V.a.396: Receipt book of Penelope Jephson [manuscript].

front outside cover

front inside cover || folio 1 recto

[ book plate for Joseph Lyon Miller M.D. ]

folio 1 verso || folio 2 recto

penelope Jephson

Her Booke Annoque of

Domini 1674/5

folio 2 verso || folio 3 recto

Rules: ffor Wayte Viz:

1 A graine is the waight of a Barley Corne

taken in the Midle of the Eare

2: A scruple is 20 Graines

3: A Dram is 3 scruples

4: Eight Drams makes one ounce

5: Semis is the halfe of euery weight

6: Manipulus is a Great handfull

7: Pugillus is a small handfull

8: Ana signifies of Each a Like

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Mrs Lukes Cake

Take 5 pound of fflower breake small into itt

one pound of Butter mingell into itt 5 pound

of Curants washed & well pickt a quarter of

a pound of sugar 3 Nutmeggs a littell Cloues

& mace & Cinamon more in quantity then any

of the former beate these very fyne & sift

ffourteene Eggs haue of the whites of them

throwe a way A pint & aquarter of Ale yeast

& a quarter of a pint of sack mingell the

yeast sack & Eggs together lett them stand

before the ffyer not too neare riseing

halfe an houere or more a pint & quarter

of Creame put in it 3 quarters of a pound

of butter set it with the Creame vpon

ffyer let it be redy to boyle but not boyle

take itt of & lett itt Coole a Little when your

yeast begins to rise mingle your Cake pour

your yeast & eggs throwe a strayner then

your Creame & butter mingle all Lightly

together strowe a Little fflower one the

topp of itt & set it before the ffyer riseing

halfe an houer Covered with a Cloth then

breake heare & there one the top a littell

butter as bigg as a hazle nutt then put it

into the oven & lett it stand there bakeing

a hour & a quarter whilst it is

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2.

Bakeing you must haue 3 quarters of a pound

of suger ffynly sarched & the white of an

egge & two or three spoonfulls of Rose

watter beate these together the Longer

the better & when your Cake is baked

Iyce it & set it into the ouen till the

Iyce is hardened then draw itt & eate itt

when you thinke good but itt will keepe

a yeare if you doe not Iyce itt

Receipt 2 To Make ffyne pan Cakes

Take a pint of very thick Creame &

sixe eggs well beaten with the breads

taken out halfe a porrenger full of melted

butter a littell salt suger & nutmeggs

soe much flower as will make itt of the

thickness of batter stirr them well together

& & poure them into the pann thinn

& they will frye them seelues without

butter ore any thing elce

Receipt 3To Make Marmalett of Oringes

Take your oringes paire of the rine

very thinn then take of the other part

in quarters from the pulpe & boyle

the peele in 4 ore 5 watters till the

bitternes be all out still putting them

into boyling watter when you shift them

then drye them in a Cloth & scrape

of the white one the in sid

3

very cleane the Cutt the peele into little dice

then boyle a dozen of pippins in as much watter

as will couer them & take a quarter of a

pint of the Joyce of them & as much of the

Joyce of Lemons way your oringe peeles &

to 3 quarters of a pound take a pound & halfe

of them in watter & put them in your -

bason with the Oringe peele & the dice of

pipins & boyle them very fast a quarter

of an houer then put in your Joyce

then put in the Joyce of Lemon lett

all this boyle together till the oringe

is cleare & till itt will Jelly then

put itt into glasses

The Custard possett

Receipt 4

Take ninteene Eggs & beate there whits

& all straine them & mingell them with

a pint of sack & halfe a pound of sugar

sett it one the fire tell it is scalding hott

still stirring it all one way then let your

quart of milke be redy boyled to pour

into your Liquer you must lett the

milke but Just boyle upp & hold itt

a good height & pour itt in before

itt falls then stirr itt altogether once or

twice & Couer it & Lett it stand a litle

before you eate itt

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3

To Make Whupt Sulibubs

5 Take a pint of Creame a pint of white

wine neare halfe a pint of sack & the

whites of 3 eggs put in hole whiske all

these till the froth ariseth which

put into your Glasses as fast as itt riseth

set the glasses in the Cold watter 3 or

4 houers sweeten your whites as you please

x

6 To Make Lemon Creame

6 Take the Joyce of 3 Lemmons & a Litle

more faire watter then Joyce in faire

watter some peele according to your

tast then take itt out & sweeten itt

alltogether very sweete the straine

to itt the whites of 4 Eggs & two of the

yolks then set it ouer the fyer &

& stirr itt all one way till itt bee as

thicke as Creame then take itt of

& Keepe itt stirring a good while

Oringe Creame is maid the same

way only without the peels & as

much yolks in that as whites

in the Lemon Creame

7 To Make Mrs Rush her x xCheescak puffs

Take 3 quarts of new milke put Runnet

to itt & when it is come whay itt & putt

itt into a Cloth & when the whay is

Run from itt breake itt small & putt to

itt 4 Eggs some Nuttmegg salt & a Loafe

of white bread grated then butter a pye

plate & lay them one itt in greate

spoonfulls & sett them in an Ouen

halfe an houer will bake them then

take them of the plate & lay them

in dishes & putt sack butter & sugar to

them

x

8 To Make quince Creame

Take your quinces when they are Ripe

scald them pare them & scrape them

& put some sugar to them & sett

them one the ffire a while stirring

itt then Rubb itt through a seiue

into Cold Creame & stirr itt well

together

x

9 To Make a Plaine Cake

Take two pound of flower & one pound

of butter & Rubb the butter in the

flower soe small that itt Cannot

bee seene two Eggs yolks & whites

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4 two spoonfulls of Creame 3 spoonfull

of Ale yeast & blend it well together

& sett it by the ffyer halfe an houer

to rise then worke in halfe a pound

of Caroway Comforts as lightly as

you can & sett itt in the ouen

hot anough for manchant & lett

itt stand halfe an houer

10 To Pickle Cucumbers

Take the best beare vinegar or if

itt be not sharp enough put in a

litle wyne vinegar make it soe

salt as to beare an Egg boyle it

till the scum Rises take it of Cleane

& put in your Cucumbers but before

it boyle put in a litle long pepper

Mace & Nuttmegg & when they begin

to Chang Colour take them of & lay

them one by one upon a board when

they are Cold lay them in a pott with

Dill ffennill & a litle spice betweene

every Roe giue the Liquer one boyl

& let it stand till itt be Cold then

pour it to them soe let them stand

one weeke then pour the liquer

from them & giue it a boyle & put

itt to them scalding hott soe doe

now & then

11 To Make Cowslipp Wine

Take 2 Gallons of watter & to Each Gallon

put a pound of sugar add to this the

white of 2 Eggs then set them one the

fier & lett them boyle an houer Continully

stirring itt then take a Bushell & halfe

of pickt Cowslipps bruise them in a stoane

morter a little put hem into a tubb

& the Liquer hott one them Couer

them & let them stand a day & a night

then straine itt through a hare seive

then take 3 or 4 tosts of browne

bread & good Ale yeast which itt must

be very sweete spread it one the tosts

one both sides & put them into the liquor

then put in 3 botles of Rennish wine

white or sack & take the Joyce of

& pill of 4 Lemmons & put into itt

then Couer itt Close with a Cloth

& when it begins to worke stirr itt &

Let it stand working 2 days then Tunn

it very Close & let it stand a month

then draw it into bottles & in euery

botle put in a Lump of Loafe sugar

& stop your botles well before you put

the yeast in you must warme such

a quanity of it as will make all blood

warme & then put in the Toasts

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5

To Make Raspisberry Wine

12 Boyle 2 Gallons of watter Gently for halfe

an houer then pour itt upon a Gallon of

Raspes & one pound of sugar & one pound

of Rasins of the sunn slit them but not

stoned put all these into an Earthen

pott & add the Joyce of 2 Lemmons

then tye one a Cover & Lett itt stand

3 days straine itt out afterwards botle

itt up

To Enamell Currants

13 Take the white of an Egg & beat it vp

very well then take of the froth

then dipp your Curants in itt & take

them out & Role them about in fine

sugar being beaten & sarched drie

your sugar before you use itt then

when your Currants are sugared laye

them upon a shelfe of paper & lett

them drye in a stoue ore the

sunn

To Make Bisketts Cakes

14 Take 15 Eggs beate them very well with

a whiske put in 2 pound & halfe of sugar

searced & when itt is well beaten in put

in two pound & halfe of flower putt in

Caraway & Aniseeds drope them upon

papers sift a Littell suger one the topp

& bake them in a quick ouen take

them of whilst host & putt one Lattices

& sett them againe in the Ouen

untill they are drye

To Drye Cherries Without Sugar

15 pull the Cherries from the stoanes then

put away all ther Joyce & boyle them

till they are as drye as you Can then

Clapp them together in little Cakes &

put them one paper one a seiue & set

them in an Ouen

16 To Make Oringe Creame

Take 3 pints of Creame & put to itt a

quarter of a pound of new Candid Eringe

Roots shread very small & a quarter

of a pound of naples Biskett Cut of all

The Browne from the topp & bottom

& slice itt very thinn into your

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6

Creame with the Eringe sett them one

the ffier & lett itt boyle very softly for

halfe an houer then pour itt into a dish

& stirr itt till itt is Cold

17 To preserve dry Aprecocks

Take a pound powdred sugar Clarifie itt

with the white of an Egg then take

a litle of the sirrup & make itt very

thinn with watter then let it boyle

up & haueing a pound of Aprecocks

redy pared very thin & a litle slite

itt the seame sid att the topp put them

into a gally pott & pour the boyling

sirrup into them lay a litle wayt

upon them to keepe them vnder the

sirrup & so let them stand Close kyvered

for 12 houers then take them out & thurst

out the stoans then take as much sirrup

as will make them swim in a presaruing

pot puting in a litle watter soe boyle

them as fast as you can for a litle

while then take them of the fyer

& those you find tender put them out

into a Cleane pot & set the rest one

againe & soe till they are all anoufe

& then pour in the hott sirrup to them

& let them stand till they are coldthe

next day then take them from the

sirrup & take halfe the other

sirrup & put them to itt & warme them

twice a day for three days together -

putting them into the pot euery time

that you warme them when you find

the sarrup any thing sharp warme them

with the other sirrup be sure not to

let them boyl when you warme them

then lay then a drying in a stoue

turning them

If you make the last sirrup

with duble fine suger they

will looke much better

18 To Make Seed Cake

Take halfe a peck of fyne flower 6 oz

of Carroway seeds a pound & halfe of

sugar beaten small mixe all these

together then a dozen of eggs with whites

well beaten a pint of sack a quart of

good Ale yeast mixe these together

then take 2 pound of butter a pint

of Creame pour it into the flower

& mixe them well together then put

in the sack & Eggs & yeast & when

all is well mingled put itt into a hoope

well buttered & flower the paper

well then put it into a prity quick

ouen & let it stand an houer &

halfe

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7

To Make A Cake as Madmoysell

19 Take 7 pints of flower 2 pound & halfe

of butter a pint of Creame melt the

butter in the Creame beate one oz

of Mace small & put into the flower

with a pound of sugar then beate

20 Eggs halfe the whites taken out

& a pint of Rose watter & a pint of

Ale barme mixe all these well together

& haue 6 pound of Currances redy

washed & dryed & maid very hott

put them in & Keepe them by a good

fyer stirring for an houer then set

itt in a quick ouen let itt stand an

hour & halfe

20 To ffine Syder

When the syder has stood about 3 days

in a Cowle Close Couered with a hare

Cloth & a nother ouer that but not soe

Close as to make it worke pour itt

from thee Lees & Tunn itt up but not

stopp & if it only Couer the Bong lest itt

worke & if it bee not Indiferent Cleare

let it stand a fortnight & draw it of

againe after which let itt stand 3

or 4 days & then take a gallon or 5

quarts of spring watter & boyle in

itt 5 or 6 oz of Iseingglasse

till the watter be halfe boyled away

& when itt is Cuole put itt into the hodgher

of syder & itt will fyne itt if your

quantity of syder be Less your quantity

of watter & Iesinglasse must be proportionable

a baited the syder will bee well fyned

in a fortnight time after putting in

he Iseing glasse & itt is afitt time

to bottell itt up

21 Mrs Chips Resei?t to Collar Beefe

Take a peece of flank beefe & salt itt a

weeke then let it Lye 3 days in pumpe

watter shifting itt once a day then take

of all the grissell strings & tuff sk..gs

skyn but keepe the great skyn as whole

as you can beate the beefe with a Roleing

pinn till it be tender & hold together

then spred it a broad season itt with

peper 2 or 3 nuttmegs a quarter of an

ounce of mace this is the quantity if the

beefe bee Larg & will make two C Collers

but if the beefe be small halfe the quanity

will sarve then take sweet yearbs & one

pound of suett shred small strew itt all

ouer the beefe & stirr itt up & downe to

make the beefe eauen & plain then

begin to Rowle itt up Like a Coller

of brawne as hard & as eauen as

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8

possibell you Can with tape when you

haue tyed it up Close then beate itt

soundly againe then draw the tape

to bind itt up hard then putt the beefe

& lapp the Coller in the skyn putting

it into a stoane pott with a quart of

Clarrett & a pint of pump watter

Couver the pot with past & bake itt

with your houshold bread & when

Cold take of the fatt hanging itt

up to draine 24 houres then wipe itt

dry & hang itt in the Chimley in a

drye Corner & keepe itt for your

use eating itt with elder vinegar the

sweete yerbs must bee sweete Margrum

time winter sauory parsly put a

Clove of Garlick in the bottom of

the pot

To Make Collops of Veale

22 Take the fleshy part of a Legg of

veale Cutt it into thynn slices &

hack it with the back of a knife

beate 6 eggs well with a Littell salt

take a littell time winter savory

& sweet Margrum shred itt &

slice itt into the eggs then put in the

veale let it stand two houres then heate

the frying pann with a peece of butter

& frye itt well with the Eggs about it

& a whole onyon then serue itt up

with some Grauie or strong broth &

an anchouy disolued in it Rub the dish

with Garlick if you haue G grauy you

may breake the knuckle boane & boyle

itt in strong Ale in sted of gray gravy

To make Jumballs Mrs Carrys

23 Take a pound of flower & a pound of

sugar 8 Eggs but two whits beate them

uery well put in what seads you

please into the flower & sugar

put into your Eggs 4 or 5 spoonfull

of Rose watter mixe all these well

together then butter your plates &

when you haue Roled them out

lay them therone your ouen must

be but Just soe hot as to Coller

a white paper

24 To Make very Good Cheescakes Mrs Carry

Take 3 pound of uery tender Curd

maid with new Milke then Grind itt

in a stoane morter fine as

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9.

