suger brusid a quantity of Burrage flouers infuse all

this into a pint of whit wine 12 howers then boyle

and straine itt and Drinke itt in warme fastinge.&nbsp;

A potion against poysininge

Take Sentery Rue Read fenell wormwood and Tansy

a like seeth them in stale ale with Meth or Treacle

giue the patient to drinke therof hoott, first procuer

him to vomitt with warme water or the like or

with a feather put Downe to his Troate&nbsp;

An Exceding restoratiue for one that is brought lowe

Take an owld Cocke and pull of his Skine quarter him

and breake his Bones put him into an Erthen pott

putinge therto the Marrow of any Oxe and Rosmary

Time and keepe a hnadfull of all thes bound together

then Safron Sinamun garingall Long peper and

round peper of thes ii ounces a hanfull of pruans

smal reasons half an ounce Dats skined 2 or 3

3 ounces of great reasens stoned boyle all thes

together in iii pints and half of white wine

and then administer itt

folio 3 verso

A good Drinke for one that is horse

Take half an ounce of Metredate half an ounce

of Suger Candy half an ounce of peper grosly

beaten make a hole in a great white onion

after the head is cutt of and put thes said

things then put on the head againe and winde

itt vp in a paper and rost itt wett soe done stamp

and straine is through with ii pints of stronge

ale and drinke is morning and euininge hott

To cause one to make water

Take parsle and seeth is in runninge water tell itt

be half consumed then put to itt 2 or 3 sponfulls

of aquauite and giue the sike of the liquor moor

then luke warme and make a plaster of the

parsle in a linnen bagge and lay itt to the

smale of the Belly as hott as itt can be sufferd

and against the heate be gone of the plaster

prepare a smale wooden dish and in the bottom

therof som Bay leaves and vpon that lay embers

and vpon that wormwood then couer itt and bind

the linen cloth vnder the dish and let the

sicke hould the dish as hoott to his belly

as hee can suffer itt

folio 4 recto

for the weaknes of the Stomake and Dolenes of the Braine

Take 2 hanfulls of Rosmary i ounce of dried Nutmegs ij

ounces of Bittony ij ounces of Cloues cutt very smale

and put therto xv pints of good rennish wine then let

them stand together 2 or 3 dayes drinke a good draft

in the begininge of thy meate, for your head at the latter end

for Blered Eyes

Take an Egge Shell that is cleane takinge awaye

the Skine within itt and put therto a littell fine Coppris

and sett itt in hott imbers and then itt will melt then

skime itt cleane and wash the Eys therwith&nbsp;

For Hearing

Take 3 Drops of your owne watter and dropt into your eare

For the Redd and Watory Eyes

Take the white of an Egge and beate itt tell itt bee

cleare then let itt stand a night and Settell

likwise take the iuce of wormwood and let itt

Stand and Settell then take the clearist of

them both beinge mixt togeather and drope

itt into your Eye

For an ach and pain of the Side.

Take Camomile and bruse itt then take new wheaten

brann mixe them and put itt into a pewter dish on a

Chafindish of Colls put them in a quilted bagge

and aply itt to the painfull plase

folio 4 verso

To kepe the Eys cleare and coule from readnes

Take ij handfuls of plantine i hanfull of housleek

stamp itt and straine itt and lett itt Settell then

powre out the cleare iuce from the drose

and put therto half as much Read Rosewater

and a quarter of a sponfull of white Suger candy

in powder then take Lapis Caluminaus as bigg

as your thumb and slak itt xij times in the

same water and put ij or iij drops ther of into

your Eys Morninge and Eueninge&nbsp;

For the wind Collike

Take Sacke and Aquauite ij ounces put therto

a peece of Suger and let the partie drinke itt of

To breake the Stone

Take A Cocke of An Eare owld and open him

and yow shall find in his Maw Smale white

stones take them and beate them in A Brasen

Morter very fine put itt in good whit wine & drinke

For one that Consumeth

Take a new Laid Egge let itt be reare rosted

and put therto a Cake of Manus Christi and

lett itt desolue in itt and eate the same

morninge and Eueninge

folio 5 recto

Against the Dropsye

Take the flowers of Elder any water creses

hart strange and Rosmary alike still all those

togeather with stale Ale and drinke therof

To Cure sore bruses and all plane sores

Take a pecke of Ashes made of Ashen wood

and make therof iiij quarts of lye with ij gallons

of runninge watter, then put to that lye iij quarts

of Cleare and stronge Tan house that was neu

vsed with Leather then ad of Aluime and

Madder made in smale powder half a pinte

boylinge itt togeather in a large vesell for

runninge out vntell half be wasted awaye

stire itt continually and then lett itt stand ix

dayse a settlinge then powre out the thinest

and saue itt in glasses to wash sores with

warme and to aplye with duble linen cloths

and drese itt iij or iiii times in the daye this

is good for Rebellions Vlcers&nbsp;

To Stope a haske

Take an Ege and rost itt with Aquauite and then

eate the Ege with sinamond powder and Suger

folio 5 verso

folio 6 recto

a resete of alle

Lignam: vity - 2 ounnces: cartix: 2 ounces: salsar

2 ounnes: hermiodach:lis 2 ounnes sein 2 ounnes

camamill flowers: 2 ounnes: Sticcadus 2 ounnes: annell

seedes 2 ounnes: licoris i ounnes: a pound and a halfe

of reasones of the sunne bruse the same and let

it be boilde with the best worte halfe an hour: with

violet leaues: water cresset strabry leaues or each one

handfull: a branch or tow of Rosemary: put all into a

linning bagge into the drinke when you tounne it

vp into the Barrill and there let it lie in the barill

you may drinke thereof after it bee 3 dayes olde

a resepte for a fellen

Take lauender a handfull: a white lilly roote

the white of a egge a spoonefull of english honny

and a sponfull of wheat of flower: beate theese in

a morter well together: and then a plye to the

sore yff it breeke put in a little turpityne

for a parfume

Take of beniamind iij oz and a halfe bruse it a little

and lay it in steepe iij or iiij dayes in damask rose

water then take halfe a pound of rose leaues

beaten as small as any Consarue then put in the

beniamind and halfe a quart of an ounce of

muske and as much sevet and beat them all together

and make them vp in little peeces: and with a

seele prese them betwixt tow rose leaues

folio 6 verso

An: oyntment for the fase that is trubled

with heath primples or any rednes that

shall afend the same

Take 3 ounces of oyle of violetes and put into it

one ounce of flower of brimstone: halfe a ounce

of Camfeare: halfe a ounce of Cynamon finely

beaten: and searcde: one ounce of the finest

whitest sorte of musterd seede beeing well ground

with whit wine vinegere and the ioyce of a good

lemone put all this into a cleane woodne dish to

gether: with a ounce of Capone greese and halfe

a nonce of white Suger Candey worke all these

in a the wooden dish: with a wooden pestelle tell

it Come to bee a parfite fine oyntment and

then with a little spunge a noynte the face or

other plase that is offended ether with heath

pimples or rednes this will Cuer it probatome

take halfe a pinte of milke: and halfe a

pinte of sacke and make a possite and

straine it throughe a cleane cloth: and

in the moving wash of the oyntement

with the possite

folio 7 recto

for a egge pye

take six egges and boyle them very harde: and then shread

them as smalle as you can then take 2 spoonfull of sinomand

shearched and a quarter of a pound of red currendes

and some beefe showit and some suger and a little

Cromes and some nutmeag and soe blend it together

like a Bay puding and put it in a Cauffin and

bake it

folio 7 verso

Lettice Pudsey , her Booke

of recipts, these following

are written with my own hand /

B-V- B

folio 8 recto

your hand & draw it throwro a strianer in to a pott: boyle it

with a ounce of cimamone & ginger finely pound: one once

of nuttmeggs grosser pond: & haffe a pound of sugar: stirring

it well: for growing to the pott: if hee bee a old deare the pies

must stand eight howers att the least: the ouen close:

stopt :/

For a ffridays Dish of meat :/

tack turnipes whit & cleane washed; & if you pleas a

carriot or tow amongst them ffinely minced: putt them

into a dish with butter uppone a Chafing dish of coles: then

beatt seauen or eight Egges togather uery well: & stire them

with the turnipes untill the beegin to harden: & therto

putt uiniger & peper :/

To Sowse a barbell pick

or Samone :/

putt in to your watter 2 or 3 handfull of salt: being ready

to boyle then putt in the Samone butt before you put him

in putt in a bundell of persley baye leaues rosemary tyme:

margerome: seeth it til it be uery well boyled & well scoured

then putt in a lemon pill & a pint of whit wine: when you

thinck it is boyled enough: tack it of the ffire: then putt in

halfe a pint of whit wine uiniger solett it stand & keepe it

in the same liquore for your use:/

folio 8 verso

To feed chickings geecses or duckes:/

keepe them in a pen & giue them ground malt & milcke

mingled togather: butt noe watter at all: & thay will:

bee so ffatt: that if you tack them not in time thay will

dye with fatt: lett not your malt bee groune to small

nor you milck sower: for that will not feede :/

To mack scurburgrase ale:/

ffirst adde to your ordinary bruing of strick of good

mault: & of the first runing: tack 3 glanlens of

wort: these herbes are for summer: a hand full of water

cresses: a handfull of bruck lime: a handfull of sage red

or greene: a handfull of suckrey: a handfull of femitery

till may putt in a handfull of dock rootes & a handfull

of butter dock rootes: affter may you must putt in noe

dock rootes till michalmas: these must all bee boyled

togather with one handfull of hopes: and a handfull of

scurbuerygrase: a hower & a halfe :/

To mack fretters:/

ffrist tack some stroung ale & som sake: than breake

in 6 eggs the wites & all: & 6 yolks more without

wits: then putt in a lettel salt: & prety dell of

cloues & mace: then putt in your fflower &:

folio 9 recto

beat it well & mack it well & thick: then to boyle them:

you must haue a flatt pan: or skellett: then putt in your

lard & lett it boyle; but as loung as it popels in the pan:

you must not put them in: butt affter as fast as you can:

so lett them boyle & stor them: thay will bee enough quickly /

To mack rise pudings:/&nbsp;

tack sweet creame & rise boyle them togather: till thay

bee as thick as for porrich: then put into it 3 or 4 eggs with

the whits and tack out the threads: then season it with sugar

& nuttmegs: & your marrow finely minct: so fill your pud

dings & lett them boyle well :/

To mack surrupe of lemons:/&nbsp;

tack of the iuce of lemons one pint: of the ffinest

loafe sugar you can gett a pound & a halfe: boyle them

gently opon a soft ffire : / sceming it untill it come to the

consistance of a surrupe so keepe it for your use :/

To mack surrupe of uioletts

tack of uioletts one pound weel pickt putt them into

a earthen pott uery cleane: with 3 pints of water : lett

your water bee prety hott: & stop the pot close : sett them

opon a fuw smale coals 24 houres to keepe them in

a moderate heat: but not to seeth: then strane:

folio 9 verso

of uery well: & putt to eueire pint: 2 pound of the

best sugar: then putt it a pipkin: set it in a kettel:

of seething water: when the surrup is ready to boyle

scume it cleane & then lett it sember a quarter of a

hower: so obserueing this quantity you may mack

more orlese as you please :/

To mack another surrup of uioletts of

the best manner to keep couler all yeare :/

/ tack 2 ounces of uioletts uery cleane pickt: then

bruse them in a stone morter: then putt them in a

galley pot close couered with iiij ounces of running

watter: sett the galley pot in a skellet of watter: that

is ready to boyle & there lett it stand for 12 howers:

somtimes stiring it with a seluer spone once in 2

howers: couering it close againe: when it is steped

the 12 howers: tack it out & prese it uery hard: then

put into it halfe a pound of fine loafe sugar: beaten

to fine pouder: mixe them togather in a putter or

seluer dish ouer a chafindish of choales untill the

sugar bee dissouled: then tack it of & lett it settel;

then scume it: & putt it in a glase bottel close;

folio 10 recto

couered: be sure you lett it not boyle with the sugar:

if you doe it will lose the clouer ::/

To mack conserue of red roses:/

tack red rosebuds: & cutt all the wite from the leues

& part one leafe from another: so that there hangs noe

seeds amouge them: then weigh them & putt to euerie

pound of roese a pound of searced sugar: then putt the roses

in a fare stone morter; & beate them being euer by times

casting in some sugar: beating them uery well togather:

till you find the roses uery smale: & perfettly fine enough

tack it out & putt it in a glase or som galley pot: when it

is quarter old it is good & not to be used before :/

To mack gouseberrys caks:/&nbsp;

tack of the greenest gooseberrys: & pick them; putt them

in a posnit with a lettel watter to shusk them: when thay

are scalded soft: then straine them through a cotten st

rainer: keep your stuf wrame one a fuw ember still

you haue candid your sugar: to a pint of stuf putt a

pound of sugar: & when your sugar is candid putt in the

goosberry stufe: lett it stand a lettel & scume it butt

tack heede it doe not boyle: then putt them out:

folio 10 verso

into glase saucers or putters ones: & sett them in a

wrame plase: & when thay are candid one the top

turne them out with your knife one a pie plate doe

somwhat one them: ether letters or what you please

& lett them stand till thay be dry: then box them :/

To preserue cherries:/

tack of the bigest & farest cheris you can without spots

& stone them putting 2 cheris opon one stalk: to a pound

of cheris a pound of scearced sugar: straw a lettel sugar

one the bottom of your pan: then lay a row of cheris

one by one: couer them ouer with sugar: then lay another

row of cheris & couer them with sugar: till you haue layd

them all: then putt in a spoonefull of fare watter so

sett them one a quick ffier: & boyle them as fast as you

can close couered: & as you perciue the scum to rise

tack of the dish & scum it uery well: & when there

tender tack them up: & putt one those cheris that

are boyled of: & lay them up round in sum dish: then

boyle the surrip againe & cume it: then power it opon

the cheris: & when thay are cold putt them: leaue

a lettel of the surrip of in the bottom of the dish to couer

them one the top when thay are in the glases :/

folio 11 recto

To mack mackeromes:

take good allmones a quarter of a pound & blanch them in

cold watter: then to these tack 3 quarters of a pound of fine

scarced sugar: beat them in a stone mouter with a wite of

a egge & rose watter: till it bee a lettel thicker then batter,

for fitters: then drop it one waffers & so back them :/

To mack conserue of barberryes:/

tack your Barberrys full ripe the redest & cleane pickt: as

many as well serue your turne: putt them in a deepe earthen

pot close couered: & sett the pot into a pot with seething

watter: & lett them boyle till thay bee soft enough: so stire

them well togather: & strane them so that non of the seeds

come through: then tack to a pint of that: 2 pound of sugar

then putt the stuf to the sugar & stir it togather: sett it opon

the fier & lett it but boyle to tack of the scum cleane: then

when it is cold putt it in your glases :/

To preferue orringes or lemons:/

tack of the bigest & farest thick rined orringes you can

gett: & finely pare them the out most skinn as thinne

as possibell: then slice them in medell crushing all

the iuce of them forth: then putt in a pan of fare

running watter: as you pare them: letting the stand

folio 11 verso

for 3 days shifting the water twice a day: then

tack a pan with water & boyle them till you can

thrust a straw through them: but before you must

tack out all the meat cleane out: & when you tack

them up lay them one a fare cloth & couer them:

then mack your surrip ready: to the weight of them

as much sugar; so boyle them till you thinck thay

are enough: then put them up: leauing surrip to couer

them :/

To mack wite marmalett of quinces:/&nbsp;

take you quinces unpared & uncored: parboyl them in

fare watter: till you come to some tenderness then pare

them: & tack the purest part of the quince: cleane cut

from the core: beat them in a stone morter till it be

reasonabell smale: & that you perciue noe hard lompes in

it: then tack it out of the morter & lay it one a fare sheet

of paper: weight it & tack to euere 3 pound of quince

2 pound of sugar finely beaten: mixt the sugar & the

quinces well togather: put them in a fare posnit or

pan: so boyle it keeping it well with stiring & when

you find it stick to the side of the pan dry: set som

a cooleing in a spoone: that you may gesse when it

is enough: to box it: you may add to it lettel thinne:

folio 12 recto

sliced preserue orringe when it is boyled enough: then tack it

of the ffire: stiring it till it bee almost coole: then box it :/

To mack a gooseberry foole:/

tack a pint of gooseberrys putt them in a skellet: & put to

them water to couer them: boyle them tender as paper then

pouer it into a cullinder & rub it through with a spoone: that

the meat may olnly goe through & the skins only stay: putt the

meat againe: into the skellet & put there to the yelkes of 6 eggs

well beaten with rose watter: & lett it boyle a walme or tow:

sweten it with suger to you licking: if you thinck it be to thicke

mack it thinner with creame: which you must so beate in with

a spoone: that it may not be descerned: while it is hott pouer

it into the dish you will serue it in: lett it stand till it bee

coole before it bee eaten :/

To preserve Apricoks:/

ffirst pare them & stone them: then straw sugar in a dish

& putt them in: then couer them ouer with sugar: &

lett them stand all night: & thay will bee full of surrip

in the morning: & then boyle them up: add one or tow

more of them to a pound: then a pound of sugar: boyle your

svrrip well: & remember to leaue som to couer them

affer thay are but up in glases :/

folio 12 verso

To preserve greene walnutts:/

tack them when you can thrust a nedell thrue them

then lay them in cold watter all night & a day: then

scald them in watter: & pill them: & then scald them

in watter againe till thay bee soft: tack to a pound of

them a pound & a half of sugar: then mack a sirrip &

so putt them in: & boyle them till you thinck thay

are tender: boyle the surrip after & put them up as

you doe other preserves :/

To mack lipe saulfe :/

tack of the whitest lard & slice it in long thinne

peeces: & lay it in rose watter 2 days: then rost it

opon a wooden spite: & lett it drop in rose watter:

as long as the droping looks whit: & beat it in that

rose watter till it bee very whit: then put away

that watter: & putt to it fresh rose watter: so lett it

stand all night: the next day beat it againe in a

fresh rose watter: so lett it stand 2 days: then tack

it cleane from the watter: & put it in a glase it most

not be to close stopt: nou keept in a hot plase it

will last good half a yeare :/

folio 13 recto

For bleared & blodshoten eies:/

Beat the whit of a egge to oyle: & then beat it againe:

nuw with the Ioyce of wormewood: & dipe fine flaxe

in it: & so to bedwavds lay it to the eie & it helpeth:/

To draw away a humor:/

tack a toast of rie Bread: steeped in reed wine & when

you goe to bed lay it to your eies & it heelpeth:

For the humor in the eies a fine plaster

ffirst sesth milke & put to it leauened whit bread: comin

seeds Beatony: & the claye of the stoping of beare: of each

a lick quantity: boyle them to the thicknes of a poltes &

lay it betwene tow cloths plasterwise: to the temples

of your head: a shot as you can soffer it: so dres it euening

& morning & it will help you in short time:/

An Excelent watter for

the eies:/

tack the destilled watter of eie bright hearbagrase sala

dine browne fennell of each 2 onncs: whit rose watter 8

onnces: of greeke wine i8:onnces: of tutia one onnce:

& a haffe: cloues beaten grose one onnce & a haffe: whit

sugar candy one drame: campher & a lose of each haffe

a drame:

folio 13 verso

prepare your tutia in this manner: mack it red hot in

the ffier 6 times: & quench it euery time in a prety

quantity of whit rose watter & the wine mixt togather:

casting it still away & tacking fresh: then pond the

tutia as fine as meale & so putt it into the watters

& wine beeing mixt togather: then prepare the a

loes: in thes sort: but a lettel of the sade watter & wine

with the aloes into a morter: & work it well till the

aloes bee dissolued: dissolued your campher: then putt

all togather into a doubell glase that is a third part

bigger then to containe the whole: stop it close with

a cork & opone it a parchment: with a past made of

wheat fflower & the whit of a egge worked well to

gather: & layd one: that noe strenth come forth:

this done sett it in the sunne forty days & nights at

the least: shakeing it well 3 or 4 times a day: a smale

drop at a time droped out of a spoone is enough: night

& morning when you use it: the water & wine that

the tutia is quenched in: must bee non of the quanti

tes: mentioned in the compotione: the ingreedience

must not be put from the watters in the glase: & it

will keepe perfettly good many yeares :/

folio 14 recto

/A sarffiereine: watter deuised by Doctor Stewene :

to my lord arshbissop of canterburry did with

it many great cures: keept it a secrett untill

hee lay upon his death bed: at which time the:

Bisshop gott it of him in wrighting as this:/

Tack ginger: gallingallio: cinamon: cordind: cloues: any

seeds: caraway seeds: fenell seeds: of each a quarter of

a onnce: then tack sage: mintee: red rosees: time: pelletory

rosemary: wild time: camamile: lauender: of each a

handfull: beat the spices finely: & bruse the hearbs: smale

putt them all into a gallone of whit or red wine: &

lett them stand so infused: the space of i2 howers oft

times stiring them: then still them all in a limbreke

ouer a soft ffier: keep the first watter by it selfe it is

the best: the second is good but not so good: this water

preserueth helth: causeth long life: & is good against

many desseases: it is much better if it stand all the

summer in the sunn: it is good against the shaking

of the palsey: it cureth the contractione of senews:

it helpeth the conception: of wemmen that bee:

barron: it killeth wormes in the belley: it cureth the

cold & cough: it helpeth the tooth ach: helpeth

folio 14 verso

the dropsy: it helpeth the stone: & rines of the

back: it cureth the stinking breath: & macketh

one loock young :/

To aswage any swelling:/

tack whitbread & milk: & lett it seeth till it bee:

uery thick: then putt to it a spoonfull of bolearmo

lick: & so lay it to the plase pained as as warm as the can

suffer it:

for a sore breast:/

tack a quart of new milk: & new oatmeal: aquauiti

sheeps suewett: lineseeds: pond a good quantity of slam

ledg: boyle all this togather till it bee thick as a has

ty pudding: & lay it to the breast as hot as you can ssofer

To onointe the stommack

tack oile of nuttmeggs & oile of mace: this proued:/

a watter to heale a canker in mouth

or throath:/

tack a pint of ale: & boyle it & scem it: then putt in a

peece of rooch allome: & a quantity of life hunny as

will season it: & a sprige of rose mary: then boyle them

all togather a good while: scem it uery clean:

folio 15 recto

this is a excelent meddiscen: that hath bing trid for the canker:/

To mack a excelent ointment ether

for bruse or sprane:/

tack sage: lauender: lauender cotten: srosemary: baisl: wor

mwood: hearbagrase: camamile: of each a good handfull: sred

them: & boyle them in 3 pound of sheeps sewett: deares suewt

capons grece: of each what you please: clous & mace: nuttmegg

& sinamon: brused uery smale of each a like quantity: when

all these are halfe boyled: putt in a pint of brused sneales: &

a good hanfoll of hensdung: boyle all these togather: till thay bee

as greene as the hearbs will mack it: then tack it of the ffier:

& strane it in to a galley pot: & keepe it for your use: when you:

use it: warme it & aniont the plase pained: rubing it in uery

well: before the ffier:: thes is my lady wendys : ointment /&nbsp;

/To mack a sceare cloth that is good to lay

opon the plase when it is a ointted:/

tack a pound of sheeps suwett: one pound of bees waxe: halfe

a pound of rossing: & a lettel frankcomsence: & melt them all

in a skellett: & when thay are all incorperated togather: dipe

in your lining cloth: & when it is cold: role up the seare

cloth: & keep it for your use: this is allso my lady wendys :/

folio 15 verso

/ pills for the stone: / this is Mrs Risleys :/

tack the wieght of eaght pence: of the best uenes

turpetine: & wash it in uery good whit wine: till it

look whit: then pouer the wine away: then tack whit

sugar candy: finely beaten: & role up the washed

turpentine in it: made into pills as big as you may

swalloe them with ease: tack all these pills: fasting

in a morning: & fast a hower affter: then you may eate:

your ordinary diatte: it may be thay will work: if not

thay will doe noe harme:/ you may mack affter this

weight & manner: as many as will sarue you to tack

tow or 3 months togather: once a month: for preuention

if you sett those you doe not tack in a ouen after a back

of bread is drawne: to harden the out sids a lettel of them

affter thay are roled up in pills in the sugar candy: so

you may keepe them better for your use :/

/The surfett or plague watter: good aganst any

infections: deases & to driue any thing from

the hart: it is to be made in may or iune:/

Tack sage: saladine: rosemary: wormwood: Balme:

rosasoles: mugwort: pympernell: scabious: Egrimonye:

rue= mint=

folio 16 recto

scordium: cardus; Betonye: Dragon: cowslips fflowers:

marigolds fflowers: of each a larg hanfull: tormentell rootes;

angilico: alycompane: pyonye: zyduiary: lycorich: of each one:

onnce: & a lettel safron: sreed the herbs well & smale: alltogather:

& bruse the roots: steepe them all in a gallon of whit wine: or sake

sack is better for 2 days & 2 nights: stiring them once a day: putt

them in a earthen pot: & bee sure to stop it close: you may mack 2

stillfull of thes quantetie if you please: or elce one: destill it in a

ordinary still: tack of the first running one pint: of the second

running one quart: of the last one pint: which is the fittest for

chillderinge: of the first 2 spoonfull will sarue: of the second 4:

of the last for chilldren: 2 or 3 spoonefull: you may giue it at

any time: when you see ocatione: warme it a lettel: & sweeten

with sugar: when you use it: or with surrip of gillefflours: or

uioletts: this is my lady shirleys : recipte :/

/ To mack an excelent watter for

the Stone & wind collicke:/

Tack halfe a peck of mother of time: halfe a peck of saxe

fridge: halfe a peck of pelletory of the wale: halfe a peck

of philopendelay: half a peck of grounmile: a quarter of

a peck of bettonye: a quarter of a peck of persley: a quarter

of a peck of reddish leues & roots: a quarter of a peck of

marsmallo berrys: shred all these togather:& putt them

folio 16 verso

in to a uery cleane earthen pot; & putt to them 3 quarts:

of new milk of a red cow; then destill it: drink a lettel

draught of it in a morning fasting: sweeten with sugar:/

/this is my lady shirley s recipte:

/ an aproued pouder: for the stone:/

Tack a peck of hawes: when thay haue had a frost: pick

them from the stalks: sett them in a ouen: & dry them

till thay will poud to pouder: then pond them uery

smale: & sifft them: then dry them againe: & sifft them

till stons and all be siffted cleane through the siffe:

then tack a good spoonfull once a weeke: in the mor-

ning fasting: & drink 2 or 3 spoonfull affter it: of

whit wine: or this watter warmed: & fast 2 howers

affter it: this is my lady shirley s receipte:/

/ A receipet for a stich or bruse

in the body: proued:

tack a quart of beere or samle ale: boyle

it: then put in a spoonfull of fennell seed

or anni seed: & 3 or 4 rasers of ginger

sliced: & a bunch of time: when these

are well boyled in tack it of the fier.

folio 17 recto

and tack a prety deale of stoned hogs dung and

straind it into that liquor: that it may tast well

of it & looke greene: & giue thereof 3 or 4 spoonful

wrame at a time: euening & morning :/

folio 17 verso

folio 18 recto

/ Mrs Okeouer 's Receipt of Balsom:/

Tack fiue pints of the best sallett oile: one pint

of the best venise turpentine: halfe a pound of the

best & finest yellow wax: & eight ounces of red :=

sanders eueri ounce putt in a paper by it selfe: in

fine powder beeing siffted: first putt the fiue pints

of oile into a: posnet with a quarter of a pinte of :-

Red rose watter: & lett it boyle till the rose watter bee =

consumed: then tack it of the ffier: & lett it stand till

it haue left bubling: then putt to it your wax and the =

turpentine: which must bee thus prepared: cutt your

wax in thinn slises: wash your turpentine in a qua=

ter of a pint of red rose watter: & beate it till it looke

uery whit: then putt your wax & turpentine: togather

& beeing well mellted: putt them to your oile: & lett

them all boyle togather a quarter of a houer: then =

putt in all the sanders: ounce affter ounce uery :=

softly: stiring it continually least it rune ouer :=

then lett it boyle another quarter of a houre: then

straine it through a new cloath: beeing cleane :=

folio 18 verso

washed: so putt it into a galley pot as you please to

keepe it in : the best way is to tack it of the fier

when you putt in the sanders: till it bee all stired

well in the oile: least it rune ouer : & therefore be

sure your vesell you boyle it in be bigg enough :=/

/The Vertues of it/ Which hath

bing found by Experience to haue helped

& done much good in all these paines &

Deaseses as following/

For the running

of the reines as much as a small walnutt: i4 days

togather fasting: for any conuolsion inward or

outward: for you may both anoint with it &

tack it inwardly: for the paine in the head

anoint the tempells & within the V nostrills

for an old sore: or a greene wound beeing aplied

warme: for ani wind in the stomack tacken

inwardly or anoint it: for to gett the fier out

of any burne or scalde: anoint it with it :=

folio 19 recto

I haue allso found it most Excellent for sore breast

& for swellings : & stopings in the stomack : anoint

the plase & tack it inwardly : besides it is uery good

for biles to anoint them : & to give inwardly

the quantity of a nuttmegg att a time : there is noe feare

of tacking to much : & it is uery good for an inward :=

bruse : & to drink a draught of sack possett drink affter

it at ani time: when yor tack it inwardly: lastly :=

it hath helped Divers of the cough of the lunges

& one that had it twenty yeares: by tacking of

it inwardly :/

A singuler good searcloth

for old or greene sores/

Take halfe a pond of weather shewett of

the best: & sreed it uery smale & render

it but haue a care you doe not burne it

in the rendering of it: then strane it =

throwe a cloth: then take halfe a pint

of oile of roses: of the best: &

folio 19 verso

& halfe a pound of red lead: & pond it smale

and scarce it thorow a hare siue: then

putt it all in a skellet & boyle it: & keepe

it with stirring with a moderate ffier &

lett it boyle till it come to the couler of

a nuttmegg: then take yours clothes &

dipe them in it & hang them up to coole

then cutt your peeces according to your

sores this is my cousen Rugley s receipt

/ for a sore swelling or

a sore breast /

Tack halfe a ounce of Balsom a

penny measure of oile ollife one

penny worth of red lead: one

penny worth of Boularminicke

boyle them togither till they will

stick one a cloth: but tack heede of

ouer boyleing it: for then it will:

folio 20 recto

bee as hard as a stone: for if it bee a lettel

ouer boyled: it will teare the cloth all to

peeces: wett the cloth in it when you

think it is boyled enough: & lay it one a

paper to coole: this style all the while

it is boyleing must bee well stired :/

A Receipt to kill a tetterworme

Tack vinegar & oile of violettes of each a

lick quantitie: & beate them togather

with a knife: & then put in as much bay

salt finely pond: as you can tack upon

yours knifes point: & as much brimstone

finely pond: & beat them all togather

& then putt in as much parsley finely

pond: as will mack it thick: then apliy

it all night to the tatter: & in the mor

ning wash it of with som bay salt: put

into water: & so lett it goe till night /

folio 20 verso

& then aply it as neede shall require :/

/to mack oyntment of roses

Tack some hoggs lard lett it bee uery

whit & sweet: then wash it in halfe

a dossen seuerall faire watters: affer

you haue done so: beate out the water

as cleane as you can: then tack som

red rose budes cutt of the whit ends

& bruse them a lettel in your morter

& then putt your roses & lard all to

gather in a glase or pott stoping the

glase close: then sett it in a pot of

seathing water & so lett it stand 3 or

4 howers one the fire: but lett not the

water seath after you haue putt in the

glase of ointment: then strane out the

roses & throw them away: you must

shift them with roses in this manner

6 or 7 times at the last time strane it

folio 21 recto

throw a fine strainer: & beate it till it bee

cold, & lett your roses bee dry gotten :/

To mack the laxatiue whey/

Tack of seney 3 ounces of uiolett leaues or

flowers sorrel seabious borrage femetory

baulme strawberrye leaues of each one a

handfull: of licorish brused a quarter of

a ounce: of anny seeds & sweet fennell

seeds of each tow drames: putt all to

3 pints of new milk whey: & sett it

one the fire: & so soone as it boyles

tack it & sett it close couered in wrame

ashes twellue howers: then strane it out

hard: & clarifie it with the whit of a

egge: & tack it euery morning you must

putt in one handfull of plantan leaues

one ounce of poliporium of the oake

folio 21 verso

and 2 drames of creame a tartar /

/to mack hipocris/

Tack 3 pints of whit wine & putt to it

one pint of well coulered sacke: a pond

of sugar a quarter of a onnce of sliced

nuI nuttmeggs: 3 quarters of a ounce of

sinoment broken: halfe a ounce of ginger

sliced: halfe a halfe quarter of graines

halfe a halfe quarter of coriander feels

& a fuw cloues: loose all this a lettel:

putt them into the wine in a stoue

Iuge or pot stop it uery close: for

12 howers shaking it offten: then put

to it halfe a pint of heten milk & stir

it well togather: & so lett it stand a

hower or more: then pouer it out gently

folio 22 recto

through a gelly bagg: with a spoute to it

doe it offten till you see it run cleare :/

/To mack another plauge water /

Tack of rue: betenny: egremony: scabious:

fetherfuw: sesendine: browne may weede.