wild Curds then put in a pound & halfe

of butter the yolke of 6 Eggs halfe a

nuttmegg grated a littell handfull of

grated bread 6 spoonfulls of damask

rose watter as much Creame grind

all these well together till the butter

is all broake & well mixt put in what

Currance you please make your past

with a littell Creame & butter & the

white of 2 or 3 Eggs & make itt

all Could

25 To Drie Plums Mrs Carys

After the plums bee stoaned take halfe

the waite of them in suggar & to a pound

of suggar take a quarter of a pint of

ffaire watter melt the suggar & then lay

the plums one by one in it & soe

boyle them uery softly for feare the

skynn shuld breake it is best to boyle

them but halfe a nufe att first & then

stand still the next day when they

are Could lay them one a syue & let

them not touch one the other & soe

set them into an ouen when it is warme

till they be halfe drye then dipp

a Cloth in scalding watter & wippe

them then set them in the ouen

againe & drie them upp

26 To Stew Carpes

ffirst Cutt them in the heads & make them to

bleed then put in a littell salt & wine

uinegar in the blood & Role the

Carpes in itt being well sealed then

put to them 2 or 3 Cloues a littell

mace 2 or 3 Races of Ginger bruised

a good quanity of pepper a littell

bruised 2 or 3 oynyons a Cloue or

two of Garlicke a littell horse Radish

a bundell of sweete ? herbs take as

much Clarret wine with a littell

watter as will Couer them let the

3d part bee wyne then set them a

stewing when they are a nough

disolued 2 or 3 Anchouis then take

out the Carpes & straine the licquor

into a sauce pann & beate 2 or 3

yolks of Eggs & sett the Liquor ouer

the fyer & put in a good peece

of butter & the Eggs & Keepe itt

stirring till it be thick a nough

then serue it up with sipetts

of white breade

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10

27 To Make Aprococke Cakes Mrs Carrys

Take your Apricocks & waye them before

they are pared or stoaned then take

ther wayt in dubell refinned suggar

or loafe suggar then slice them into

your suggar & let them stand till

next day. then boyle them on a

prety quick ffyer till they Come

from the pann keepe them stiring

all the while then put them into tow

molds & the set them in the stoue

when they are Could Keepe a Constant

heate to them till they are as drye

as you would haue them

28 To Make Apricocks Cheps Mrs Carrys

pare your Apricocks & slice them & make

a littell surrop with a littell suggar

& watter & boyle them a littell while

then lay them a draining from that sarrop

then boyle sume suggar to a thin

Candy & warme the Chips 5 or 6

times letting them be Could betweene

whiles then put them upon Glasses &

set them in a stoue till they are

drye

29 To pre sarue Cherrys: Mrs Carrys

take to euery pound of Cherrys a

pound of suggar & 3 spoonfull of watter

To presarue Gusberrys: Mrs Carrys

youses no noe watter only take them

out the watter you laye them in when

they are stoaned put a quarter of

a pound of suggar more then ther

wayt

30 To preserue Damsons Mrs Carry

Take a pint of watter to euery

pound of damsons & let them stand

upon the fyer 2 days still hotter

but not boyle till the last time

31 To Make ffresh Chees & Creame

take a poringer full of Cheese Curds &

beate it in a morter uery fynne

put to it the yolks of 2 Eggs & one

white a littell nuttmegg gratted & a

littell rose watter or orring flower

according to your tast

when you put in into your dish put

Cold Creame without suggar

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11.

32 To Make Lemon Cakes the Lady Cogall waye

Take the thickest Rind Lemmons pare ofe

the yallow Rine then take the white

peele & boyle it in watter till it is

so tender that you may brake itt with

the backe of a spoone shift your watter

3 times then take all the pulpe of

your Lemmons & put to it breaking

it small or Rub it throw a hare sive

then take the wayt in dubell refinded

suggar boyle it all most to suggar

againe then stire in your pulp &

scald it seat in a stoue 3 days then

put itt into Cakes & drye them in your

stoue

33 To Make Aprecocks Jumballs or any fruit

take your Aprecocks scald them in watter

till they are uery tender then draw

the pulpe throw a sive beate dubell

Refinned suggar uery small & drye

it well one a Chafing dish or in

an Ouen 2 days before that it may

be uery drye then mingell as much

suggar with your pulpe as will make

it stife like paste then Role it in long

littell Roles & tye it in what fashon

you please

Mrs Carys

34 To Make Any sort of Cleare Cakes

Dubell boyle your ffruit very quick

if it be whight then let the Cleeare be

pared from the rest & to euery pint

a pound & halfe quarter of suggar

boyle your suggar to a drye suggar

againe then poure in your Juce &

stirr it till it be scalding hot then

put it hot into your glases

you may drye it the wayt of suggar

will doe it for it will bee better then

more

35 To Make Cherrys a Cordiall & to: Keepe the m

all the yeare MrsPikes way

take a quarter of a pound of fine suggar

beate it put it into a Glace with a wide

mouth & a nutmegg slicsed a littell Cloues

Grose beaten sum sinament then fill

the glass full with Cherrys & pouer

in as much brandy as the glase will

hold set it by for a mounth & doe

not shake it you must not pull the

stoanes from the Cherrys

folio 17 verso || folio 18 recto

36 To presarue Raspes Mrs Carrys

take a pint of Juce to 2 pound of suggar

boyle it quick till it be well scume

then put in a pound & halfe of raspes

& boyle them up quick when they

looke Cleare they are a nough

put them up when they are allmost

Cold

37 To Make Aple Cakes Mrs Airs way

take the soureist Aples you Can git

Cut them in quarters from the Cors

put them in a pot & bake them with

browne bread Couer them Close

with some dowe when they are

drawne lay it in spoonfulls

upon plates & dishes & set them in

the ouen againe & an houer

after t??? turn them

38 To Make Sarrop of Oringes

to a pint of Juce take A pound

of suggar boyle it to a Candy hath

then put in your Juce & let

it Just scald

39 To Make Beene Bread or Almond

Jumballs - Mary Sandys

take a pound of Almonds blanch then

drye them in a Cloth & haue redy a

pound of uery fine suggar finly

beaten & strew some in the bottom

of your panns then Cut your Almonds

broad way uery thinn & put a laying

of Almonds & a laying of suggar

when they are all Cutt beate the

whits of 3 Eggs & as the froth

riseth put itt itnto into your suggar

& Almonds when that is all in put

in 3 spoonfull of oringe flower

watter or Rose watter then set it

one your fyer & boyle it a good

while then put in a few Caraway

seeds & when your Almonds are

prety thick haue Redy some wafers

upon pye plates & drop your Almonds

a spoonfull in a place & whilst it

is hot stick in some 4 or 5 slices

of orring & Lemmon & settron then

set them into an Ouen not uery

folio 18 verso || folio 19 recto

hott they must stand halfe an houer

but must not bee soe hot as to

Coler them

fflower Oringe watter will bee best

Caraway seed without suggar & not

put in till it is allmost dun

you may allso put in a littell Muske

you must Cutt the waffers Close

Round when all is done

40 To: Make any sort of suggar Cakes

the Best way

take fine suggar finly beaten

put it in a poringer & put into it

what Juce you please as much

as will wet it then set it upon

a Chafing dish & keep it stiring

till it is scalding hot be sure

if doe not boyle as soon eas

it it hot take it of & drop it

upon pappers strewed with fine

white suggar if it groes thick &

Could warme itt againe

41 to Make very good sasages

Take the lean of a legg of porke

put duble the weight of beef suett to it

shred both together as small as can be

& season them with a good quantity of sage

& some nutmeg & mace, & a pritty deal of

salt, & a little peper, mingle with all this

5 eggs yolkes & whites then fill the gutts

sheeps gutts are best

To Make small mead Lord Gorge

Take China .1. ounce & a halfe, of Eringo

rootts not candyed 3 ounces, of lickorish .1. ounc ounce

dryed coultsfoot 2 handfulls, 2 spriggs of Rosmary

of Resons sliced one pound, of curence halfe a

pound, of curriander seeds a quarter of an ounce

of hony 3 pints & a halfe. Boyle all thes in

5 gallons of watter (skiming the same somtim's

) untill it coms to 4 gallons, then strain it

worke it up with yest, then tunn it in .7. or .8

dayes itt will be ready to drinke, it will keep

in bottles a munth in summer, 2 in winter/

42 Bolonia Sasages

Take the bigest gutts of a hoge, & when thay

are washed clean lay them in salt 48 hours

at least, when you would use them you must

wash them in severall watters, which must be warme

& in which you must keep them while such time

thay are filled, take the leanest part of a

a legg of porke & be cure to pick it clean from

folio 19 verso || folio 20 recto

skinns, sinews, & fatt, then beat it in a stone

morter, & in the beating add a small quantity of

the best fatt, & when it is well beaten to a pomis

then take .14. ounces of white salt beaten to a

fine powder, for every 25 pounds, (Italian weight

which is .12. ounces) five ounces of hole peper,

one ounce of beatten cloves, a glass of red or

clarrett wine, wherin has bin steeped a little

scuchineall & a little muske or amber greese,

mingle them all very well together in the

morter, then fill your gutts over scallding watter

stufing them so hard that ther remaines no wind

or hollow place, then hang them in the chimley

while thay are through dry, which will be in 2

or 3 munths, & then you may eat them/

43 To make Goosbery wine

Take Goosburys when thay are allmost ripe

with the stalkes and leaves picked out, weigh

your goosburys, & bruise them very well in a

stone mortter with a wooden pestle, for every

3 pounds of goosberrys take a quart of faire watter

and a pound of lofe suger & mix them well together

then put it up into a barrell and stir it often

for 24. houres, the lett it stand a fortnight

well stoped, then draw it out into bottles, stop

them not very clos at first for fear of breaking

the bottles, but after .3. or .4. dayes you may stop

them as clos as you can, if you see at .14. dayes end

your wine is not very clear, then pour it into

other bottles at a munth or two you may begin to

spend it, it will keep the year round/

44 To make a Carrot Pudding Dr Garner

Take a 2 peny loafe grated & one good

big Carrot grated, mix these together.

Take 6 Eggs & a pinte of milke, and

halfe a pound of Butter melter thicke;

a nutmeg grated, halfe a pound of

Sugar, & a little salt. mix all these

together & bake it in an earthen Pan,

butter the pan before yow put it in.

3 quarter of an houre will bake it./

45 To make Chocolate

Take a pound of the cacao nuts finely beaten

& searsec, half a pound of hard sugar finely

beaten & searsed, an ounce of Cynamom,

quarter of oz. of Nutmeg, half quarter ounce of Ani

seede, half a drachm of long pepper, as

much of Iamaica pepper. Beate & searse

all these spices, then put in two sticks

of vanillo's beaten & searsed, \* musk &

amber as you like the taste. When all

\*two

drachms

of Achi

ote bea-

ten & searsed,

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these are poudered & well mixt, heate them in

an earthen pan till they are as hot as you

can endure your finger in it. keep it well

stirr'd that it burn not, then put it into a

mortar & beate it very fast till it begin to

oil, so as it will work like paste, then

make it into paste.

46 To make mince pyes

Parboyle a legg of mutton & mince it, take all most

as much beef suett as meat, a pound and halfe of reasons

of the sunn stone and minced, and as many currence

washed and dryed, a few dates, some orange peell, 2. or .3

pipens all minced small, 3 nutmegs, 2. or .3 cloves,

halfe a pound of suger, a little salt, some rose, or

orang flower watter, mingle thes well, & fill your pyes

47 To harsh a calves head

best way

Take a good calves head halfe boyle it,

then slice it, & leave the bones whol & keep

them hott, then take some calves sweet breads

& lamb stones, & sheeps tongues, & oxe palatts,

boyle the tongues & palatts & blanch them, &

cutt them in little peices, put them all togeather

then slice a little bacon amongest the rest

take a bottle of white wine, & .6. or 7 anchoves,

& a good bunch of sweet herbes, an union,

a lemmon peel, 2 nutmegs, 6 hard eggs minsed

& put amongest them all togeather in a frying

pan

with a good piece of butter. then for the leine a pint

of good gravey, & 6 yolkes of eggs beat them up

togeather, & when you are reddy put them into

the rest, & make it very thick & so dish it away

fry some thin tosts in eggs & a little parseley, &

the braines, to garnish out your dish & some

lemman

48 To Stew a Rump of Beef

Take a rump of beef & take out the

great bones, then season it with salt

nutmeg, mace & a little pepper & stop

your lean parts with beef sewet shread

very fine & mingled with cloves, nutmegs

mace, pepper & salt, & stuff it in very

hard. put it into an earthen pott or pip-

kin, & put thereto a quarter or better of

white or clarret wine, a pinte of wine vin

egar, & six onyons pretty big cleft in sundar

a bundle of sweet herbs & season it with salt

to please your pallate. Then put as much wa

ter to it as will cover it & so let it stew

gently, at least six houres. When you take

it up to dish it, skum of the fat & take

away the onyons & herbs, & put it into a

larg dish powring the liquor upon it.