Bawme: aueirs augellico: cardus: burnett:

sorrell: wormmood: mugwort: pimpernell:

sage: plantane: dragon: marigolds the greene

leaues: allicompane roots: scrapt & sliced

of each of these 3 pounds: but of rosemarie

6 pounds: chap them very smale & put

them into 8 gallands of the best whit

wine: & couer them very close all a night

& a day: & then destill them in an ordia

ry: still: keep the frist runing which is

the strongest by it self: & the second by

it selfe: beeing weaker / when

folio 22 verso

you giue of it warme it & put suger

in it: some 3 or 4 sponefull at a time

is a nough /

How to mack gousberry cakes

Tack your gousberrys when they bee uery

greene & pick them then putt in to

a skellett with a lettel fare water: &

keepe them with shaking till thay

bee soft: then strane them & to

a pound of suger: a pint of this

stufe: you must candy your suger

uery hard: then putt in your stofe

& lett it stand one the fire till the

suger bee melted: & then scum it

bee carefull it stand not on to long

for macking it yellow: then

folio 23 recto

/ A Receipt to mack bottel watter

Tack 3 gallonds of spring watter & putt to it

3 pound of suger of 6 pence a pound 3

ounces of ginger halfe a ounce of nuttmegs

thin sliced: some mace & a fuw cloues

beaten: as many as you see or think good

boyle all these in the spring watter untill

a quart bee boyled away: then add to it halfe

a ounce of corroander seeds diped in uiniger

& dryed before the fire againe: & beat them

& when it is allmost cold putt in some

ale barme: to this liquor into a vessell that hath

a tap at the bottom & when it hath worked

enough to your mind that you thinyk it is setteled

enough drawe it forth into your bottels through

a sriprius bagg that it may run cleare from the

yeast & lices spicess: when they are corked

folio 23 verso

up so soone as they are filled you must

tye downe the corke or elce they will

flie out all this you may mack ether

summer or winter: & when you pouwer

it out drink it with suger

folio 24 recto

To mack a fine silleybub/

Tack a quart of whit wine & tow quarts of

sweet creame & mingdell them togather

with some fine suger: then putt it into

a glase churne & so churne it till you see

it bee thick & frothey: then putt it out into

what silleybub glases or pott as you please /

now what quantitie of whit wine you please to

tack at any time ether more or less: to mack

one of: allowaise tack twise as much creame /

butt putt noe suger on the top of it: butt

mack it sweet to your licking before /

folio 24 verso

folio 25 recto

To Mack the best sort of beskett/

Tack halfe a pound of the whit & finest

wheate fflower you can gett; as much fine

scarced suger: mingell them togather: then

tack 4 whole egges & the youks of 2 more

& putt to them a uery lettel salt: & 2 sponfull

of rose watter: putt these to your suger &

fflower: then stir it all togather: & then beat

it in analeyblaster morter: with a wooden

pestell: a houer or more: till you see it look

whit & uery light & puffey: then when it is

allmost beaten enough: putt in ether some

anie seeds or carayways seeds as you like: & when

it is enough: sift some fine suger in the bottomes

of your tinn coffins: so fill them & sett them

in the ouen: lett it not bee to hott: for feare

of coulering them: to much: if

folio 25 verso

if you would haue them with a crisp thinn

shell one the top: sift with a fine searce

a lettel fine suger one them when thay

goe into the ouen: when thay are baked

haue a care of breaking it off: & lousen

them out with a knife :/

a ointment

tack loine Bueef marrow & whit vergins

wax: a like quantitie as you see good

and a lomp of fine hard suger putt

these alltogather in a skellett with a

sponfull of rose watter so boyle them

till it bee all throwroly welted: cutt

the wax in thinn slices: putt it in to a pot

it is very fine for sores lipes: or chapes

nanywhere /

folio 26 recto

To mack fine suger cakes/

tack a pound of fine whit wheat fflower

& lett it bee dryed beefore the fier: then

tack a pound of new sweet butter: & putt

it in lettel bettes to the flower: & halfe a

pound of fine suger scearced & a lettel

pound mace: as you see good to giue them

a tast: so mingell these alltogather:

to a past: & then roll them out not uery thinn

into lettel cakes upon papers: & haue a

care that your ouen is not to hott to burne

them: for thay should look but a lettel

yellow

folio 26 verso

folio 27 recto

to mack methegling mis/ Kinnersley s/:

tack 040 & fore quarts of faire water

the 4 quarts are to alow for the boyling

away then putt therein: a handfull of

parsley roots: a handfull of fennell roots

pith them & wash them & tie them

up seuerall: a handfull of rosemary tied

pup: 3 nuttmegs clised: halfe a handfull

of ginger cliced: & 2 pennyworth of

Licourich cliced: putt these pices in a

thinn bag: then putt all these things

into the watter & boyle them till you

find it is strong enough of them to your

licking: then tack them out: & put to

this liquour: 10 quarts of good honny

folio 27 verso

then boyle it againe till you see it

break like unto wort: then tack it

of the fier: & cold some of the wort

then bring it vp with Barme, as you

doe Drinke, then putt it into a ferking

when it hath done working, stop it

close, & let it stand a month or 3 weeks

Draw it out in bottels, putting into

Euery bottel a lomp or to of suger

cork them uery well, the longer it lys

the better, remember to runn the

wort throwe a siue before you pot

it to the Barme/

folio 28 recto

to mack Damsons wine/

take your damsons when thay bee

foll ripe, putt them into a strong

ferking or barell, whole as thay are

fill yovr vesell, 3 parts foll of damsons

& then make it up full with boyling

watter, which done, stope the uessell up

close, & lett it stand 3 weeks, then draw

it out in bottels, & potting a lomp of faire

suger, in Euery bottel, the longer it

lies the better, when you drink it

Drink it with suger /

folio 28 verso

how to keep any plumes for

tarts all the yeare/

take your plumes when thay bee

ripe, & boyle as much faire water

as you see will couer them, when it

tis boyled putt in your plumes, let

them ly in the watter till the break

the skin, then runn them throwe a

siue, sett the watter by till it bee

cold, & the plumes cold, then putt

them up in a earthen pott, with that

watter, then take some sweet mutton

or beeufe suett, & melte it, & pouer it

opon, the plumes, when the suett is

cold opon them, tie a paper on it /

folio 29 recto

/The Sweete greene ointment/

Take sage: & rue of each one pond:

bay leaues & worwood of each halfe a

pond: melilot herbe: flowers of camomile

flowers of spike: rosemary: red rose leaues

St Iohn : wort: of each one good handfull:

march mallowes 2 good handfull: choppe

all these herbs as small as can bee: then

weigh them & putt to them: theire weight

of the best Deers suett: them choppe the

suett uery small: & stampe it & the hearbes

togather till it looke all greene: then putt

it & fiue pints of sallett oile: into a pott:

mix them well: & couer it close with leather

& past: the sides that noe aire gett in: so

lett it stand seauen days: then sett it on

a gentel fier: & lett it boyle stirring it

all wayes:

folio 29 verso

folio 30 recto

till the hearbs looke somewhat drye: then

straine it uery hard: sett it one the fier

againe: & putt in these oiles: camomile:

roses: white lillies: spike: violetts: turpintine

of each one ounce: mixe all uery well togather

& lett it boyle 2 or 3 heates: then putt to

it: gume ladanum: one ounce & halfe:

Beniamin: three Drames: gume storax:

calimas three quartes of an ounce: & all

in fine powder: mix it all uery well togather

& strane it againe: then keepe it in potts

close stoped for your use:/ this Ointment :/

cured the dead palsey: & is admirable good for

sore bruses: or any paine preceding of a cold

cause: anoynting the plase pained & rubing

it with a hott hand: it is good for aches &

stiches: lameness: shrinking of sneues:

plurisey in the sides: & aches in the back:

folio 30 verso

folio 31 recto

To Make Apricok wine

take 3 pound of aprickos - beeing stoned & pared

when they are ripe Enough to preserue -

then take 2 pound of suger - & 2 quarts &

a halfe of spring watter & lett them boyle a hower

or more over a soft fier - till thay bee as tender

as when thay are preserued & when thay

are Enough poure them into a haire sciue

& lett them stand till all the lickur bee cleare

runn from them - tast the lickour & if you doe

find it to bee to sweet or to thick - you may put

som more watter - as you see fitt & boyle it

a lettel - then when it is throwro cold - putt

it in a vessel - that is somwhat to big for it -

& couer it - but so that it may take som aire

so lett it stand to work & settel - it days

then draw it out into bottels - & stop them

close - butt fill them not to full - for fere

they break -

folio 31 verso

then lett it stand i4 Days or more before you

Drink of it - it will keepe all the yeare -

you may either Dry the apricoks - or make

tarts of them affterwards - & then you

heed not pare them -

in this same manner wine of cherries rasberrys

or currons or strawberrys which is Excilent

wine & the friut is as yousfull as the apricoks /

for gousberrys wine the watter raw not

boyled & the berrys not to ripe & bruse them

folio 32 recto

to mack lemun creame/

take 4 faire new Lemons- chip them uery

thinn-cutt the chops uery smale & putt to

them the Iuce of the lemons- & lett them

stand all night next morning putt to them

6 or 7 whits of eggs & 3 youks beat them

uery well- & put to them the lemon Iuce-

with pill & all-& a poringer & a halfe of

faire watter- a quarter of a poringer of rose

watter - stir them uery well togather- then

straine it throwre a cotton strainer-&

sweeten it with fine sugar & musk if you

please- sett it on a chafindish of cools

untill it bee as think as the thickest creame

& it must butt scald not boyle- so putt it

out into a whet dish- when it is cold

it is ffitt to Eate /

folio 32 verso

To make Gooseberry wine.

Take 24 Quarts of the fruit got dry, pick them

and bruise them, take spring water and boil it

2 hours, when Cold, put i3 quarts to the Berrys,

let it stand 12 or i4 hours then draw it off, let it

run through a sciue, and to euery quart of liquor

when again measured put 3 quarters of a pound

of powder and loaf sugar mixt. Take out one

pound of the sugar to put into the barrel,

and put one penny worth of barm to it, stop it up

close for half a year and when you bottle it

put a piece of sugar into Each Bottle.

folio 33 recto

to make surrup of Elderberreys/

gather your berrys when thay bee

full ripe, pick them, & bruse them

then straine them, & to what quantity

you please to make, take 3 pound of

fine suger, to a quart of that Iuce

mixe your suger & Iuce, togather in a

fine skellet, & so lett it opon the fier -

but not to hot a fier, for you must

bee sure, that it neither boyle nor

simber, but onely to Dissolve the suger

& to make it throughro hot, softly

stiring it, to bring up the scom, &

skim it uery cleane, cold it & bottel it/

folio 33 verso

how

How to make the Black Searecloth/

Take a pint of sallet oyle, half a pound of red

lead boyle them togather till tthey are black,

keeping them with constant stiring, then put in

a quarter of a pound of rozen, & 2 ounce of

red soft wax, & let them boyle alltogather about

a quarter of an hourer, then bake it of the fier

& let it coole a while, & so put it into cold

watter, till it is hard enough to role, then make

it into roles, rubing your hands with butter or

oyle, that it may not stick to them //

this is a very good saulfe salve for a boyle

or any sore //

folio 34 recto

to make a fine sort of plume

suger cakes/ Mis Venables receipt/

Take a pound of fine wheat fflower

dry it uery well, a pound of curence

well washt & dryed, a pound of fine

suger scearced, a pound of sweet butter

then take 8 eggs, & beat them well, then

tak an Earthen milk pan, & warme it well

putt the butter in to it, & work it, & beat it

with your hand till you make it all thick

& whit, then putt in a lettell of the flower

& still work it with your hand till all

the things bee in, put in a lettel pound

mace, to your liking, still keeping it

with working, till your ouen bee ready

which most bee noe hotter then for

folio 34 verso

manchett, which beeing ready, you must

haue some lettel round coffins made

of double broune paper, of what sise

you will haue the caks, & pinn them

opon sheets of the same paper which

done butter the coffins about, & so putt

in euery coffin a sponfull of the style

straw a lettil fine suger opon the

top of euery one & flat them doune

with the back of a spone, when thay are

in the coffins, so sett them in the

ouen, thay will rise much in the ouen

haue a great care of burning them

halfe an houer will bake them, while

thay bee hot take them of the papers /

folio 35 recto

To make Damsons caks,

take your Damsons, & coddle them in fare

water, then pill them, & straine the meat

of them, then sett it on the fier, & lett

it boyle vp, & scum it, then weigh your

suger, & take waite, for waite, candy your

suger to the heigth, & when you see it is

thick Enough, Lay them out in caks,

/for an Egge Pye,

take six Eggs, & boyle them uery hard

& then sread them as smale as you can, then

take some scauced cinimon, & 3 quarters

of a pound of currens, & some smale beeufe

suett, & some suger, & a lettil creame &

some Nuttmeg, so blend it all togather Like

a pudding, then putt in some sack, & so put

it in Either, a pye, or fine past in a Dish /

folio 35 verso

/To mack a neats toung Pye/

Take a neats tounge, & boyle it 3 parts

& then sread it uery smale, then take

a good quantitie of marrow, & for want

of marrow take beeufe suett, finely sreed

some reasons of the sunn, some currence, &

cinimon, & cloues & mace, & suger & a lettil

rose watter, season it with a lettil salt, when

your pye, cometh out of the ouen putt in

3 or 4, sponfull of sack, so serve it up /

/to Prueserue whit quinces:

take one pound of quinces to a pound of

suger, which suger must bee of the whitest,

& halfe a pint of watter, make your surrup

boyle, & that while, pare your quinces &

core them, then putt them in & lett

folio 36 recto

helpe any impostume, in the head, for the

sight, & hearing, or any humer in the body,

or any old sore or new, and also good to

helpe any ache in the bones, Probatum/

/the ordinary blacke salue,

Take a pound of oyle of roses, or for

of it, good sallet oyle, halfe a pound of

red lead, put your oyle in an Earthen pot

& sett it opon the fier, & when it is uery

hot, pot in your red Lead, finely beaten

without any Lumps, & Lett them seeth

togather, but beefore you take it of,

put in an ounce of wax, finely sreed

& Lett them boyle it to gather, stiring them

uery well, vntill such time you think it will

make vp into Roles/

folio 36 verso

To make a orange pvding/

Take half a povnd of good bvtter, & melt it as

for savce, & then pvt into it, half a povnd of

whit suger, or somthing less, as yov please, beat these

togather, & then pvt in 6 eggs, not all the whits -

when its well beaten, take 2 ounce of candy'd

orange pills, & slice them very thinn, & then have

a dish that youle bake it in, & lay in the bottom

of it, a fine thinn past, then pvt in the batter,

& lay the slice'd orange, in all over it,

diping it in the batter, then have a nother

fine peece of past, & lay over it, so let it

in the oven, abovt 3 quarters of an houer will

bake it //

folio 37 recto

the Black Salue, the Lady Shirley

Take a quart of the best Sallett oyle & put it

40 a skyllet, that will hold 3 pints, for the oyle

will boyle high, take care that it boyle not ouer

put a pound of red Lead finely beaten, into the

oile, & stir it with a stick a quarter of an houer

togather, then sett it on a charckcole fier butt

Lett noe flame been then putt in an nounc of

good pitch, the oldest you can gett, then putt in

an ounc of pure wax, put the pitch & wax into the

oyle, when tis ouer the fier, stir it well, allwais

one way & Lett it boyle a pace, when it gotten a

couler, Dipe a cloath into it, if it stick well one

the cloath, & not cleaue to your fingers, tis enough

then haue a board a Lettle hollow, with Leggs like a

Stoole, oile it very well, then put the salue into it,

& haue 2 knives well oiled, & stir it vp & downe

till it bee cold Enough, to take into yoor hands,

then take as much as will make a ball, & pull it

Extreamely till the couler of it bee bright, then

folio 37 verso

mack it vp, there must bee 2 at the macking

it, you must oyle your hands very well, & so

mack it vp into Rolls, it is good for greene wonds

Spraines, Brvises, & any

Swellings, beeing syrad opon

Lining cloath,

the oyle of charitie, the lady Shirley s

take Red Sage, Lauender, rosemary, wormwood

camomile, of each 4, ounces, chop them smale

& putt them into a glas, with a wid tope, then

putt in 3 pints of good sallet oyle, & so Sett

it in the sunn, for a month, then straine it

hard out, & then put in as many of the same

herbs, againe, with 4 onces, of the smale,

Velerion, so sunn it a gaine for a weeke,

then gently boyle it on a soft fier, haue a

care it burne not, so straine it & keepe it a

glas, for your vse, it is good for all sorts

of aches, burns & wonds /

folio 38 recto

& inwardly taken, a sponfull at a time, for

wemem in childbed, that are brused & to take

away the great paine, of affter throes, /

/the Eie watter, Mis Lettice okerouer s

Take of Plantaine, & red rose watter of

each a pint, mingle them togather, then

take the stone of Lapis-calaminarius, & the

stone, Lapistuticia, putt these stones into the

fier, till they bee red hott, then squnch them

in these watters, 9 times, then straine it, then

take the stone, of Roman-Vitirall-& putt

it into the watter, till it couler it blewish

& noe more, so put the water into a glas bottle

when it is 9-days old you may vse it, putting

into the Eie- that is greiued -3 drops at the first

then 4 - drops - the next time -5- drops- dress it

so twice a day, & every time Lett the patience

ly one there back an houer after - in 3 days

it will cuer, either-pin-web-pearle-or fleame/

in the Eie- prooued,

folio 38 verso

A Backed Tarsy /

Take Ten eggs, ^ 4 whits, half , a nutmeg three biskets grated

as much Iuce of spinage, with thick cream, a pint

beat the eggs well, mix the eggs, biskets Icream,

a Little Tansy Iuce, of theese Iuces as much as

will make it Look green, sweeten it to your Tast

then butter your dish very well, set it in the oven

no hotter then for custard,

To make a mutton pye

Season your mutton steaks with savory spice

fill the pye, Lay on butter, & close the pye,

when it is backed, Tos up som choped capers

cucumbers, & oysters, in gravy, & anchovy

& drawn buter,

A white Fricasy of Chikens /

Cut them in peeces wash them well, then put

them into a stew pan, put in as much fair

watter as will cover them, season them with

nutmegs & salt, 2 anchovies, & stew them

till enough, six eggs, a glas of white wine

4 spoonfull of cream, som butter,

folio 39 recto

the Blast saule or oiement

take a pound of may butter, when it is

new churned, beefore it bee washt, then

take a handfull of houndstongue, a handfull

of parsley, halfe a handfull of mallows, halfe

a handfull of plantaine, halfe a handfull of

mariegold Leaues, sread & bruse the herbs in

a morter, put therto, 2 ounces of Deare suett

boyle alltogather on a soft fier, till the wat

ere watterie substance bee consumed, then

straine it, throwe a strainer, & keepe it, for

your vse, oynt the plase pained with it 2 or

3 times a day, for a blast this is prooued /

folio 39 verso

A Lemon puding

Grate the piel of 2 lemons, the Iuice of one

Lemon, well roled with your hand, before it

is cut, then squeeze of the Iuice, & put to the

piell, grate near a penney lofe, make

half a pint of white whine hot, & pour it

upon the bread, stir it well togather to

soak, beat the yolks of five eggs, half

the whits, mix all well togather,

& suger to your Likeing,

folio 40 recto

A Dyett drink, Lady Shirley s/

/take to 6 galons of Alle, 6 hanfulls -

of Liuerwort, 6 hanfulls of brocklime -

& 6 handfulls of clivers, boyle these herbs

in the wort, a Little while not in all the

wort, butt a Lettle of it, Lett it runn, throw -

a siue, & then putt it vp to the rest,

/ then putt in a bagg, 6 handfulls of

maiden haire, i2 ounces of senea - io =

ounces of polipodyum - 5 ounces of bay

berrys - 2 pound of stoned reasons - 4

ounces, of sweet fenell, seeds - 2 ounces of

any seeds - 4 ounces of duacus - seeds - putt

these in a bagg, with some peeces of stck

tyed to the bagg, so Lett it Ly in, the

drink til it bee all gone - drink it

for i0 days, or more or less, Low you

pleas sssssss , a full pint or more, att a time

folio 40 verso

a slic'd lemon or two, & serue it vp CC:

folio 41 recto

A receit how to dress trout

Take your trout, wash & dry him with a clean

napkin, then open him, & hauing taken out his guts, &

all the blood, mixe him very clean within, but wash

him not, & giue & giue him three scot^ches vp with a knife

to the bone on one side onely. after which take a clean

ketle, & put in as much hard stale beer (but it must

not be dead) vinegar, & a litle white wine, & water,

as will couer the fish you intend to boyl; then throw

into the Liquer a good quantity of salt, the rind of a Lemon,

a handfull of slic't Horse Radish root, with a handsom

litle fagot of Rosemary, Time, & winter sauory, then set

your ketle upon a quick fire of wood, & let your Liquor

boyl up to the height before you put in your fish, & then, if

there be many, put them in one by one, that they may not so

cool the Liquor, as to make it fall; & whilst your fish is

boyling, bout up the butter for your sawce with a Ladle

full or two of the Liquor it is boyling in, & being boyld eno

ugh, immediately pour the Liquor from the fish, & being

laid in a dish, pour your butter vpon it, & strewing it

plentifully ouer with shaued Horse Radish & a litle poun

ded ginger garnish the sides of your dish & the fish with

folio 41 verso

folio 42 recto

A receit how to dress a carp

Take a carp (aliue is possible) scour him, & rubb him

clean with water & salt, but scale him not, then open

him, & put him with his blood & his liuer (which you

must saue when you open him) into a small pot or ketle;