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49 To roste an hare in the skin

put into the belly an handfull of winter sa-

vory & some other sweet herbs, mince them

small with some nutmeg pepper & salt,

half a penny loaf of grated bread, with al-

most a pound of butter. mix altogether

& sow up the belly, and when you lay it

to the fire baste it with bear & salt, till

the furr & skin peel off. And when you

have pulled that off, baste it well with

butter till it be inough.

50. To make a fricasee of Chicken

Take a couple of chickens, flea them & cutt

them in peices; set them a frying in a frying

pan with as much clean water as will cover

them. Let them boil till almost all the water

be boild away. put in a good peice of butter

& some salt, let it boil a good while, Then

put in halfe ^ a pinte of white wine, & let that boil

till it come to the quantity you would have your

sauce of. Then mingle the yolks of three

egg with the juyce of a Limmon, and when

it is boild inough, putt it in. Let it boil one

or two walmes after the eggs are in, & dish

it up with sippets. if no Limmon, put in a

little Vinegar.

22

51 To stew a Calfshead

Boil the head a little, take it out & cutt it

in slices, stirr it between two dishes with cla

ret wine & a clove or two & some Limmons

with the brains & a little sage & parsley.

when it is taken off put some butter to it.

52. To stew a pike

Take a little water, white wine, vinegar &

salt; set them over the fire; take the fish,

wash & scale it & wash it & put it into the

liquor with a bundle of sweet herbs & a

flake of Mace, two cloves of garlick. Take

a little horsRadish root, scrape it, the quantity of half

a spoonfull. put into a pinte of oysters & a

quarter of pound of butter. So serve it up with

sippets of white bread & the juyce of a Limon.

53. To boil a Carp

Take a little water & claret wine or white wine

Vinegar; set it over the fire. Take the carp, scale

it, wash it & sowe the blood & put it into the

liquor together with the Carp; with some salt, 3.

cloves of garlick, one Anchove & a bundle of

sweet herbs a flake of Mace & a quarter of pound

of butter. Serve it with sippets, put the liquor upon

it with the juyce of Oreng or Limon.

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54 To stew a cla calfs head

Boil the head tender & cutt it with the tongue

into thin small slices, only the eyes left with a

little on the jawbones. Take a pinte of oysters

with the liquor & half a pinte of white or claret

wine, two or 3. Anchoves, spoonfull of capers, a

little nutmeg, 6. cloves, a bunch of time, & sweet

Marjoram, a peice of an onyon; let all these

stew half an hour or less. Take out the herbs

& onyon, & dish it in a broad dish. The brains

being boild with some sage break them well with

half a pound of butter & a little vinegar, & some

shred limon. powre it all over, laying the eyes

first to the jawbones with on the meat. If you

have no oysters, put not in so may Anchoves

but more Limon. It will do well to lay some

slices of bacon boild or fried, & sausage meat

with sippet in the bottom.

55 To dress mushroms hott

Take Mushroms new gathred, pair off the outside

if they be not wormeaten; take them & quarter

them, with parsly & onyons shred small. put

them into a skellet with a bundle of sweet herbs

& season the mushroms with pepper & salt.

Boil them till the liquor be all wasted; put

to them as much cream as will cover them.

Boil it till it be thick & put in a slice of

butter & serve it up.

56 Pease pottage from the Cook in

Suffolk Street

Take two quarts of pease to two gallons & a

halfe of water. when they are very well

boild, strain them through a Cullendar; and if

you would make a quart of pottage, take al

most a pinte of the pease broth & add to

it as much of strong or jelly broth that hath

hath no thickning in it; and half a pinte of

new milk. Then take two ounces of bacon &

stick 4. cloves into it. Shred into it an hand-

full of sorrel & spinage, with a little Mint.

When it boils, put into it the quantity of a small egg

of sweet butter & half a penny loaf sliced

thin. Then season it with a little white

pepper beaten small, & some salt. As soon as

it boils the first time, put in the bread &

butter. When it boils the 2d time dish it

up.

57 French pottage

Take a capon & neck of veal, boil them in

mutton broth. When it is half boild put in an

onyon stuck with cloves. Boil the Capon very ten

der, & take it up. Let the veal boil to mash,

Then take turnips & carrots cutt into little peices,

boil then in a pan with fair water & 5. or 6.

onyons. When they are boild strain the water

from them & take out the onyons. Then take

out the clear broth from the veal & putt it into

folio 23 verso || folio 24 recto

a stewing pan with the turneps & carrots & let

it boil a quarter of an hour. Thicken the broth

with a little burnt butter or a ladle full of drip-

ping & ^ some flour. Season it with salt, slice bread

in the bottom of the dish. Lay the Capon in

the dish & poure out the broth with half

a pinte of gravy.

58 To make a Hare pye

Take the hare, break all the bones, quarter

it, season it with pepper & salt & little nut

meg. put it into the pye with 2. or 3. ony-

ons. a pound & half or 2. pound of butter.

serve it in hot with a glass of French wine

when it is taken out of the Oven.

59 Sauce for a Shoulder of Mutton

When the Mutton is half inough, prick it that

the gravy may run out. put to it a little

onyon water, a blade of Mace, a little butter

beaten thick, & one Anchove shred small &

dissolved in it Serve it up with the meat,

with oysters stewed in the gravy & water, be-

fore you put in the butter. The Anchove

dissolved in the gravy before you put in the

water is the best way.

60 Sauce for a fillit or Shoulder of veal

Take a little watter & shred a few sweet herbs

into it & few currence & boyle them well together

boyle 2 eggs hard & mince them small, a little

beatten butter, 2 or 3 spoonfulls of wine or

vargis, a little suger, mix all togeather and

pour it hott on your veal/

61 Sauce for any fresh fish

Take a little watter & a little vergis &

boyle in it a oynion & a bundle of sweet herbs

a blade of mace, & a few oysters stewed if you

have any, then put to it a little beaten butter

& desolve an anchove in it/

62 To make Jelly broth

Take 5 pints of watter, a pint of white wine

allso the knuckells of veal, & little end of a rack

of mutton, or in steed of that a cock, and boyle

in it, put not the whit wine till it be halfe

boyled, put in a crust of bread, a bundle of sweet

herbs, & some salt, lett it boyle till it is halfe

enough then put in halfe a candyed lemmon, as muc

much orange, & as much citron all sliced very thin

& your white wine must be put in then, you may put

in capers if you pleas/

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63. To make Pottage

Take a leg of Beef & break the bones

very well & boil it to make strong

broth; then take the flesh of a leg

of mutton & a good peice of veal, all

without salt; shred it very small with an

onyon & put it into a frying pan with

a peice of butter & let it fry a little

stirring in a little flower; and let your

strong broth be put to there a little at

a time & stirring it while you have

enough for your use. When you have

a while fryed all these together, powre

all into a stew-pan, letting it boil out

the strength of the meat. you may

put in some cloves, a little whole pep-

per, with a little gravy & a bundle of

sweet herbs. Let all boil together

till your broth be strong enough. you

must let some white bread cutt very

thin, be dryed ready, very crisp to

lay in the bottom of the dish you serve

it in : and on the top just when it

goes to the Table. You may boil some

herbs green & garnish your dish: and if

in pease time you may boil some green pease

and try them with sweet butter and

put them into the pottage. You may

also garnish your dish with a breast of

mutton fryed.

64 To make Ginger bread

Take 3 pound of flour, one pound

& half of honey, one pound of Sugar,

one ounce of Ginger finely beaten &

searsed, set your sugar & honey on

the fire to clarify them; When it

is scumd, cutt in some candied oreng &

limmon peel & citron in long thin

slices. Not so much Orang peel as lim

mon or Citron. Wett your flour with

this, make it into rolls, and flour

or butter your Paper or tin moulds

and bake them in a temperate Oven

that they do not burn. Therefore try

it by throwing in a little flour till

it hardly colours it Half an hour

will bake them inough. Let them

lye in a dry place & they will keep

many year.

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65 To make Sausages to fry

Take a pound of veal or Mutton & three

pound of beef suet, mince them very fine

then season them with pepper salt and

Nutmeg & a good handfull of sage; as

many oysters as you think fitting Then

work it up with the yolk of 5. or 6.

eggs. so fry them for your use.

66 To fry steaks

Take as neck of Mutton & cutt it in

steaks, beat them with a rolling pin pretty

thin, but do not break the bones. Lay

them upon a cloth & strew a little salt

on them a little before you fry them.

Take a chop of Mutton, & a little cla

ret wine, a bunch of sweet herbs &

an Anchove & ?et let them boil a pritty

while. Then put to them it some gravy

& heate the pan hott & lay in the

meate & fry them very well? white

There must be nothing in the pan but

only the meate. Put them in a dish, &

set them upon coales, then powre on Sauce

& stew them with a little chalote and

whole pepper; and serve them up with

tosted sippets.

67. an Orenge pudding

Take halfe a pound of Butter & work

it till it be like Cream, then add a quarter

of a pound of sugar & the rinde of one

oreng cutt small, with the yolks of ten

Eggs, stirr it well together. you must

have a thin paste on the bottom of the

dish & another on the top of the

pudding; but cutt it so that the pudding

may be seen ^ less than Half an hour will bake

it

68. To picke Cucumbers Cosin Stones way

Take the best beer Vinegar; if it be not

sharp inough, put to it a little Wine Vinegar

Make it so salt as to bear an Egg

and then put in a little long-pepper, Mace

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and Nutmeg, boil it till the scumme rises,

take it off clean & put in the Cucumbers

and when they begin to change colour take

them off & lay them one by one on a board.

When they are cold, lay them in a pott with

Dill, Fennil & a little spice, between e-

very row. Give the liquor one boil & let

it stand till its cold, then powre it to them

& let it stand a week. Then powre the

liquor from them & give it a boil, and

putt it to them scalding hott; so do now

and then.

69 To make Raisin Wine

Take two Gallons of water & boil it; take

off the scum that rises & then take 4.

pound of the best Raisins & stone them,

with a pound & half of loafe sugar: 3

limmons, the peel of two if them, Put

the water into an earthen vessel & put all

the other things into it whilst it is hott &

let them stand 2. dayes, stopping up the

vessel very close. Then strain it through

a Gelly bagg & bottle it up ten dayes or a

forthnight before you intend to drink it.

70 To make French bread

Take half a peck of fine flour, the

yolks of two eggs, half a quarter of a

pound of butter, and some salt, a quarter

of a pinte of good yest; warm some milk

& putt to the yest; stirr it well toge-

ther, with a little warm water. Wrap

it in a cloth & lay it riseing by the

fire.

81 to make clean plate

mingle a little Brandy with white wine,

and put some cholke, or whiten in it, and

Scour your plate with it, it will fetch out

any staine or spots, and make it looke like

new, as allso for guilt plate

872. To make the Bambury Cake

Take flower well dryed in the oven, measure

a gallon of it into a pan, then put in 3 nutmegs &

as much ginger, and mace, with sum cloves dryed

& finely beaten, then bruse your salt & safron in fine

powder & put it into your flower, & make a hole in the

midle of it & put it into 2 pound of fresh butter cold

then take 4 pounds of currence & strew them in your

flower then take a pint of good raw cream & when

it is ready to boyle put in halfe a pound of almonds

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finely beaten with rose watter, or cream, & a

quorter of a pint of sack put this into your hott

cream then put it into your flower & butter, and

straine in a pint of good barme being first

very well beaten with 6 yolkes & 3 whites of

eggs, then mix all thes together & when it

is risen worke in it a pound of caraway cumfits

& so bake it in a hoop of lattin, or wood bored

full of holes & when it is baked draw it to the

mouth of your oven & wash it over with feathers

with this Ising. Take a quorter of a pound of

butter, & as much fine searched suger, & put in

it 6 spoonfulls of rose watter two graines of amber

greece, melt all thes togeather on the coales, and

when it is mellted beat it in a dish with a spoone &

so wash your cake and lett it stand a quorter of an

houre then take it out of the oven; lett your hoop

be well buttered /

28

73 To dress a cods head

Wash your head very clean & salt it for an houre

then boyle it till it is enough in such liquor as

you doe other fish, for sauce take halfe a pint of

strong gravy & halfe a pint of white wine, a quort

of oysters, another of shrimps, put thes into

a sauce pan with sum of the liquor you boyle

it in & 3 anchoves, 2 shalotts, thicken this with

the yolks of 6 eggs, a pound of butter lay larg sippetts

of whit bread with shr ed capers on them, between your

sipetts lay little fish fryed & elle & oysters fryed

& slices of lemmon send it up hott, & draine it

well before you put your sauce to it /

74 to make a chiken pye Sis Purdon

take fore fatt chiken well scalde and and clean

dran cutt euery chike in for quartars seson them

with salt and spice and lay the quartars in your pye

thro in a litle hole pepar take some sweet breads

of ueall and palats of beens and boyle them

then slise them and lay them in the pye ten har

tychoke botams well boyled and cutt in halfe when

you haue layd all into the pye with 6 yuolks of hard egs ciuer it ouer with butur

soe ledit and forget not to put in a good handfull of sug

sugar into ^ it when its baked put in this caudle

take a pint of whit wine and a pint of uag uargis

slice in the pill of a lemon and a nutmag putt

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a handfull of whit sugar in to it beat the

yeulks of ten egs put them in to the wine and

uarges and sett it ouer the fiar stiring it all

the while when it begins to groe a litle thick

draw the pye out of the ouen and put in the

caudle

74: To Make Sawce for Cold Meat

Take the yolks of 3: Eggs Bruse them

very well with a spoon then take 3: or 4

Anchoves wash'd & Bon'd Mash them

very fine Mix them well withthe Eggs

with a Little Mustard & fine Minced

Lemon peel put to these a Little

Lemon Juce with sume venegar and

Onion sliced Into water to make

it of the thickness of Caviare you

must stir all these things well

togather & put in a sawsser

75 To Make Biskets

cousen Sandys

Take one pound of Loafe Sugar beatn

and searsed, put to it the yolkes of seaven

eggs, 4 whits, & 8 sponfulls of Roase water

beate thees together in a pan with a ???

whiske vntill it is white & thicke when you=

are ^ iust Redy to put them into the oven stir in ?????

twelve ounces of ffine flower dryed & Cold

i Butter the pans ^ & as you fill them search double

Refine suger & sett ^ them Quick, into a Quick ouen

To make Bisket Cakes . Sister Jephson

Take 15. eggs & beate them very well with

a whisk. put in a pound & half of sugar

searced: and when it is all well beaten add

two pound & half of flour, with as much Ca-

rawayes & Aniseed as you like. Drop them on

papers; sift a little sugar on the top and

bake them in a quick oven. Take them out

hot & put them on latises, & set them into

the oven again till they be dry

folio 29 verso || folio 30 recto

76 To make almon bisketts Raw good

cousin Sandys

Take a pound of almons & lay them in Cold water

ouer night to blanch them; Take a pound of

duble Refined Suger beatn & searc^hed; Then

take tenn Eggs beate the white of fflower of them

with halfe of the Suger then beate the almons

to a fine past, putting in the rest of the Suger

by degrees into the almons, & when it is a fine

past put in your Eggs and beate them very well

to geather; butter your pane & when you fill them

Search a Little Sugar ouer them and when

they are baked; putt them in againe to dry

77 A pottage Sister Jephson

Take a good quantity of onions &

boil them whole in water, with

whole pepper & salt half an houre. Strain

the liquor from them & put to it

the scragg end of a neck of Mutton

with such herbs as you please or

pease, & boil a while. When it

is served it up put a little butter to

it, with sippets of bread put in a dish

over some coles, & softened with some of

the broth it is good without any meat.