then take sweet marioram, time & parsley, of each

half a handfull, a sprig of Rosemary & another of

sauory, bind them in two or three small bundles & put

them to your carp, with four or fiue whole onyons, twen

ty pickled oysters, & three Anchouies; then pour

vpon your carp as much claret wine as will couer only

couer him; & season your claret with salt, cloues &

mace, & the rinds of oranges & Lemons, that done, couer

your pot & set it on a quick fire till it be sufficc

iently boyled; then take out the carp & lay it with

the broth into the dish, & pour vpon it a quarter of a

pound of the best fresh butter melted & beaten with

halfe a dozen spoonefuls of the broth, & the yolks of

of two or three eggs, & some of the herbs shred; garn

ish your dish with Lemons, & soe serue it vp

folio 42 verso

To make a Syrup for a consumption,

take three sheeps hearts three pounds of brobrown

suger candy & a handfull of rosemary slitt, then

take a lettel of the rosmary, & one quarter of the

suger candey, & one heart, & put it into a lettel

pan, or any other thing that is fit, & so lay it

till all is in, then power upon it two penny

worth of pimpernell watter, & bake it in an

oven after household bread is drawn, three

or four houres, then strane it, & fwhen it is

cold, take of the fatt, & it is fitt for use ;=

how to take this syrup,

take one spoonfull every morning fasting

& at foure in the afternoone, & the last thing

goeing to bed, & bee shuer to fast 2 houres

after it

folio 43 recto

to make orange water,

take 4 oranges & 2 lemons, & pare them

& put the parings into a quart of brandy

& lett it stand 9 or i0 days, close coverd

in a gally pott, then take a quart of

spring water, & boyle it, & when it is

cold, putt it to the oranges & brandy, &

stire it all togather, then runn it all

throwe a cotton straner, then take a -

pound of refined suger, & lett it melt

all in this licquor, with out any fier,

& when the suger is all dissouled then

putt it vp into bottles, close couered

& drinke it as a cordiall for the stomack -

folio 43 verso

To make Biskett's

Take a pound of fine wheat flower sett it to the fire

to drye take 10: Eggs leaue out 3 whites add 3 spoonfull

of sack & 3 spoonfull of orange flower or rose

water, beat them together with a whisk till the froth

uery well, then put in a pound & quarter of dubble -

refined suggar or fine white powder sugger If you use

refined sugger it must bee finely beaten & sifted,

keep it constantly stirring, Iust when the oven is hott take

up the flower stirr it into the Eggs & sugger stirring it all one

way till it bee all in, beginn to heat the oven when you

begin to beat the Eggs & when the oven is hott the Bisketts are

beaten enough, fold your papers 4 folds & butter them & soe

putt them Bisketts upon them Iust when you putt them into the

oven sift sugger & flower upon them when they are

Baked take of them of the Papers Immediately & turne them

hollow over a Rolling pinn or any other round stick

W Oldfeld =

His writing -

folio 44 recto

The receit for Snail watter /

Take snals ether with or without shells totwo pounds

leaves of ground Ivy four handfulls, of spotted Langwort

& coltsfoot each two handfulls, Raisons of the sun ston'd

half a povnd, figgs four ounces, Liqorice two ounces,

Aniseeds one ounce, nutmeggs a quarter of nou ounce,

safron, one dram, infuse these in 4 quarts of new

milk, & a pint of sack, all night, the next day -

disstill them in a common still

folio 44 verso

folio 45 recto

the Ladys ffolliot s Salve/

take halfe a pound of clarified motton

shewit, a pint of sallett oyle, too ounces

of red Lead sifted fine, a Letle bitt of

beess wax, stir all very well togather -

& boyle it over a gentle fier, & now &

then drop a drope on a plate, to coole

& when tis hard Enough to sprade, pouer

it in a gally pott, & keep it from the

dust; it is Extream good for any

burne or scald, proued, or a greene

wound or sore -

folio 45 verso

This is exseeding good

For the cholick, or faintnes,

Gumaiacum chips, an ounce -

Elicampane Roots, an ounce -

Liquarice sliced, an ounce -

Coriander seeds bruisd, an ounce

prepaird senna of Alixandria -

an ounce

infuse all these in 3 pints of

Anissed watter, Ten days, then

power the clear into bottles,

Tak three spoonfulls in a pitt

it may be taken twice a day

if the fitt Last's

ade half a quarter of pound of Raisins of the

sun stoned

ed

folio 46 recto

how to make Lemon Brand Brandy

take 8 Lemons & pare them uery thinn -

then take a quart of brandy & steepe the

thinn pillings in the Brandy for a week

of i0 days, in an Earthen pott, string it

somtimes, then take a pint of faire

watter, & putt thereto , halfe a pound

of refined suger, & boyle it, up & scum

it, cleane, & when tis cold, mingle the brandy

& lemons & this surripe all togather, &

then straine it throwro a cotton bagg

& bottle it, & keepe it for your use -

folio 46 verso

for Ebbylon /

to 4 measors broing of malt -

take halfe that measer of ripe

Elderberrys stript, boyle them in

the wort withthe hops - so cleanse

it, & order it, as other ale - putt

in ginger orang other spice, as

much in quantietie as you think

fitt /

folio 47 recto

to make ginger bread /

Take a pond of good treacle, an ounce

of ginger, finely searced, an ounce of

candyd orange pill - cutt smale an ounce

of Lemon candyed pill - cutt smale, & a

nounce of candyed sictren cutt smale

putt the ginger, & these sweetmeats, all

into the treacle, & mixt it up with your

hand, with some fine wheat fflower -

till it come to a perfect past, then

role it with your hand in smale roles or biger

roles - as you please = the roles Like the

Lenth of your finger = or shorter-

Lay them on tinn, plats, & dust a

Lettil fflower, under thems - Bake them

in an ouen as hott as for manchett -

not to scorch them, but to harden them

that they ractle, togather - when you

folio 47 verso

take them of the plats

doe not keepe them in a moyst place

for they will goe soffter of them

selues =

To make crackneyles =

Take one pound suger & one pound of flower, half

a pound of butter, 4 eggs, but 2 whits, a spoonfull

or more of careways seeds, nmix all these

into a pest, butter pye plats & beat the

past on them with your hand, as thenn as you

can, when you put them into the ouen, wash

them over withthe yoalk of an egg, when the are

baked th take of the plats as soon as

ever you can, & torn them hollow

To make Lemon Ielley //

Take Lemons & rost them then sques ovt the Iuse &

then take the full weight of it, in duble refined

suger, set them on a chafing dish of coles, there

let it scald till it well Ielly, & looks clear

folio 48 recto

To make orange wine

Take 6 gallons of spring watter, & 12 povnd of

the best powdered sugar, & the whits of 4 eggs

well beaton, put them in the watter & suger, then:

boyl them all three quarters of a hower, & when

it is cold not in 6 spoonfulls of yest, then

take the Iuce & rine of 25: oranges & let this

work 2 days & 2 nights, then add if you please

2 quarts of rennesk wine or white wine, so

tun it up in a vessell stoped very close, in

six weeks you may drink it, it is best without:

the full quantity of the peel&nbsp;

To make quines puding -

take 2 or 3 quinces & parboyle them till the be tender

then pare them & core them beat them in a morter

with: som suger according to your tast, & the yolks

of 8 eggs till it is well mixt, then put to it

half a pint of creame, so put it into a dish or

patipans, with: som past in the bottom, & bake it

a quarter of an houer you may make orange

puding the sam way, take the rine of 2 oranges, & the ius

of one --

folio 48 verso

To make allmone cream -

take a quarter of a pound of Iorden allmons, layed in

cold watter till the well blanch, then beat them in

a ston morter, with a lettel rose or orang flower

watter, stran them with a quart of sweet cream,

season it with suger, then put it in a clean

skellet, & set it on the fier, stiring it till it

boyl a lettel, then power it into cream dishes &

eat it cold&nbsp;