78 cousin Sandys Oreng Bisket

Take of the best Sivil orenges, pare

them very thick, & boil the peels in a good

quantity of water (the water boiling be-

fore you put them in) and let them boil prit

ty fast till they are tender.Then take

them out & drain them well from the water

& dry them with a cloth. Cut out all the

white from the outside, & then putting them

into a stone Mortar, beate them as Small

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as you can. When they are well beaten,

take them out & weigh them. To every half

pound of p?? peel put three quarters of a

pound of Sugar, which must be finely beaten

Then put both into the mortar again &

beat them together, till they are well mixed.

Then take it out, & with a knife spread

it upon peices of glass, & set it into a

stove, or any place where the Sun or fire

may come to it. When it is dry on the

top, cutt it into square peices, & turn the

other side. And so let them stand till they

are dry inough to carry in your pocket.

79. Mrs Gore

To Stew Pippins

Take of the largest & palest pippins, cutt

them in halves, core & pare them put

20. of them in water. If the pan will hold

them, to this number take a pound of Su-

gar, and beate it very fine, and have the

peel of a Limmon minced very Small.

Then take 3. pintes of water, put the limmo n

peel into the water, & halfe the Sugar,

Then wash the apples very well & put

them in the water, the cutt side upward:

they must lye one by one in the pan. Then

cover them with a dish close, and set them

over a clear charcole fire to boil as quick

as may be; shakeing them now & then.

Squuze juyce of Limmon into the other half

of the Sugar, & make it thin with some

of the Syrup out of the pan. When the

Apples are very tender & begin to look clear,

take them of, pour the Sugar & limmon

on them, and cover them close with a cover

& cloth till they are cold. They will keep a

week in the house if the peels be good; and

look as clear as if preserved.

Mrs Gore

80 An exellent receit to preserve Citron

Rub the Citron well with bay salt, & then lay

them in water one day & night, & shift

the water. Then cut them in Quarters,

& take out seeds & juyce. Then let them

lye in water one night. Then put them into

a good quantity of cold water, & set them over

a quick charcoal fire, boiling them apace

till they are tender. If you would have them

taste much of the peel, then shift not the

water; but if you would not, then shift it

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two or 3. times. Let the fresh water boil when

you put in the Citron. Then take out the

peices; & laying them one by one upon a cloth,

take to every pound of Citron (weighing it be-

fore you boil it) two pound of fine Sugar, al-

most half a pinte of water to every pound of

Citron. And set it over a quick charcoal fire,

and when it boiles power in, to the quantity

of 4. pound of Citron, a quart of the best

Rhenish wine, or for want of that, white

wine. When it hath boiled again & you haue

scummed it well, wring in through a strainer

all the juyce of the Citron. Then let it boil

pretty fast, scumming it all the while, till it

looks clear. Then put the Citron as close

as you can into a pott without bruising it, &

strain syrup to cover it, & when they

are cold cover them. The next morning pour

out the syrup & makeing it scalding hot, pour

it into them again, putting the peices upper-

most that were undermost the day before.

And so heate it for 7. or 8. dayes together.

It will not be the worse if it should lye in

the syrup a fortnight or longer. Then take

the peel of 6. or 7. orenges being first wa-

tred & boil them tender in two waters:

Then cut them into ?? long marrow peices

slices & even peices. Then take 20. Iohn

Apples & 15. pippins fair pippins which

must must not be mellow & make pippin gelly with

them. Then put in a good big peice of ^ double refined Sugar

more then the weight of the pippin water, be-

cause of the juce of the Limmons. Put in the

oreng peel & set it over a clean charcoal fire

& scum it clean, and when it has boiled long

enough to gelly, then strain in the juyce of 6.

fair limmons & when it is gellied inough then

put in a little amber grise in a bitt of tiffany

and let it boil a little. Then take the Ci-

tron out of any strings that maybe in the

inside of the Citron, and cutt it into what seli

slices you think good that the syrup may cover

them. Then fill up the glasses with the gelly

of pippins; you may do some of the Citron with

the peel on it, & pare the rest.

You may keep some in syrup & put it into

gelly, as you please, it will be the better.

81. To make Italian Cream Mrs Gore

Take a dossen white of Eggs, beate them

up to froth, with two or 3. spoonfulls of sack

Then let it stand & settle before you take off the

froth which you must put into another Basin

and so do till it is all beate up into a froth

letting it stand a little to settlebefore you take

it off, that the froth may be the firmer

Then take a Quart of fresh Cream not

folio 32 verso || folio 33 recto

too thick & boil it with a little Cinnamon

Mace, & Nutmeg till it have a convenient

taste of the spice. Then take it out and

sweeten the Cream upon the fire with some

fine sugar. Then stirr in your whites of

eggs which you have beaten, & let them have

a boil or two. Then take it off & pour it

into the thing you serve it in. If you

like it better perfumed, it is best to perfume

your sugar; which you may do by laying Musk

or Ambergrise in the sugar over night

82 Mrs Gore A rich Cake

Take 15. pound of flowr, & 15. pound

of Currance (weighed after they are wash

ed) three pound & half of Citron sliced

half a pound of oreng peel cut in smaller

peices than the Citron, six ounces of Musk

Comfits beaten, two oz. of all sorts of spi-

ces beaten together & sifted, a pound &

half of sugar beaten & sifted, one ounce

and quarter of Carroway seeds, one good

spoonfull of salt. Mix all these well

together with the s??? flowr, just when

you are ready to make your cake. Then

take three score eggs; and but twenty

of the whites; beate them very well

with 4. or 5. spoonfull of Rosewater

and three quarters of a pinte of sack. Then

take seven pints & half of good Ale yest,

put it to your eggs & so strain them all

through a sive. Then take 3. pints of

Cream, 3. pound & half of Butter, cutt

into it when it is cold. Set it on the fire

till it be scalding hot; but let it not

boil. When this is done, take your flowr

& fruit in the thing you mix your cake

in, and lay it up very high in the middle,

and then powr the Cream & butter on

one side, & the yest & eggs on the other

and so stir it round with your hands till

it be well mixed. Then set it by the

fire to rise for half an hour, being coverd

with a cloth that must first be a little

flowred. And then put it into the oven;

one hour & half will bake it, if the oven

be hot

Two yards & a nail makes a hoop of

a good size for this cake.

To ice it very thick you must take 7.

pound of double refined sugar beate and

sifted, and then whites of eggs well bea

ten, which must be mixed with five pound

of the sugar. Beate them very well to=

gether, and make it so thick that you

may spread it with a knife upon the

Cake: when this is laid on, set it in

folio 33 verso || folio 34 recto

just at the mouth of the oven till the

iceing be hardned, but not at all colou-

red Then take it out; mix your other 2.

pound of sugar with whites of Eggs, as

before, but not near so thick. Lay it

upon the Cake that it may run all over the

Cake, & be a smooth Ice. If the heate

of the cake do not harden this, you may

set it a little at the mouth of the Oven

83 Mrs Gore Limmon Marmalade

Take a pound of double refined sugar,

and beate it; a pound of pippins & 2.

pippins above a pound; pare them and

chop them as small as you can cut them

into a skillet; first strewing sugar at

the bottom. And as you cut them strow

sugar upon them. Set them on the

fire, & put in a quarter or half a pinte

of water & let them boil till they look

clear. Then take two Limmon, pare them

very thick, & boil the peels till they

be very tender. Then mince them very

small, cutting away as much of the white

as you can after they are boiled. put

them to the pippins & let them boil,

till you think they will gelly. Then

take it off from the fire, and put in the

juyce of both the Limmons, & let it

just boil & no more. Then take it off

and put it in your gelly glasses. You must

strow the sugar on, as it is aboiling.

Add to this a quarter of a pinte of pippin

gelly, let it boil a little before the juyce

of Limmons goes in, and allow a quarter

of a pound of Sugar more. This will make

it turn out very firm.

84 A Brown Frikase Mrs Gore

Take chickens, pull off the skins, cutt them

into little peices, put them into water with

a whole onion & a bunch of sweet herbs

so set them on the fire, and let them

stew a while. Then put in a little cha-

lot, whole pepper, salt, & a blade of Mace

Let them stand & stew till they are very

tender. Then take the meate out from the

liquor & fry it with butter till it be a

little browned. Then take a little claret

wine, a spoonfull or two of Verjuyce, 3.

or 4. yolks of eggs, beate them well to

gether, and put them to the liquor the

meate was stewed in: and then powr it

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all upon your meate in the frying pan.

As you hold it over the fire shake it round

about, all the while, that the Eggs may

not curdle. And when it is well mixed

& the liquor very thick, it is inough.

Then powr it altogether into the dish. In

in which it must be served up. This dish

may be inlarged & trimmed out with meat

balls fried with small chickens or pigeons

cutt in half & broiled & laid round.

If you would make this a white Frykase

the meate must not be fried by it self

at all, but put altogether into the pan

with the liquor & Eggs & white wine

or strong Cydar. And the balls must be

stewed with the meate about half an

hour before it be inough.

Gravy in the brown Frykase, mends it

much

85 To dry tongues. Mrs Gore

Take the largest neats tongues; make

a hole in either side with a little knife

and put in as much salt peter or salt prunella as will lye

upon a penny. Make two holes more

about the tip of the tongue & at the

root; put in the same quantity of salt

peter Then salt them with ordinary

salt, & let them lye some dayes. Then

salt them again & let then lye a forth

night. Then stretch them out & hang

them up to dry. Boil them as you use

them.

86 To make a French pottage Mrs Gore

Take a leg of bief and break it wel, and put

it into a little pot that wil just hold it. Let it boil

on a soft fire, set on by seaven of the clock

in the morning: Scum it very wel, and put in

a pint of the best white pease. Let them boil

together til the meat is boiled tender. Then

strein out the broth into a little pot; then take

an handfull of Sorrel, as much Spinage, & as

much white beet, a little Chervil, a pretty

deal of Lettuce, Sweet Marioram, speremint

half an handful of water Cresses wash and

pick them cleane, & give them a chop or two.

put them in the broth when it is almost boild

enough, with a slice of Bacon, some cloves, white

pepper. Then cut a penny Loaf in thin slices &

tost them brown or fry them in a pan with

butter. Then put in the dish you serve it in Some

chippings of white bread, & a little of the broth

Let it Simper a little on a chafing dish of coles

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scum the fat off clean, then put in a good piece

of fresh butter. Before you put it into the

dish you may put in Asparagras, or Green pease

or Cucumbers, or balls of forced meat, as

they bee in season./

Mrs Gore

87 Beife ala mode.

Take the middle peice of the buttock of bief

let it be very wel salted, with bay salt (cut of

the hanging fat) for twenty four houres. then

take bay salt, salt peter, cloves, mace, nut=

=megs, and a little white pepper les than of the

other spices, beat al theise together very wel.

then take al sorts of sweet herbs as you like

and slice them very smal. Mix the salts and

spices wel together; then take the fat of bacon

& cut it into square bits, such as are vsed for

Larding, but bigger, & stuff the beif withthe bacon

dipt & rould in the mixture of salts and spices

Then put it into a glazed pot pretty fit for it,

& put therin whole Mace, cloves, white pepper

of each a smal quantity with a bunch of sweet herbs

an onyon or 2 quartered, rosemary & bay leaves

strewed on the top & put in as much claret as will

cover the beif. Set it into the oven having first covered

the pot with a paste./

88 Mrs Gore To make an Almond Cream.

Take a quarter of a pound of Almonds, beat

them very wel with a spoonful or two of Rose=

=water. Then put them into a pint of Cream

& mix them wel together. Then strein it

through a cloth, or streiner, & put the cream

into a Glass churn, being first sweetned, and

beat it til it bee as thick as butter just ready

to come. then put it into the dish or glas

you serve it in. There must be a blade of Mace

put into the Cream as you beat it./

89 Mrs Gore

To make Almond Custard

Take a quarter of a pound of Almonds blanched in

cold water; Cut them in thin slices, & mince them smal

then put them into a quart of Cream. When the Almonds are

al in, set the Cream on the fire with a blade of mace. &

boyl it. when you take it off, put in some Green

Citron, minced smal as the Almonds, til it is as thick

with Citron & Almonds, as you like it. Then take

a spoonful of Rose water, or orang flower water

put them into the Cream, & set it on the fire, & let it

stand til it be thick stirring it al the while.

When you take it off put it into the dish or glass

you serve it in. When it is cold stick it on the top

with long peices of the greenest of the Citron.

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Mrs Gore

90 To make a Good Plum Cake.

Take 5 pound of Corans one pound of raysins of

the Sunn, stoned & shred three quarters of an ounce of

al sorts of spice together viz: cloves, mace, nutmegs

& a little Ginger. Three quarters of a pound of sugar

beaten & sifted. a quarter of an ounce of Caraway

seeds, half a smal spoonful of salt. Mix al theese

with six pounds of fine flower. Then take i5 eggs &

but half the whites, beat them very wel with a

quarter of a pint of sack, and a spoonful of Rose

=water. then put to them a larg quart of Good Ale

=yest, & strein them thorough an hair Sieve. Then

take a pint & half of Cream, a pound & quarter of

butter Cut it cold into the Cream. then set them on

the fire til the Cream be Scalding hot, but it must

not boyl. Then mix your Cake. Lay it high the

flower high in the middle, & pour your yest and

Eggs on one side, & the Cream & butter on the other

so stir it round til it bee wel mixed. Then set

it by the Oven. three quarters of an hour will

bake it. then take it out and ice it with a pound

of sugar wet with a little water & pour it over the

cake, spread it with a feather, & set it into

the Oven to harden./

91 To Make A Good Boiled Custard

Mrs Gore

Take a quart of cream & boile it with

some nutmeg cut in bits with some Mace

& Sinamon, & when it tasts strong enufe

of the spice sweeten it to your pallate

and when the suger is all melted take it

of the firer, and when it is cooll enufe

stire in 10 yolks of eggs well beaten:

with a spoonfull ^ of sack half a spoonfull

of orang flower water if you like it,

you must stire it all ine way after you

set it on the firer with the eggs in it

tell it be very thick, then strain it

through a corse hare seive in a ba=

=son & fill your Custard dishes: if you

make them the day before you use them

thay will ^ be the better & thicker

folio 37 verso || folio 38 recto

92 Cousin Stons peas potage without meat

When your peas are boyled very tender straine

from them what quantity of broth you will

use & put it into a dish over the fire putt into

it a good quantity of herbs, ^ of what sort you like only mint if you

can get no other: a cuple of onions, 2. or 3 anchove

some balls of sasages and a little of brused to peeces

into the broth, some salt & a little small peper,

a peece of butter, & sum slices of bakeon very

thin & fryed crisp thin tosts of white bread

in the dish you serve it up/

cousin Sand Orang & lemmon watter

93

Pare twelve or. 14. large oranges as thin as you can

put the pareings into a quort bottle of brandy

lett them be clos stoped 3 dayes, then pour that

of & put to them peels a quort of watter lett that

stand 3 dayes more, then mingle the watters

togeather and ad about three quorters of a pound

of loafe suger or sweeten it to your tast, stir it

well togeather, and straine it through a duble

tifeny, and if you would have it extream cleir

through brown paper too but then it looses somwhat

of its strength it is so long runing through the

paper. duble refined suger is best, keep it stopd

94 Cousen Grenvil'spudings

Take good sweet cream boyle it, grate as

much bread as will make it pritty thick and

put into it as soon as you take it of the fire,

then cover it up closs, and to every halfe pint

of creame put two eggs beat them very well &

straine them, and when the cream is pritty

cold mingle all togeather and season it with

suger and nutmegg and a little rose watter, &

a little salt, put it into wooden dishes, but

before you fill the dishes boyle them & then

butter the insides and fill them full & flower

the tops and ty them up clos in cloths and

keep them constantly boyleing for a little more

than halfe an hour, turn them out and for

the sauce some sack suger and butter beat to=

geather you may stick them with slices of

^candyed citron, orang, or lemmon peel, or of blanched almonds

Lady Stuart To make Damson wine

95

Take eight gallons of watter and .32. pounds

of malego reasons, and one bushell if ripe

damsons, put them in a tub for 6 dayes, keeping

them covered, and stir them with a stick twice

or thrice every day, then lett them stand .6.

dayes with out stiring, then draw the watter

out of the vessell and collor itt with sirrup of damsons

that it be as deep as claret wine, then put it in=

=to a runlette stop it clos for a fortnight, then botle

it up & corke it fastast, tyeing down the corkes

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3 pints of sirup will sweetten 4 gallons of the

watter which is more than can be drawn of

this quantity, unless you add a little more watter

than the resait, for the reasons suck up a good deal

if not sweet enough ad a little knub of suger to

every bottle

96 To make Almond Butter

Take a pinte of Cream & boyl it, then put

to it eight eggs, with the whites, very well

broken: put them over the fire again, &

stirr them all the time, till they grow thick.

If there be any whey strain it through a hair

sieve. put to the eggs & cream six ounces

of fine sugar, and then rubb all through a

sieve, & let it stand till it be cold.

Blanch 4 ounces of Almonds & beate them very

well; put to them a quar some Rose or oreng

flowr water (according as you like it) stirr

them altogether & dish it out.

97 To brown Butter

Take ^ half a pound of Butter, brown it in a fry-

ing pan very brown, boyling it till it be so.

Then putting in half a handfull of flower,

put it over fire again, keeping it stirring till it

be brown. Take care it burn not tro.

This butter gives stewed fish or hashes an

high rellish.

98 Couslip Wine. Cus. S.

Take six gallons of water & ten pound of

pouder sugar, three or 4. whites of Eggs well beaten

& put into the water cold. Then let it boil

3. quarters of an hour: Take off the scum very

clean, & then take it off the fire & powre it upon

the cowslips, being all bruised, the heads only

pulled off, & without the stalks. When it is

cold put in two spoonfuls of good Ale yeast,

& a pinte of syrrup of Limmons well beaten

together. The next day put in 3. Limon peels

& the juyce of two. Let it stand 4. dayes.

Then strain it out & put it in a cask. Be

sure to fill the cask that may purge. And

when it hath done working, stop it up very close

for a fortnight. Then bottle it, & put into

every bottle a little knub of sugar, stopping it

down fast. Four dayes after give the bot-

tles a little aire, opening them again. For it

prevents their flying

99 To pickle walnuts Mrs Child

put your walnuts in water & salt seven dayes

shifting them every day with fresh water & salt.

Then boil them in clean water until they be soft

shifting the water 3. times. Take them out into

a seive till they be cold

For Pickle

Take a quart of Mustardseed 3. quart of

white wine vinegar & one quart of white wine

Ginger, Nutmegs, cloves & mace, a little

salt with some Garlick, or chalot. Boil all

together. when cold put them together in

folio 39 verso || folio 40 recto

in an earthen pott

100. To make a Sugar luaf of Cream

Take a quarter of a pound of Hartshorn, & put

to it a pottle of fair water, & let it stand close

covered till it be consumed to a pinte. When you

first put in this water, you must allso put in

two ounces of Iceing glass, & so let them

stew together; till they come (as was said) to

a pinte Then strain it & let it cool. Then

take three pintes of good, thick sweet Cream

& boil it with Nutmegs & larg Mace & a

stick of Cinnamon. Then take a pound of

fine blancht Almonds, & beate the m extream

small, & keep them white in the beating by

putting in Rose or oreng flowre water. Then

mix the Cream & Almonds together & strain

it hard out through a strainer. Then melt

your pinte of gelly & powre that out into the

Cream & sweeten it with sugar very well

And perfume it with Musk, Amber grise, &

a little Rose-water. Put it into a glass, made

in fashion of a Sugar loaf, & so when it is

cold, it will be a firm sugar loaf, which

put forth

101. To make balls

Take a little veal or mutton & the like quantity of

suet with a bit of fat Bacon, sweet herbs & one

onion or two, a little pepper, Nutmeg & salt in

it. Mix it together with 4. yolks of Eggs beate,

make it up into balls & boil them in broth or

what you please

These may be used in Fricacies or pottage.

102 To pot Duck or Teale

Bone & skin them, & haveing beaten

them very well with butter, then season

them with a good deal of salt & some

pepper & spice & a little herbs, but not

to be tasted any one of them. Bake it with

brown bread in a pott & when it is cold

take it out, & if there be any gravy powre

it out & scrape all the moisture from

the bottom of the meate. Put it into the

pot again & into the oven or into a skil

let till it be through hot: then cover

it quite over with butter, & it will keep

good an whole year.

103. To preserve green plumbs

Take your plums before they begin

to turn colour, put them into a skil

let of almost boiling hot water, & let

them lye till you find the skin will scrape

off. Then take the skillet off the fire

& take out some of the water & put

in some cold, for if they stand too hot

after the skins will come off, they will

be too tender. Then haue another

skillet of water just warm, to put

them in as fast as you peel them, &

keep it covered; when they are all

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scraped put more fire to make them

almost scalding hot, and when they

are as green as you like them, take

to every pound of plums a pound of

double refined sugar: beate it small

& well but half of it in water, & the

other half must be strewed in as they

boil. If you think they be not green

enough, you may cover them in the

boiling with the sugar, & it will green

them much. When the syrrup gellies

they are inough you must weigh

them before they are scalded, & tell h...

in any goes to a pound: for they cannot

be weighed afterwards witho ut breaking

104. To pickle Mushromes

As you pare them put them into fair water,

then put them into a sauce pan of fresh

water, & boil them with salt & a bay leaf

or two, with an onyon peeled. Let them

boil a quarter of an hour; & then ^ for the pickell put in some

white wine & as much ale vinegar, &

set them over the fire with a good quantity of

Mace, cloves & whole pepper, & boil them

together; As your Mushroms are boiling &

Then strain your liquor from them very clean. put

your pickle scalding hot on your Mushromes & put

them into a galoon pott. keep them very close.

Be sure to boil as much pickle as will cover them

105 The Queens Cakes

Take half a pound of flour, half a

pound of loaf sugar beaten & searced

half a pound of currance picked, washt

& dryed & rubd very well. Take half

the sugar & flour & mix them well

together; then half a pound of butter,

& work it with your hand till it be very

soft: which mix well with your sugar

& flour: beate five eggs, leaveing two of the

whites & powre them by degrees into

your butter, sugar & flour. Then by de-

gree put in your other sugar & flour,

leaveing out a little sugar to strew on

the top of your cakes. The flour & sugar

must be both well dried; put in a quarter

of an ounce of Mace finely beaten, & then

put in the Currance. You must be sure

to keep it continually beating with a spoon,

till the oven be hot. It must hardly be

so hot as for penny bread. Take your molds

& fill them but not too full. Strew a little

sugar on them as you set them into the

oven. Be sure you keep it beating all

folio 41 verso || folio 42 recto

the time it is filling. If you will make

seed cakes leave out the Mace & put an

ounce of Carraway seeds to the other thing

you must not butter your molds for either

of these cakes, but wipe them very

clean.

106 A very good wash for the face

Take halfe a pound of bitter allmonds

blamch them in cold watter beat them very

small and put in a little watter as you

beat them to keep them from oyleing, then

squees in the juce of a lemmon, a gr^ o ates

worth of campher beat smal, three pints

of barley watter or of whit wine & watter

watter of each the same quantity, straine

it, and put in a bottle shake it when you

use it. you may ad the froth of the

whites of eggs

Cowslip wine my mother

to every gallon of soft water 2 pounds of sugar boil it 3 quarters

of an hour, skim it well when the liquor is cold, to every gallon ad

a pound of Cowslip the yellow tops only flowers to ten gallons put 3 spoonfulls of

the yest with the juice of 4 lemmons & the peel of 2 let it work

alltogether for 3 days stirring it twice a day, then tun it with

the flowers into a large vessel, if tis fine bottle it after it has

stood a month it will be in perferfection when the flowers come again

107 Limmon Cream

Take 3. larg Limmons, pare one of them

very thin; infuse the pareing in almost

half a pinte of spring water, for half an

hour: Then squeez out the juyce of all the

Limmons, upon half a pound of double refined

sugar. Then put the water to it, in which

the Limmon was infused. Set it over coals

till the sugar is dissolved. Then set it by,

Take the whites of 4. new laid Eggs beaten

very well with a whisk. Mingle these

very well together; then strain all

through a flannell bagg gently. And set

set it on the coals, stirring it all one way

without intermission. When it is as

thick as Gelly, take it off or Else it will

turn white & curdle. Put it into a

Cream dish, an inch deep./

rich queen Cakes my mother -

take nine eggs leave out the whites of 4. beat them very

well with 3 spoonfulls of sack & a little Mace a pound of fine

sugar searsed which beat up with it, then take 3 quarters

of a pound of the best butter, work'd till smooth with

your hands, mix it by degrees with eggs & sugar, when the oven

is near ready add a pound of the finest flower dryed. Currance

or Sweetmeats which you like best butter the pans half an

hour will bake them.

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108. Mrs Caryer

To make a Rice Custard

Take half a pound of rice & wash it

in two or 3. waters, & then in a little

milk; put to your rice a quart of new

Milk, & let it boil till the rice be

tender. keep it continually stirring, & put

in half a Nutmug sliced & some larg

Mace; and when the rice is very tender

put in a quart of the thickest cream

you can get, & let the cream boil. And

when the cream boils, put in the yolks

of 6. or 7. eggs well beaten: and as

soon as the eggs are in, that it doth but

just boil, take it off the fire & sweeten

it to your taste.