To make allmon bisketts-

take half a pound of blanched allmons & beat them

fine, ading oriang flower watter to them, then take

half a pound of fine sifted suger, & beat withthe allmons

& when the suger is well incorperated, beat in

half a pound of fine flower well dryed, by degrees

break in 6 eggs, leave out 3 whits, beat them in

the morter withthe rest, the eggs must be put

in before the flower, when the are all well mixt

droop them in lettel biskets, on pewtter plats &

bake them in an oven when they are brown on

at the edges, the are baked enough, the oven must

not be to hott

folio 49 recto

To reggou a brest of veale //

beat it lvery well withthe flat side of a clever

so put it into watter, & parboyle it till it is

white, flower it very well & fry it in hogs

lard till it is brown, take the fat of backon

& cut it into bits, pvt it into a saspan over

the fier, till it is very brown, then take the

backon ovt, & stire up the lickquer with a lettel

flower over the fier till it is very brown; but

not burnt, pvt your brest of veale into this

lickquer, & turn it in till it is very hot, so

pvt as much very strong gravey to it as well

cover it, take a dozen bords of veal parboyl them

flower them & fry them in butter till the be brown

they must be cut in slice: before the are fryed

so put them to the veal, & boyl them altogather till the

veal is tender, there must be 3 or 4 ancoves

a lettel nutmeg, a bunch of sweet hearbs, a onion

when it is enough sarve it up in the gravey

it is stwe'd in, & squise a letel Lemon in, & laye

slices of Lemon on it

folio 49 verso

To make cowslipp wine =

Take 6: gallons of watter & boyle an hour &

halfe, allow six quarts for wast, then pvt in

i2 povnd good suggar, scumm it well, then

take it of, & put it in a vessell to cool, & when

tis a lettel warmer than milk from the cowe,

pvt in 2 pecks of pick'd cowslipps bruis'd,

in a mortar, mix them with your hand, then let

it stand till it be of temper, then pvt in your

barm, & a bole=dish, stir it as it works, let it

stand two days, & a night, then put that liquor

& flowers into a hair sieff, & with your hand squeese,

the flowers well, then tunn it into a sweet

barrell & see that your barrell be full, to work,

when dune make it up close & let it stand

3 weeks, then draw it of into another vessell,

pvt in tow penneyworth of Isinglass, cut small,

& half a pound of good loaf suggar, stop it close

8 or i0 days, then bottle it, & se that your bottles,

be very dry, & croks very good -

Than

folio 50 recto

how to make meade//

Take i0 quarts of watter, let it be Iust at

boyleing, pvt to it a quart of honney, i pound of

lofe suger, let it boyle while any scum well rise

takeing of the scum as it rises, then take it of

the fire, & pvt to it 2 Lemons, cut in halfs &

sques^d in, with a large rase of ginger slited, &

4 cloves, & a peece of sinement, & a peece of

rosmerey, when it is cold, stran it into an

earthern pot with a spigot in, pot to it 3 spoon

full, of barme, it well work like Ale for 6 days,

then bottel it, yov may drink it in 3 weeks time,

but it well be better if yov keep it 2 months,

it must be a lettel warm when the barme is

pvt to it,

folio 50 verso

To Make Mead with Elderberries

Take very ripe Elderberries, pick them from

the stalkes, put them in an Earthen pot, and

past them close, & bake them in an oven

while the are warm, straine them out, take

a gallon of the ioyce to twelfe gallons

of water, that was first boyl'd for an hour

or more then when the water & ioyce

is wel mixt & boyld a little, then put in

one & thirty pounds of honey, boyle them

well for an houer or more that is till you

think two gallons is wasted, scum it well

all the time, as it rises when it breakes

in the ladle i'ts enought them pour it in

your tubb, & let it stand to coole, when i'ts

cold, put barm to it as warme as you doo

to Ale worke it two days or more, if it

happen to be soe cold as not to worke set

a pitcher of hott water in the tubb, & the

heat of the water will set it a working

when the barme getts a heade, take the pitcer

of water out, & beate it as often as you

doe Alle when it hath worked two or

three dayes, tunn it & stopp your barrell

close, at sixe months end bottle it and

it will keep a long time in the botle

as hath been prou'd

folio 51 recto

To make mead with Elderberries

To Coller a breast of veal to eat hot

Bone it & beat it with the flatt give of the

clever, then seis'in it with salt & iemecca peper &

a little cloves & mace, then strow it over with some

sweet hearbs cut small & some yolk of Egg

then lay a row of baken upon it, cut very thin

& upon that your hearbs & Egg & seisning agen then

then roul it up very heard & put it in a cloth ly it

about with a tape & let it boyl 2 houers & half

if large veal 3 hours: ffor the sauce a little

grave & anchove & a little while wine & thr

thicken it with a good deal of butter to be like

fish sauce but not so stroung 3 or 4 youlks

of Eggs is enough. /

To Make goosberys

To Make Goosberys biskets

Scald your Goosberys till the are soft then rub them

through a siffe take thewhite waight of your

pulp in double refind sugar & the whits of 2 or 3 eggs

acording as you do for quaintity beat them together,

for 2 or 3 hours till the looke white then drop them

upon tinn plates, or pewter in little di biskits

sett them to dry in the sun, when the top is a little

dry turn themm

folio 51 verso

To make scotch collops

Take a leg of veal, & cutt your collops very thinn

wright way of the veal, & beat them well with a back

of a knife then seisen them with nutmeg & salt & doe

some yeolk of Egg all ouer them & let them lye

2 hours, then fry them in butter a little at a time

l besure you do not fry them too much but till the are

a little brown, then make your sauce of graue

& white wine, 2 anchoves & th thicken it up

with a little butter, let your sauce be hot

when you put your collops into it, so tos them up toge=

=ther, you may broyl the bone of the veal to lay

in the midle, & make some first meate balls

to lay about it, with some sliced Lemon

when you fry them strow some sweet hearbs on

them, 3 Egg will do. /

To Make a hame of porck /

Take salt peeter & common salt of

each a like, salt the gammon 12 or 15

days, turn it every day, hang it ^in the Chimney

when the burn wood, for 3 weeks but not

too hot when it is dried enought lay it in

sweet wort for half a day, turn it & when

it is dry, rub it all over with sheeps blood,

& hang it up for use.

folio 52 recto

To Make a Seed Cake

Take 3 pound of flower, & a pound &

half of butter, with a quarter of a pound of

loafe sugar with six eggs & a quarter of a

pint of yeast with a little mace & nutmegs

& creame, mix all these together, & set them all

before the fire to rise, then bu put in half a pound

of Carraway comfits, & bake it 3 quarters of an

hour

To season a wett Collar of beif

Take a briskett of beif & bone it & lay it in

water 2 days & 2 nights, & shift it twice in fresh

water, & put in 2 hanfull of salt into the

water, & take it out & let the water run of it,

then season it & with half an ounce of cloues

& Mace a quarter of Cinnamon half half a

pound of Bay salt, a quarter of salt peeter, a

little Nutmeg, an ounce of white pepper, then

lay it in a tray, & then put in half a pint of

Clarrett as much vineger, & let it ly in seasoning

3 days & 3 nights, then put in halfe a pound of

Anchoves upon it (you must bone them) a handfull of

sweet hearbes, which must w be mother of thime -

sweet margerom, & winter savory, & soe collar it up

as you doe Brawn & put it into a pot, & put in the gravey,

a pint of Clarrett, half a pint of white - wine vinegar

folio 52 verso

bake itt with brown bread & when it is baked,

turn the side downwards, which was down upwards,

for an hour, then stretten the cloth & lay a weight

upon it, & let it stand 4 houers, & lay itin the pickle

A pickley for wet coller of beif

Take as much small bear as will cover it

& as much red sanders as will culler it, some

cloves & mace some sinnamon an ounce

of salt peter a bunch of sweet hearbs -

put all together & let them, boyle one hour,

them strain them & when it is could

put in halfe a pint of white wine =

vinegar, soe putt in the collar & cover it

close

To make Elder wine

Take to every gallon of water, 4 pound

of loaf sugar, & about 8 pound of Elder-

berrys when full ripe, let your water boyle

an hour, then put it in an Earthen pot, with an

norrow mouth, to infuse the berrys, hauing before

been well beaten then take a little ale

yest, beaten with some of the same liquor

soe mix it together, & let it stand, stirring it once

folio 53 recto

To Regoue a Rabit or any meat

make a strong broth or gravey of knockels of veal, or any

other bones, let them boyle till all the goodness is ovt, put

into it a blade of mace, a few cloves & a Lettel peper

& a crust of bread tosted as hard as yov can, & a Lettel

time & saveryy, an anchovie or 2, when it is well

boyled stran it through a sive, add to it ether a pint

of white wine, or clarrit, a few pickled oysters, so

haveing stew'd your Rabit, in this Lickquer, boyle it up

& thicken up with 2 or 3 eggs & som butter, so serve to

the table, with som mushrooms & Lemmon pill in the

gravey

To make Ginger Bread

of allmonds /

Take a Lettel gumdragon & steep it in a pint of rose

watter the space of ones nights, then take a pound of the

best Iorden allmonds, being blanceed in cold watter,

beat them in a stone morter, bvt in beating yov must

add som of the rose watter, whichthe gumdragon was

steep'd in, add to them som ginger, & som grated bread

& suger, your ginger must be finely sifted, then knead

them togather as yov doe past, & so print in moulds, with

som search'd suger, & set it before the fier to dry

folio 53 verso

To pickel walnuts a hundred

make strong brine to bare an egg

Let them Ly 9 days, stiring them once

a day, then put them in boyling watter

Let them boyle up, take them out, put

them in a cloth, then take cloves, mace, genger

Black peper, in all one ounce, som musterd

seed, & sherlot, & if you pleas a few Elder

flowers,

folio 54 recto

To make Elder Flower wine /

Take six gallons of watter & twelve pounds

of fine suger, & six pounds of Raisins of

the sun cut small Boil theese togather an

hour, then take of the flower of elder, when

the are falling & will shake off, the quantity

of half a peck, put them in the Liquer when

allmost cold, the next day put in six

Larg spoonfull of syrup of Lemons, & four

spoonfull of ale yeast, & three days after

put it in the vessell that it will fill &

stop it close, & Let it stand till clear

then Bottle it off, it may stand three or

four months, if not then clear rack it of

into another vessell a few day & then

Bottle it, if a pound of suger or Raisins

be added to it, it will be the better //

folio 54 verso

To make Elder Wine /

Take 20, povnd of malago raisons (or rasions of the sun)

let them be clean rubb'd, then shred them very small

& pvt them to five gallons of boyling watter,

the watter haveing first been boyl'd one hour, Let

them steep ten days, stiring theth once or twice every

day, then have in stran the Liquor, through a hair sieve,

& have in readines six pints of very ripe elder-berrys

Iuice, stew'd over the fier in a pot, pvt into a caldron

of boyling watter, pvt into the Liquor cold, & stir

if for some time very well togather, then tun it into

a clean vessel, & Let it stand in a warm place for

two months or ten weeks, then bottle it

folio 55 recto

To make the white frigacie of Chickens

or Rabbits.

Take your Chickens, Cut them in pieces to your likeing

and season them with Nutmeg & salt, then hauing your

frying Pan with Butter in it hot ouer the fire, Put in

your Chickens & make them a litle crisp, then take them

out & Put them into your stewe pan, some water &

Anchovie to your likeing, & white wine & when

enough, Thicken them up with some good cream,

& two yolks of eggs & Butter some Mushrooms

& sliced Lemmon, upon it. //

folio 55 verso

to pickell Murshroms

/ gather them in August, & lay

them in water, then shift them in

another water, then take a cleane

cloth & rub them, til you see the are

cleane, then boyle them in milk &

water, & a lettil salt, till you see the

are tender - make some pickell for

them, with water whit wine & wine -

vinger - a like quantie of Each

boyle it; & put into it, some cloues

& mace, & whole peper - & salt -

acording to the tast, when the lickour

is cold, put them in, & keepe them in

a gallow pott; for your vse

folio 56 recto

To pickle Coucumbers

wipe them with a cloth & put them & into a close

muge, & make a strong Brine of salt & watter

Boyl the Brine, & put it so on the Cucumbers,

then cover them close, you must put in a lump

of rock allom, into the brine as it boils.

And this must be thus repeated twice a day utill

you think them green enough. then drain them

from the brine and rub them dry and make a

pickle of aleager with what hot spices you please.

then put a lump of Rock allom in, and some

dill Boill it and put it on boiling hot to the Cucum=

=bers and so keep them close and they will keep

green fiuer or six years.