109 An oyster pye Mrs Caryer

Take a Quart of oysters & parboil them

in their own liquor; season them with

Nutmeg, Cinnamon & a little ginger sliced

not beaten; together with a little limmon

pele, & salt. Then put them in the pye

with fresh butter under & over: put in a

whole onion in the midst of the pye,

the yolk of 4. or 5. eggs boiled hard

3. 4. oz 5. slices of limmon: and when it is

baked take out the onion, & putt in some

boiled Marrow & a Cawdell.

110. Almond Milk Mrs James

Take two drachms of Coriander seeds, &

10: Almonds, one ounce of Frenc h barly

boild in a pinte & half of water first:

and the barly is sodden, then peel your

Almonds, & beate them altogether with

the barley in a mortar, with the water

which the barley was boiled in. Then

take 3. ounces of Rosewater, and as much

sugar as will sweeten it. Then strain

strain it through a fine cloth

111 Mrs James A Sawce for young Ducklings

Take young onions green, & cutt them

small, tops & bottom, with time & parsley,

rost them in their bellies. And when your

Ducklings are rosted inough melt butter

thick, and in the gravy of the Ducklings

& the herbs shred small, in the juce

of half a limmon

folio 43 verso || folio 44 recto

Elder Flower Wine

Take a quarter of a 100 of Malaga Raisins & a quarter of a peck

of picked sifted elder flowers chop pick your raisins clean from the

dirt & stalks & chop e'm small, sift out the seeds & unblown

flowers which will make the wine bitter, put it into a barrel

large enough to let it work in well so as it mayn't work out

& tun into your barrel on them six gallons of boil'd spring water scal

=ding hot stir it well & stop it close till its almost cold then stir it

mighty well together with a stick, put in 3 or 4 lemmons sliced

rinds & all put in a little yeast beat up with a little of the

liquor & let it work about 30 hours to a good head then stir

it mightily & do so 3 or 4 times a day till its well workt which

will be in five or six days then stop it close, draw it off in 5 or 6

weeks into quarts not mighty close stoped & let it stand a fortnight

then rack it into pints & corke it close & well & it will be fit

to drink in a month or six weeks more leave out the rinds of

two lemmons else it will be too strong/

To Rock Oringes Flowers

Take Orange Flowers when they are at the full bloom &

fresh pick & wipe the leaves & put them into a deep silver or

earthen bason or pan not laid too thick then take 5 pound

of double refined suger wet it & boile it till it will blow thro

the holes of a skimmer in flakes then pour it upon your flower

holding your hand pritty high, clap it into a stove with a constant

heat & when tis hard candy'd at the top you must break a

little hole at one side of the rocking & let out the sirrup with

your sirrup stick your Rocks together as high as you think fit that

which sticks to the bottom of your bason or pan will have no

flowers in it but will serve to sweeten tea or coffee

Elder flower wine Mrs Edwards

Take 6 Gallons of fountain water Boyle it

(& scum it) an hour, let it stand till it

be Blood warm then have redy 20 pound of

Raisons of the son Pick't & Chop't small

put them to the water withthe Peile of 6 large

lemons & the juce: Dry'd Elder flowers two

ounces let them stand togather in a Tubb 14

Days stiring it Every day: & Put 2 ounces

of Isenglass to it Pull'd in peices then straine

it all through a Hair sive into a vessell

& put to it 5 Pounds of Loafe Sugar

Stiring it well togather to make it

work & not stop it for 2 or 3 Days: then

Stop it down for 6 weeks & Bottle it vp

folio 44 verso || folio 45 recto

112 Mrs Henshaw's plain Cake :

Receipt Four pounds of Corrance weighd after they

are wash'd two pounds of raysins of the

Sunn whole. one ounce of Spice viz: Mace

Nutmeg and a little ginger. one pound

of Sugar beaten and sifted; half a spoon-

full of salt a quarter of an ounce of

Caraway Seeds: eight pounds of flower

one pound and half of butter: Rub your

butter very fine & small into the flower

Then put into all these a Large quart

of Ale-yeast, three pints of new

Milk warm'd, but not boyl'd put-

into the yeast four spoonfulls of Rose

=water, & four spoonfulls of sack. Mix

the fruit, spice & sugar very wel

with the flower, & then pour on it the

Milk & yest mixing altogether.

set it to the fire to rise, half an hour

or there abouts put it into the oven

with an hoop of paper an hour will

bake it.

113 To preserve Abricots whole

in Syrup to keep all the year or

to dry Mrs Henshaw

Take of the largest & fairest Abricots,

not too ripe; cut them in halfs & pare

them curiously; weigh them before you pare

them; and take half the weight of them

of the best double refined sugar finely

beaten: and as you pare them lay them in

a silver basin or tin preserving pan,

covering them over with that Sugar.

When that is done, weigh the stones

& pareings, & what was wanting in

the weight, make it up, & strew it

upon it. Then cover them close & let

them stand two or 3. houres. Then set

them on a clear charcole fire, with

a quarter of a pint of spring water, to

about a pound & half of Abricots. Let

them boil till they look clear & are

tender; shakeing them now & then: & take-

ing the scum off with a peice of issue

paper. If you dry them take them out of

the Syrup, scrapeing it as clean from

them as you can, inside & out; and lay

them on glasse plates, sifting a little

folio 45 verso || folio 46 recto

sugar candy on them as youlay turn them. They

must be layd out when the syrup is hot

If you like stones or kernels in them, you, must

boil them a little in the syrup, before you take

them up: but either of them are apt to make

them sowre. If you keep them in syrup, onely

put them in a well dryed pott; papering them

with issue-paper; which is best for all wett

sweet meats, & very good for the takeing

off the scum in the preserveing any thing.

114 To preserve red & white Currants

in Gelly Mrs Henshaw

Take the largest Currants you can get,

pluck them gently off the green stalks, into

some flat gally pott, which you must have

weighed before. Then take to a pound

of Currants, half a pound of double re-

fined sugar, finely beaten. Then take

off the black heads with a needle, & as

you stone them strew sugar upon them;

which will keep them from changeing co-

lour. Then have ready pickt from

the green stalks & squeezed through a

strainer, being first mashed with the

back of a spoon, the worst of your

Currants, To this quantity of stoned

Currants, put half a pinte of juyce, & half

a pound of double refined sugar. Let the

sugar & jelly just boil, & scum it.

Then put in the currants, & after they

have had a boil or two, put in a lump

of loaf sugar, which must be saved out

of the weight. If it be a large one,

when that is melted, it is inough. For

white Currants, it is best in stead of

mashing & squeezing them through a strain

er, after they are pickt from the

stalks, to boil them in water, till you

think it is a moderate jelly. Then

squeeze it through a strainer, &

do it, just as you do the red; takeing

them off now & then to shake them, that

you may scum them the better.

115 A receipt to Collar pig.

Mrs Henshaw

Bone your Pig, wash it well in water; lay it

in milk & water 2 days, shifting it night and

morning: take it out & dry it very well in a

cloath, and cut it into 3 collars according to

the Bigness of the Pig; then slice off the flesh

very thin where it is very thick and lay it on

the thin parts; if you find any skins take

them all out; for the seasoning take 1 large

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Nutmeg & twice as much Mace, and salt

to your taste; mingle them together & strew

some upon your Collars; and if you like

herbs take a good handfull of sage shred

smal & put to the seasoning. Lay the flesh

you sliced before very even upon the seaso=

ning and then more seasoning & herbs as

you did before: then collar it up & sow it

in a cloth with consideration, that it must

be drawn closer when it is boyled: tye it

up at both ends before you sow it at all

Have your Liquor boyling upon the fire, which

must be 2 quarts of milk & as much water

as will cover it, with a few bay leaves and

a little salt: put in your pig with the head

tyed up in a cloth & let it boyle 3 hours;

then take it out, & tye it closer at both

ends first, & then lace it straiter, and put

it into the pot you'l keep it in, & powre

the hot liquor to it: let it lye til the next

morning; then take off your Cloths and put

into the Liquor a pint of vinegar. put in the

pig again & keep it for use.

When you serve it in, cut the Collars in the

middle & set them in a dish with bay-leaves

amongst them, & the head Head in the middle.

In summer time put in less milk & more wa-

ter in the sowcing drink & change it when it

grows soure./

115 A Dutch Leg of Mutton Mrs M.W.

Cutt out all the flesh of a good Legg of

mutton, leaveing the bone, and the skin

whol & thick, then shred a pound of the

flesh (or somwhat more) exceeding small

shred allso two pound of beefe suett very

small, then take a handfull of thes herbs,

parsley, Thime, marjorum, winter savory

& Rosemary, shred then and mix all toge

=ther with the mutton , add to them a grated

nuttmeg, peper and salt, break 4. or. 5. eggs

into it to bind it, then thrust it into the

skinn againe and have in readyness 10. or

12 hard eggs the yolks whol, and so lay

one laying of meat then halfe the yolks

then a laying of meat & the othe yolks.

ty the call of the sheep all over it, to keep

the meat in or ty it up in a cloth, boyle

it 3 or 4 hours you may serve it up in

the midle of boyled chickens, or pegeons

& marow bones Colly flower, or Cabig.

with tosts

folio 47 verso || folio 48 recto

To presarue peare Plums. or: with Bull?e

Take of the fairest But not two Ripe

peare plums put them a Brass

scillett that hath in it scalding water

as much as will Cover them then

Cover them Close down with vine

Leaues Let them stand 3: houres to

Green them the skins will Crack

take them out & & poke them & put

them in the same Liqur they stod

in to green they must stand

over a small fyer all the while

they are in the scillett tho not

simer: to Every quarter of a pound of sugar

Plums take a quarter of a pound of sugar

& half a quarter of a pint of Codling

Geley & two ounces of sugar more

for the Codling geley mix the Codling

geley & two ounces of sugar more

for the Codling geley mix the Codling

geley & sugar togather then put

your plums to it: Boyle them till they

Look Clear & Green & till your

syrup gellyes: Nixt day put them

up in pots or glasses for your vse

116 Mrs Sallters way to make Jely Hartshorn

Take half a Pound of Hartshorn wash it: & Put to

it 2 quarts of Watter a little Ivory: & sett it over the fire

& Let it Boyl till it will Jelly: then strain it through

a seiue & Let it stand till it is cold: then Put to it a Pint

of renish wine : & 2 or 3 spoonfull of Sack a stick of

Sinnimond & a nuttmeg cut in quarters: the white of 4

egges beatten to a froth: with the juce of 5 Lemonds

& the Peil of them cut very thine Put some of the Peile

into your Bag & keepe some for to Put into your glaces

cut in long slices sweeting it to your tast with duble re

fined suger: Put your Jelly & all your things togeather

in a Preserueing Pan then let it Boyle take it of the

Fire & put it into your Jelly Bagg: & if it runs not

clear the First time: then Put through a gain you

must wipe your seive with a cloth: if you Please you may

add musk & ambergrise

To Make Apricock Paste G: F:

paire & quarter the Apricocks then put them into as much strong

jelly of Codlings as will just cover them, boil it till pretty

thick then put an equal weight of double refined pouderd sugar

& give it a scald pour it into round glasses & when candyd at

the top turn them on glasses or China plates. to make clear

cakes boil the Apricocks in the jelly till tender then strain

of the Liqur Liquor & boil it well before you add the sugar

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116 M.D. way to make Jelly of

harts horne Take of the best & largest

Harts horne .. halfe a pound, put

2 larg quorts of spring watter to it, &

let it steep one night, then let it boyle over

a very slow fire about five hours as softly as

posibly, then straine it & lett it stand a night

then take it from the bottom put it in a sillver

or bell mettall scillet season it with the juyces

of 2 oranges, 2 lemmons, 6 blades of large ma

mace, a quorter of an ounce of Cinamon, a nutmeg

cut in quorters, halfe a pint of sack a quorter of

a pint of white wine, a spoonful of orang flower

watter and as much duble refined loaf suger

as will sweeten it to your tast, beat the white

of 2 eggs & put into it, with a peece of lemmon

peel, let all othes simer over a clier slow fire

a little and when it begins to boyle take it

off and pour it through your jelly bag, and

the first which runs pour through againe

which doe till you find it as clier as can

possibly be

oysters & mushroms does well in this

frycase if you would have it tast high

117 Mrs Sallter

To make French Barly Caudle

take a quarter of a Pound of French Barrly Pick

it & wash it uery well: lay it all night in watter: then Put

it into a Pipkin with 2 quarts of watter: & sett it ouer a

quick Fire & let it Boyl till it is of a fine thickness

then Poure it Through a Hair seiue: & let it stand and

drain, to a quart of renish watter wine putt & a quart of the a??or?d watter

sett it ouer the Fire, & let it Boyl up: then take ^ it of the

fire: Put to it the yolkes of i0 Egges Beatting & strained

then mingele them with your caudle sweeting it to your tast

with duble refined suger: 2 spoone fulls of oringe Flouer

watter the juce of 2 lemonds & the Peil cut very thin set

it ouer the Fire stir it continewly till it is of a carduel

thickness but not to Boyle

118 Mrs Mortons frygace

Take your chickens & flee them cut them

in small peeces sett them on the fire with as

much watter as will cover then when thay

boyle up scum... scum them & put to them cloves mace

peper and a little salt with sum shallots & a bundle

of sweet herbs when the chickens are tender

enough take them out the liquor, have ready

beatten the yolkes of 3 or 4 eggs beat your eggs

up with white wine shrid a little parsley

& sweet margerum & put to the eggs, put your chicken

into a frying pan with a good peece of butter &

your chicking liquor stired with the egs shake all

together till tis thick enough & hangs about the meat

folio 49 verso || folio 50 recto

Mrs Henshaw 118

To make Cotelets.

Cutt them out & beat them well with

a rolling Pin: Season them gently

with pepper & salt. Dip them in Vinegar

& melter butter. Roll them in grated

white bread & lay them on the gridiron

over wood Coales or set them before a

fire, turning them often, strewing them

sometimes with grated Bread, and as they

ly bast them with fresh Butter. make

gravy sawce./

A Biscuit baked puding

Take a pint and halfe of cream, cutt

into it fore naples biscuits, let them be

well soaked then breake in 4 eggs leaving out

one of the whites shred 2 or 3 peeces of Citron

very small mix all well together, then poure them

into the Dish in which pudding is to be Baked,

then Cutt some of the?raken brown part of

the biskett into Little small bitts, square and

stick them here & there the brown side uppermost

Just as itt is goeng to the Oven, when itt is

drawn out of the oven stick itt with Long peices

of Orange or Cittern, on the top, a spoonfull of

sack and a little minced Lemmon peell or greatd

does very well with it

Mrs Henshaw 119

To make fine Paste for Tarts.

Take a Quart of Flower & a pound of Butter &

eight yelks of Eggs; knedd them together, use

a little water in the tempering thereof, & work

it exceeding well together: when you have so

done roll out your Paste of an even thickness;

before you put the Paste into the Pans strow

the bottom of them with flower: the Quantity

above mentioned will make paste for five Tarts:

when you have erected & thus done your paste,

take Apples & pare them & slice them thin ta-

king out the Cores; then first Lay a Lay of Apples

strowing a little fine Suger mixed with a little

Limmon-pill shred small; then lay Another Lay

of apples & upon them a Lay of Limmon cut in

thin slices & strowed with sugar & limmon pill

as before & lay a Lay or Apples over all. then

wet your Lids & cover your Tarts & close the

sides well: Before you put them into the oven

take the yelk of an Egg & a little flower with

butter melted. beat them very well together so

wash the Tarts over & put them into the oven;

you must keep the oven open all the time they

are baking, & if you see them discolour you

must dip paper in Butter & lay it about the

Edges. When it is bak'd cut open the Lids and

put in Quince or pipin jelley which you like best,

and not put it in the oven afterwards./

folio 50 verso || folio 51 recto

Mrs Henshaw 120

To make Wiggs

Half a peck of fine flower half a pound

of powder sugar, half a pound of Naples

Bisket grated into the flower, a pound of

Butter rubb'd very well into the flower,

3 Eggs, a pint of good yest new & thick,

two ounce of seeds. mix it up with new

milk & let them lye in paste rising while

the oven is heating a wigg or two will do

almost as well as bisket.

Mrs Henshaw

119. Syrup of ^ clove Gilly flowers

Cut the flower in pieces after the whites are

clippd off & steep them in as much juice of

Lemmon as will wet them. Let them stand

a Night & a day close cover'd; then strain

them. To every pint of juice take a pound

& half of dubble refined sugar: boile it to

a Candy then poure in the juice stir it over

the fire till it is well mixed but not too hot,

when it is cold boyle it.

this sirrup is to colour Jellys giveing a

plesant tast to it

Ratefea Brisket My Mother

take a of bitter & sweet almonds a quarter of a pound each beat

them with 3 spoonfulls of orange flower water: 9 eggs leave

out the whites of 4. put in by degrees a pound of scearsed sugar

beat the eggs & sugar well together then the allmonds when your

oven is ready stir in 8 ounces of fine flower dryed.

120 To make fruit: Cream Mrs Henshaw

Take any fruit: pick & bruise them into a skillet

with a little spring-water, boyle them till the water

have a very strong taste of the fruit. then strain

it, & to a pint of this iuice take the whites of ^ 50 eggs

very well beaten, with fine sugar as much as

will sweeten it to your palat, set all this over

the fire & stir it till as thick as cream, & then

glass if up scum the suger & juce before you

put in the whights of egs; cool some of the licour

Mrs Henshaw to mix the whights of egs in

To make Lemmon Biskets

Beat the whites of 2 Eggs up to a froth, a pound

of double refin'd sugar serced very fine, put the

sugar by degrees into the egg till it is so thick

that you may cutt it with a knife: then take the

outside of a Lemmon grated very small, stir it into

the Paste, cutt paper in small pieces & lay the

Quantity of a Nutmeg upon a paper & set them

into an oven a little more than warm.

Mrs Henshaw

121 To keep Goosberries all the year for Tarts

Take Goosberries at their full growth, cut off the

blacks & stalks, and put them into wide mouthd

glass bottles; stop them & tie them down fast.

Wrap them round with hay, and set them into

a kettle of water, which must be scalding hot. Let

them stand till they be almost cold: then put them

into other scalding hot water: so do them 3. or

folio 51 verso || folio 52 recto

times till ^ they be ^ scalded enough. Lett them coole in the watter 122

Mrs Henshaw To make plums look with a blew on them

When your plums are dry, take a wett cloth & wring

it as hard as you can, & wipe them clean: then

lay them in a Mazarine one by one; lay another

Mazarine upon them; set them in an oven where

Tarts have been baked, little more then just warm

and let them stand an hour.

Mrs Henshaw

To make Cutelets of Veal or Mutton

Take a neck of mutton or veal, cutt it rib by

rib, season it with a little fine pepper, nut-

mug, & salt, with some stript time & winter

Savoury, cut as small as can be. When they

are season'd, broil them so leisurely; and when

the gravyd begins to rise, strew on grated

bread: turn them often, strewing on bread

to drink up the gravy: when they are enough

dish them up & poure on the sauce, being

made with gravy & little chalot, capers,

anchovy & sliced limon, with a little butter

Mrs Henshaw To ??t pot Tongues

Salt the tongues a forthnight, and then boil

them well, & so season them with pepper,

cloves, mace & ginger, & put them into a

pot with a pound of butter at the top, and

bake them with small bread: and when you

draw them, poure all the liquor from them

123 and wash off all the seasoning with the same

liquor; and fill up the pot again with butter.

Mrs Henshaw Almond butter

Take a quart of Cream, ten Eggs well beaten

& straind; mix them & set them over a

clear fire, with continuall stirring; till it

come to a curd like a cheese. Then take it

from the fire, & stir it till pretty cool: then

put it into a strainer, & hang it up till all

the whey be dropped out. After that beate it

very well in a mortar, with a little of the

cream of the whey & mix with it half a

pound of Jordan Almonds blancht in cold

water & finely beaten. Sweeten them to

your taste

Mrs Henshaw Chocolate Cream

Mix a larg spoonfull of chocolate; scrapt

fine, with a pinte of good Cream; and

set them over the fire to boil then put

to them the yolks of two Eggs & let

them boil gently to a due thickness with

constant stirring; and then sweeten it to

your taste. Mill it in a Chocolate pot,

and poure it into your dish, holding it

high./

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Mrs Henshaw 124

To make a Tansy to bake

Take a quart of Cream, a quart of juyce of Spin-

nage, with some Tansy beaten in it, twenty four

eggs (leaveing out half the whites) beate them

very well; put to them a quarter of a pound of

Naple Bisket, & a penny Manchet, both grated

very fine & sifted through a Cullender, a Nut-

mug grated, mingle all those together &

sweeten it to your taste. Then set it over the

fire & thicken it a little, and bake it in a

dish or pottingers. and butter your dish or pottin-

gers before you put it in to bake. When baked

put them on a plate & scrape Sugar on them

Mrs Henshaw To make Northern Biskets

Take a dossen of eggs (but half the whites)

beate them very well, put in carraway seeds

& sugar, less or more as you like. Mix them

well with your Eggs, then with fine flowre make

all up, into a pretty stiff paste, fit to roll.

knead it a little & then roll it out in square

thin peices, or what you please. You must

be sure to prick them well before you put them

to the oven: and bake them upon papers.

Mrs Henshaw A Winter cheese

Take half New milk & half Cream set it

together, not so warm as from the Cow,

and when it is come, take it thin in the

125 skimming dish, and lay it into your cloth to whey

& there let it whey about half an hour.

Then put cold water into the Tub, where

the cheese curd is, & when the cheese is very

cold, let it be gently wheyed, till it be fit to

press when your first weights must very small,

& by degrees increased, but no great weight

till next day: and then it must be pressed

very hard.

To make a Cream Cheese Mrs Henshaw

Take two quarts of stroakings, & of Cream

boil the Cream, haveing a care of smoake

then put in the stroakings & cool it a little

with a clean dish; then take a spoonfull

of Rennet (the older the better so it be

sweet) when it is well come, take a large

strainer & lay it in a great cheese mote

fit for a winter cheese. Then with a skim-

ming dish, take up the Curd gently, and put

it into the strainer & lay a cheese board

upon it: and upon that a weight of about

two pound; & let it stand two or three

hours, untill the whey be well drained out

from it. Then take a cheese cloth & lay

it into a Mote, about two fingers thick,

into which put your curd & let not above

six pound weight be upon it. Turn it 3.

or 4. times before night into fresh clothes

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and early the next morning salt it with fine, dry

clean salt, and turn it once in two hours,

till Noon into dry cloths. Then take it out

the next morning, and lay it thick & close

upon it, the leaves of the largest Nettles pulled

from the stalks: shifting it into fresh every

morning. If at the first pulling off the Nettles

the cheese be moist, clap it gently with

a clean cloth & presently put it in fresh

nettles. In a fortnight it will be ready &

sooner, if it be hott weather.

How to gum Gloves Mrs Henshaw

steep gum dragon in Rose or orenge flower

Water overnight, pretty thick. Next

day wash your gloves with a peice of

clean spunge; hang them up to dry with

care, that nothing touch them. When they

are dry, press them in a clean Book.

Mrs Henshaw To make pulp Cake of White

pear plums

Pare your plums as thin as may be, & put them

into pipping gelly, let them boil together

as fast as you can Then pulp it through

a coarse hair sive, & then boil it again a

little, then stir in the weight of the best

double refined sugar, finely beaten and

searsed, and when it is melted, put it

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into your glasses & stove it, as you do other

sweet meates.

To make a Seed Cake Mrs Henshaw

Take 3. pound and half of the finest flowre

three quarters of a pound of Butter: rub the

Butter well into the flowre. Then put in

a quarter of an ounce of spice (with must

be Cinamon, Mace, & Nutmug) mingle

it all together: add to it 3. ounces of fine

sugar, and mix them well in the flowre

Then take 10. Eggs, put away 6. of the

whites, then beate them very well, &

put them to a large pinte of good Ale yest

and strain them together into the flowre

Then have ready 3. quarters of a pinte

of Cream, blood warm, two spoonfulls of

Sack, and two of Rosewater, collour it

with Saffron if you like it. stirr all these

together & when it is well mingled, strew

in a pound of rough Caraway Comfits. Then make

it up, & put it on paper, which must be first

buttered. Then put it into the oven, 3.

quarters of an hour will bake it. If you

like it, you may keep out some of the

Comfits, to strew on the top.

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Mrs Henshaws fflomery. 128

Take Oatmeal that is not very small, beat it

very well; then put it into an Earthen Pot:

poure upon it a good Quantity of spring water.

Let it stand twelve houres: then poure that water

from it, & poure fresh water upon it, and let

it stand twelve houres longer: Then poure

the water from it, till the white of the oat=

meal begins to rise. Then put it through a

Tiffany seive, and with your hands squeeze the

oatmeal till it will yield no more. When the

oatmeal is clean strein'd from it, put to it as

much water as will make it somewhat thicker

than new milk. Then boile it upon a soft

fire, stirring it all the while till it be enough,

which it will be in something less than half

an hour. Then put it into shallow dishes

When you have put away the Oatmeal by well

straining it, if you are not minded to boyle

it presently, you may keep it a week or ten

days by putting fresh water to it every day

when the other is poured off.

129 To preserve Oranges Mrs Henshaw

Take the palest & thickest rind oranges either Ber=

mudas or sivil: cut a round hole in the middle at

the stalk, and take out the meat, but not so clean

as to leave the rind clear. Then put them in a large

pot of water; shift them twice a day for 3 days.

the third Evening pare the m very thin, and put them

into water again, next morning boyl them in a larg

kettle of water. if you would have them look very

well tye them uup in tiffany or muslin, let the wa=

ter boile before they go in. keep them under

liquor till they are boiled very tender. you must

have another kettle of water on to shift them into

of they will look too high. When they are tender

take them up into a cloth upon a pewter dish,

turn the other end of the cloth over them, and

wet them all over with some of the Liquor they

boiled in to keep them from growing dry, till they

are put into the syrup; which must be made thus:

Take to every pound of Oranges (weighed before

they are boil'd a pound & quarter of sugar,

and a pint & half of water; clarify the

syrup & scum it clean, and strain it through

a tiffany seive, then take the oranges out of

the cloth, and pick out all the skins of the meat,

and put them into the syrup & boyl them up,

scumming them & keeping them under the syrup all

the while they boyl. When they look clear

take them up with the syrup & lay on the lay the cap

you cut took off from them, having first fill'd your

oranges with syrup; and put them into the pot you

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130 intend to keep them in. If you would put any

in Jelly, it must be made whilst they are

boyling, as you usually make jelly for other

things; onely John-Apples are best for Oranges.

when the stock is made allow the weight of

sugar, because there must be a little juice of

Lemmon to cleer it a little before you take it

up. The oranges you designe for jelly must

be drain'd clean from the syrup, and put into

the glass or pot you design to keep them in, and

fill them up with jelly & put on the Cap; then

put in as much jelley as will fill the glasses

half an inch above the oranges./

Mrs Henshaws Oatmeal sack-Possit .