As for french Beans you cannot miss them if you

doe but first let them lye a considerable while

in salt and water&nbsp;

This Receipt is good for nothing -

folio 56 verso

to mack aquamarabiles /

tack gubalis - gallingall - cardyment seeds -

cloues - ginger - nuttmegs - mace - of each an ounce

beaten to powder, Balme - spearmint - both

dryd of each one drame, mellelott flowers

cowslips - rosemary - burich - & mariegold flowers

of each 2 drams - all dryed, then take Iuce -

of Sallindine - one pint - of whit wine 3 pints

a pint of aquauite, angelicoe watter - one

pint, put all these things togather into a

still, in the Euening, & couer them close,

then the next morning stire them againe

& putt the still on, & past it close that

now aire can come in, so still it with a soft

fier, in a common rose, still, keeping wett,

cloths, with cold watter, opon the head of the

folio 57 recto

still, draw of your watter by pints, till it

drop lower, then take noe more, put in the

glases you keepe it in, A drams - of ambergrece,

& one of musk, both grun-smale & tied in a

tifiny, & Lett it ly- in all the time it stills -

then take a pint of the first runing, & there

in dissoule a pound of lofe suger, so mixe it

with all the watter, togather, & keepe it /

folio 57 verso

A fine ointment for the skyn /

/ take a keyll, of a young Lamb, putt it in

some faire watter, & shift it 2 or 3 days

then take it, & putt it in a cleane cloth,

& there beate it, as you would doe salt, but

very smale, when it is smale enough, putt

it in a fine earthen pott, or siluer can, & to

it putt some damask rose watter, a lettle Iuce

of lemon, a lettle ambergreese, & musk, tied

in a bitt of laune, then couer your pott, & sett

this in a postnett of hott watter, to infuse, for

some 2 or 3 houers, then take it of, & beat

the ointment very well, with a spone, that it

may look whit, so lett it stand till the next

day, then infuse it as long againe, & then

beat againe, till it look very whit, take

out the musk, & so but it in a glas or

folio 58 recto

pot, if ther bee any watter in the bottom, when

it is cold, power it out, & keepe this for your

vse, it is very fine for a pilled skin, or any

thing that is rough, & for lipps,

A wash for thefase -

2 ounces of better allmonds, to a quart of

barley watter, & what hungrey watter you please =&nbsp;

the bitter Draught /

Take a handfull of cammomile flowers, as

much centuary, & as much roman worm

wood, gention roots ten grains, cardus seeds

a dram, & if you will have it purge, a dram

of sena, boyle a pint of watter & power it

upon the ingrediences, let it infuse half

an houer at Least, -

folio 58 verso

A nother Bitter Draught

good for Children /

Take century, camomill flowers, topps of celandine

withthe roots, & cardus of each one handfull, safron

one scruple, boyle them in two pints of watter, till

one is consumed, then strane it, & give 5 spoonfulls

each morning & evening //

give the quantity of twenty five, or thrity dropps of

Elixir propietatis, for two or three mornings fbefore

the take the Draught, /

How to make allmon

pigs pudings //

take half a pound of the best allmons, blanched

& puned fine, with som rose watter, then boyl

h A pint of cream, let it be cold a gane, & take

six egs, leaue ovt most of the whites, & the marrow

ovt of 2 beefe bones, sred smale, with a quarter pound

of beefe sueettt or somthing more, a penney white

lofe grated, a lettel mace cinament & nutmeg, &

suger to your liking, so mix them all togather, &

fill them, boyle them near half an houer //

folio 59 recto

to Picklle Oysters /

take of the largest oysters, you can geet

open them, & saue all the Liquor, thats in

them, then take that Liquor, & putt therto

some good whit wine, as much as you see will

bee enough, to putt your oysters in, then putt

to that Liquor, some grose peper, & whole

cloues & mace, what you see good, & as much

salt, as you think will keepe, them, which

must bee well & high seasoned, so giue thes all

togather, one boyle vp, then putt in your oysters

& lett them but Iust boyle to plumpe them &

noe more, then take them out, & add to that

Liquor, a lettle good whit wine veniger, when it

tis cold, & the oysters cold, put them vp to

gather, in a earthen pott, close tyd vp so

vse them -

folio 59 verso

To make mead with Elderberries

Take very ripe Elderberries, pick them

from the stalkes, put them in an earthen

pott & past them close & bake them in an

oven, while the are warm, strain them

out

To make Gooseberry wine,

Take 24 quarts of the fruit got dry, pick them

& Bruise th:em Take spring watter & Boyle it

2 hours, when cold put 13 quarts to the Berrys

Let it stand 12 or 14 hours then draw it of

Let it run through a scive, & to every quart

of Liquor when a gane measured, put 3 quarters

of a pound of powder & Lofe suger mixt, save

one p:ound of the suger out, to put into the Barrel

& put a Lettle yest to it, stop it up close, for

half a year, & when yov bottle it put a peece of

suger, to each bottle,

folio 60 recto

vnguentum album, vnguentum,

nutritum, vnguentum Rosatum,

vnguentum populeum,

any of these ointments mixt together

is Excelent good for burnings or

scaldings, or any red in flamation,

Confectio, Alkermes a

rare cordiall, /

folio 60 verso

to Boyle a carpe /

take a carpe when hee is aliue, gutt him &

scale him but not wash him, stob him to

make him bleede, then take the blood &

as much Claret wine as will bloyle him ouer

head, & putt therin a bundle of herbs as a

lettle sorosemary & time & margerum &

persly, some shaued horsreddish, a pece of

a lemom pill, some hole peper, some whole

cloues & mace, & a nugttmeg cutt in clices,

some eaght or tenn good anchoues, a whole

ouion, lett all these boyle togather in the

liquor, a prety while before you pott in the

carpe, then when you think it is time to

putt him in, rub him all ouer with some

pound ginger, then putt him in to the pan

of liquor, & lett him boyle till hee benough put

in a good lump of sweet butter / & season the

folio 61 recto

broth with salt to your likeing so take up

your carpe haue a care of breaking him

lay him in a dish with as much of the

broth under him as you can / lay opon him

clices of lemom / & garnich the dish with

lemom & scraped horsreddich /

if you haue shelott it is much better

to putt in then ouion /

to make a mouth powder, that is sore or

hath the cancor /

take a Lettle scarlett cloth & burne it to a

powder, & drye a few red sage Leaves -

& make it in a powder, & a Lettle fine

Spanish Bole, shafed smale, & a Lettle

very fine suger mingle all these togather

& make it in as fine a powder as you can

so keepe it in a Box, for your use /

folio 61 verso

To rost a shoulder of mutton in the

blood to look like venson //

Take a shoulder of mutton new killed, & take

som of the blood of the sheep, & pvt to it

a good handfull of salt, & whit breed crumes,

a lettel sreed penney royall, & a nutmeg greated

in, miggle all this like a puding, then let the

shoulder liy in it, & cut it up & down, &

stuffing stuff it, then skewer up the tw flaps,

one the inside, that it may look, like

a shoulder of venson, then take a peece of the

kill of the sheep, & lay it in, pvting as

much of the blood & stuffing all over it as

may by, when it is well rosted, make savce

of clarrit wine, with good anchoves dissovled

in it, to your likeing, & a lettel sweet butter,

so sarve it up, -

folio 62 recto

/ a scearcloth to heale any thing that is

sore: & uery good to heale a young childs

head that is raw or sore :/

Tack a lettel deeres suett: a lettel hunny: a lettel

sweet bee wax: a lettel rossin: of that the least

for that is drawing: and a lettel francancence:

onley to giue it a smell: then tack as much

fresh butter: as the quantity of all the rest

of these things: & so putt them all togather

in a posnit: & boyle them a lettel while: then

skem it: & when it is a lettel cold dipe in

your peces of flacken cloth: of what big

niss you will: & when it is cold lap them

up in papers: & keepe it for your use :/

/ of what quantity you will mack at

a time: you must only add more or

lesse of the things: you may if you

will when it is cold keepe it in lomps

lick saulfe: & so spread opon cloaths /

folio 62 verso

folio 63 recto

folio 63 verso

tTo make bisket ella

take some gume dragon dissolue it in A little rose water

the ioyce of A lemon and A little muske then straine it

through A fine linion cloth then take as much refined sugar

as you will use beeinge beaten and finely searsed take

the white of ann ege and beate it to froth then take your

gume and as much of the froth of your ege as will make

your sugear in to paste make it not to stiffe then straw

in some annelseeds beeinge huld and made cleane and so

make them op in small loates or knotts put under the

bothome of euery one A wafern cut the loates About the

side as you doo A manchett and prieke them in the topps

soe lay them on A sheete of paper and bake them litt not

your oten bee to hott they will doo as well without

wafernes if you straw A little suger opon the peapers you

lay them on

to make almonde cakes

take too ounces of the best almonds you can gett and lay

them in cold water all night in the moringe blanch them

in to A bason of cold water then drye them on A cloth, then

beate them uery fine in A stone morter putting to them A

little rosew water to which you must haue one pound of

refined suger finely searsed redy by you and the white

of ann ege beaten to froth and as you beate your almonds you

must put in some of the suger and A little of the frothe of the

ege intill you haue mingled your almonds and suger in to

A stiffe paste then role your cakes thin upon A trencher

and print them then bak them in ann oten not to hott

folio 64 recto

and when they are risen drawe them keepe some of the

sugar out to mould them in or else they will stick to

your print

to mack a uery good dish of meate:

tack som cold rosted ueale: & sreed it uery smale:

with sum suett: then putt in som currines & reasons

& a lettel sugar: & nuttmege: & a lettel rose watter

so mixt it altogather: & putt it in a dish betwene

tow: peces of puffe past: so sett it in the ouen:

to macke a quacking puding:/

tack som with greated bread: & a lettel wheat fflowr

with som sweete creame: & 7 or 8 wites of eggs:

butt one youlk: & som sugar & nuttmege: blend it

altogather: & putt it in a cloth: boyle it halfe

a hower: when you tack it up putt it in a dish

with som rose watter sugar & butter& if you will

stick som blancht allmons opone it :/

to a pound of quince for marmalet take

a pint of watter /.

folio 64 verso

to mack a uenison pasty:

tack a peck of wheat fflower: & 14 - eggs: wits

and all: & a quart of creame: & - 4 - pound of

butter: work it up with your hands lightly opon

a tabell: & when it is past role it out: haue the

meat boned: & be sure you tack out all the grissels

& sunnues: & season it well with peper salt &

nuttmegg: when your past is ready: lay som suit

in the bottom under your meat: then mack it up

laying the pece of skine that you tack of the meat

one the top of the meat againe to keep it moist with

a lettel grose peper: then garnich your pasty with

past: as you please so sett it in the ouen - 4 - howrs

will bake it :/

folio 65 recto

how to mack Shrewsberry cakss

tack a quarter of a peck of fine wheat fflower;

lay it one a bord: putt to it one pound of powder

sugar: one ounce of beaten ciniment: a qarter

of a nounce of cloues & mace beaten: mixt

them with the fflower: then break in 3 new

lay egges: & 3 pound of new butter: work it

very well togather: then weigh 4 ounces of

this past to euery cake: drive them out

uery thinn: & prick them: then back them

one papers: affter manchett or with it if your

ouen be not to hott:

as I mack it/ I tack 3 quarters of a pond of

fflower: a quarter of a pond of fine suger

one egge: a lettel cloues & mace &

& ciniment: & a quarter & a halfe quarter

of a pond of butter: washed in rose water

folio 65 verso

To drawe a tooth

Take a mulborye root beeing gotton in the begining

of Iune: and layd in wine vineger: iust nine days

and then drie in the sunn: and pound it to powder

and put it into a fine lawne ragge: and put it

to one tooth that aches: and noe more but that

tooth: and it will draw it:for the wormes

folio 66 recto

for the tooth ache

If the tooth bee trubled with a blud: let them furst bleed

with a nedle: take a sponeful of wheat flower: more

or lesse: and a peniworth of Cloues: and a prity doase

of peper: and kneaded: with stroung water: and

bake it in the emberes: and dicpe in stroung water

a small quantity: and put it to the tooth: and if the

tooth bee halloe: furst pick it: and then a plye it

and this may doe you good

1709

folio 66 verso

ffor a sore mouth

Take the iner barke of Elme &

boyle in water //

A pottel is to quarts //

eum

back endleaf 1 recto

back endleaf 1 verso

back endleaf 2 recto

back endleaf 2 verso

back endleaf 3 recto

back endleaf 3 verso

back inside cover

back outside cover

spine

head

fore-edge

tail