Take a pint of Cream & 2 spoonfuls of the flower

of Oatmeal, you must mix it very well together.

put in a blade of Mace, set it on the fire and

let it boyle very well till you think it is enough,

and the rawness off. In the mean time take two

spoonfuls of sack, 2 spoonfulls of Ale & 3 spoonfuls

of sugar; mingle all these together & set it on

the fire for to melt the sugar. Then put a

spoonfull of sugar into the boyling Cream, when you

think it is enough take & poure it to the sack sugar

& Ale, then set it on a soft fire till you think

it is enough, then take it off.

131 Mrs Henshws Apricock wine.

Take 3 pound of sugar, 3 quarts of water, let

them boile together, and take off the scum when

it ariseth. put in six pound of Apricocks par'd

and ston'd, let them up & when the Liquor is cold bottle

it up. You may if you pleas let the Liquor

have one walm with a sprigg or two of flowr'd

clary, when the Apricocks are taken up; it gives

a pretty flavor. The Apricocke makes a good

service form your Table for present spending./

Mrs Henshaw Sack posset

Take a full quart of the best sweet Cream, and near

a full pinte of sack; to which quantity take 16. eggs,

and beate them wwell, near half an hour. Then put

the sack to them & strain them; then sweeten both

sack & cream to your taste. The sack should be

sweetened most. If you make it in a silver Basin,

heate the sack & eggs in it; but in a white Ba-

sin, heate it in a skillet, and poure it immediate-

ly out, when they are scalding hot & begin to

be thick. You must keep them constantly stir

ring, only one way. When you think them so

ready, poure into them the Cream; it have

ing boild, & the scalding a little off poure it

in as high as you can. Then give but one

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132 stir round, and cover it with a plate tied in a

napkin. Let it so stand warm half an hour, be

fore it be eaten. When you mix it together, take

it off the fire.

Mrs Henshaw To make Red Quince Marmalade

Mrs Henshaws

Take Quinces & pare them; and to two pound of Quince

take a pound & half of Sugar, a pint of water, and

a pinte of the juyce of Quince; which must be gra-

ted & strained over night, that it may be clear.

Then put the juyce, water & sugar together,

into the skillet you intend to do them in, & let

it boil & Scum it. Then put in your Quince, and

set them on a Soft fire & cover it, with a peuter

plate tied up in a ragg: and let it boil gently

till it is of the colour you like. Then take off

the cover & break it: and let it boil as fast

as you can till you think it be enough.

Mrs HenshawTo make white Quince Cakes

Take your Quinces the same day they are gathe-

red, if you can, and quoddle them: and be sure

to let your water boil, before you put in your Quinces

to quoddle, and never let them cease boiling,

till they are tender enough: keeping them all-

wayes down with a ladle in the water as

they quoddle. Let them boil very fast in a

great deal of water. When you think they are

enough, take off the outsides very clean, and

scrape the pulp with a knife to the core

Mash it, that there be no great bitts.

133 Then set the pulp on the fire, haveing first weigh-

ed it; and when it hath had a boil or two upon the

fire, stir in the weight of the best double re-

fined sugar searced; and when it is melted

take it off, & put it into clear cake glasses, and

stove it as you do other sweet meates. Be sure

not to let it boil after the sugar is in

Mrs HenshawTo make good Custards to bake.

Take a quart of Cream, the yolks of nine Eggs

with two of the whites, well beaten Then

strain them into the Cream cold; sweeten it, &

put in a little Nutmug & strain it through a

sieve, & bake them not in too hot an oven.

Put in a spoonfull of Rose water if you please or oren

oreng flowre water or Sack or both

Mrs HenshawGoosbery fool

Scald as many Goosberys as will be done

in a two quort scillett being clean picked

from the stalkes and blacks, when thay

are very tender bruise them with a

spoon, and putting in as much suger as

will sweeten them to your tast, then beat

the yolkes of six eggs with a little of the thick

watter and put into them setting them on

the fire and lett it boyle a little

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To Collar Brawn. Mrs Henshaw .

Let your Bo'ar be thorough fat, stick it

carefully that it do not dye presently, then

move it about gently to make it bleed, scald

it, and scrape it very well that it may look

white, and dress it as you would another hog.

Next morning bone it and cut it out in

Collars of what size you please. You may

either bone it whole or cutt in halves. where the

flesh is too thick slit it or cut it off, but let the

flesh be watered with the pieces that it may

look white, to fill the Collars, then lay it in

a good quantity of water wherein a good

quantity of Salt has been dissolved. Lay

it in two several tubs that the bloudy pieces

and the other may not lye together. It must

lye thus 3 days being shifted with fresh water

twice every day and scraped with a good

strong knife that the outside may look white.

The night before you designe to boyl it, you

must roll it in Collars, It must be first washt

out in some warm water to make the brawn

buckle close: dry it very well and throw a

handfull of Salt into it. Wrap it in good strong

Linnen cloth not too course, Sow it up with

good strong brown thred two or 3 times double,

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Let your stitches, be 2 inches wide that there may be

room for it to lace in when it is boyled. When it is

sowed along the middle set it on one and stuff it

full of flesh, tye the ends, and the next morning

let your Copper be filled with water, put in as

much milk as will coulor the water white. When

it's warm put in your Collars and keep them boyling

and scumming for the 3 first hours, then let them

boyl more moderately for 3 more. It must be

tender enough for a straw to run through it.

then take them up and lace them pretty close, and

tye up the ends. Then put them into water colored

with milke quite cold. Move them about in it some

-times for an hour, then take them up and set

them in some tub where they may not touch

one another. A day or 2 after put them into the

sowceing drink made of Bran and water

seasoned with salt as you like it, boyld very

well.

I generally let them lye in the sowceing

drink a day or two before I take it out

of the cloths, and except what I vse

presently I let lye A fortnight in the

cloths. insteed of brown thrid, the twisted

thrid thay net with is best to sew it with

when you role the collars up pare one side

pritty thin that it may close the better

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To Salt Bacon like Westphalia .

Mrs Henshaw .

Take A limd quarter of porc, Cut it like A

Westphalia gamon then beat it all over with

a Rolling pin holding it vp by the hough that

the skin do not crack. then salt it well with

beaten Nitre then with coarse sugar and

then with white salt. then turn it every

day for 9 days and then hang it adrying.

Before it is boyld lay it in water one night.

Marmalade of Oringes. The Lady

Jones 's way.

Take 12 of the best Oringes, pare or grate

them, Cut them and squeez out all the juice,

and pick out all the pulp from the skin and

put into the juice. Then take the weight, in

double refin'd sugar, a pound to a pint,

leting it stand allnight in a silver tankard,

then put your peels into water and the next

day boyl them tender as you would have

them, then pick out the strings and skins and

slice them very thin, and mince them very small

then take their weight in sugar and ..........

boil it to a candy height. then put in the

pulp boyling it as quick as you can till it be

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pretty thick, then put in your juice and sugar,

then give it but 2 or 3 boyls squeezing in the

juice of one Lemon, and put it in your

glasses./

To preserve Bayford pippens.

Lady Jones .

Take one pound of Bayford pippens,

Core them with a scoop Take one pound

and half of double refined sugar beaten

and put some fair water to it to make it

into A thin syrrup. Set it on the fire and

let it melt and when you have scummed

it clean put in your Apples, which

must be curiously pared, and let them

boyl as fast as you can. When the

Syrrup begins to wast put in half A

pint of Rheish wine. When the begin

to clear, and are near enough, put in

one pint of pippen jelly, and then let

it boyl till the syrrup will jelly. then

put in the juice of three lemons, then

take it off the fire after a boyl or two, and

put them in deep glasses./

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138 To make Elder Berry Wine

Mrs Marshall

Take 20li of the best Malaga Raisins pickt &

rubbd clean, shred them small & put them to

20. quarts of Water. Let it stand 10. dayes; then

take five pintes of the juyce of Elder berries

& put them together cold. But first first strain the

Liquor through an hair seive, stirr it well toge

ther, & put it into a vessell. If the weather be

cold, put a Blanket about the vessell while it is

working. Let it be stopped & stand six weekes

at least. Then bottle it off & it will keep good a

year.

Let the berry be ripe, but not too ripe, & gather-

ed dry. The best way to get the juyce is to strip

the berry into a Pitcher, & set the Pitcher in

boiling water, and as it comes off strain it & set

it in again till you have the Quantity. But be sure

no water get into the Pitcher.

Take 2 of the Nutts at Night when you

are Costiue or before takeing Plysick

it is holesome against Infection Consum

=tion or weakness

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Mrs Henshaw To preserve Goosberries

Take Gooseberries & slit them & pick them out the seeds

& put them into cold water while they are done.

Then put the into scalding water & cover them.

When they will peel, take some of the water &

heate it again, and put them in as you peel them.

Then have some goosberry gelly made ready &

weigh it, the Goosberryes & gelly together: &

give them their weight in Sugar. Then set

the Goosberries & gelly on the fire, together with

the Sugar, and boil them as quick as you can;

and when they begin to be clear they will quickly

be enough. To half a pound of Goosberries, 7.

ounces of gelly will be enough.

To Preserve Walnutts Physickaly

Take walnutts aboute Midsomer & Cutt

of the Ends: then boyle them in two waters: but

the bitterness must not be out to much

Nor they to tender: then to Every pound

of Nutts put a pound of brown sugar &

half a pint of water: boyle the sugar and

Scum it Clean & when it is allmost Cold put

in your Nutts wipe them Dry & Cutt them in the side with a

penknife to the midle & slick half a Cloue in Each

of them then boyle them a little: & boyle the Syrup to a

thickness & pour ouer them when at any time it

is ???? grous thin boyle it againe & pour it ouer

them

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140 Cousine Courthopes

Quince wine

take your Large quinces pare them and

as you pare them put them into faire

water then grate them and squees out the

Juice in a strong bolter bagg then Let it

stand a Litell to setelle and then Let it

run thro a Jely bagg until tis as cleare as

water for so it will be then botle it and

to euery botle of wine put in a quarter

of a pound of double refind suger cork

it well and a fortnight after pour it

out of them botels into others for

theare will be som setlement and when

you botle it Last put a nob of suger

in euery bottle it will keep a great while

Cousin Courthop to Marinate Elles

take your eele clences it wipe out all

the blood wind it up first the head

ty it ouer with pack thread and fry it

in salet oyl fry it softly and turn it

often till it is well soakd when thay

are throw cold put them into this

folowing pickel

as much white wine uiniger as will couer

the eells put into it whole peper salt and

mace and sliced ginger and six bay Leaues

Let them boyl together a quarter of an hour

when tis cold put in the eels and press

them down that thay may keep couerd

thay will be redy to eate in a weeks time

but thay will keep close couerd 3 or 4 mounth

Lady Jones Abricot

Cakes

Pare your abricots and cut them in Litell

peeces to euery pound of abricots take 3 quarters

of a pound of fine sugar beaten and sherced

put them together in a preseruing pan and

let it boyll till it be thick Pape then Let

it cool a Litell and drop it upon glases &

as soon as that haue a skin ouer them dust

them with double refind suger in a fine

seiue and put them in a stoue and when

one side is dry clape the to wet sides together

and so turn them euery day till thay be

enough.

Lady Jones fruit Bisket

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Take four ounces of any sort of fruit pulp

or Juice and six ounces of fine suger beaten

and scarced make them both scalding hot

seueraly then put the fruit to the suger

and beat them a Litell then put in to

good spoonfulls of the froth of the white

of eggs and so continue beating it an hour

or more till tis uery white and Light so

drop it into driping pans made of cards

or stiff paper and set them into the stou

it will be a fortnight in drying if you

plese you may put into the beating to grains

of mush and to grains of Ambergris

Cousin Stone To Pickle Cucumbers

Take 12 Cucumbers & slice them thinn & put

them into a pewter dish, put to them Six

onyons sliced, then strow them with two handfulls

of Salt, and let them stand 2 dayes then boile

up a strong pickle with white wine Vineger

and halfe beere Vineger, Cloves Mace &

whole Pepper, take your Cucumbers out of the first

liquor & put them into a Gally Pott then powre

you pickle made with Vineger boyling hott upon them

letting them stand till they are cold, then

strow a beaten Pepper, and they wilbe fitt to

eate in 2 or 3 dayes, according to this rule

you may doe what quantity you please

Cousin Stone To Make jumballs

Take a pound of sugar good weight, a pound

and halfe of fflower your flower & sugar both

well beaten & cearched being first dryed, & Six

Eggs halfe the whites put out, beate them very

well with three spoonefulls of Rose water then

breake into the flower a quarter of a pound

of butter, and put in some Coleander & Carraway

seeds then make this into a paste & role into

what fashion you please they must be baked

upon Tinns

Cousin Stone To Pickle Tongues

Lay your Toungs in pump water for 12 hours then

take them out & scoure the shine cleane off & rub

them dry in a Cloth: To euery Toung take as much

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much Salt petre as a Walnutt & beate

it small & rub your Toung with= it, then

salt them with= other salt and lay them in

an Earthen pan, and in three dayes after

take them out againe & salt them as

before with= Salt Petre and other salt, and turn

the other side downwards, & soe lett them lie

a Month, & then they will be ready to boyle

if you finde the pickle begin to decay

boyle it, and when it is cold, put your Toungs

to it againe, if boy? your Toungs to eate hott

water them 12 hours before/

Cousin Stone To Make Elder Wine

To euery quart of water you use put a

pound of Malagoes or Raisons of the Sunn

they must be chopt small putt them and

the water together in one or more Earthen

potts, and lett it stand 10 dayes stirring it

twice a day, & at the 10 dayes end you must

squeeze the liquor from the Plums, & to

euery Gallon of liquor put a large pint of juce

of Elder berrys, then putt it up into a barrell

but stop it not close untill it hath done

working, lett it stand in a warm place till

it is fine then bottle it, the plums must be

well rub'd in a course Cloth before you chop

them if you Bake your Berrys put them in to

pots & Bake them with your Brown Bred powr

of the Juce when it is hot & yous the sam quantity

as of raw juce raw.

Juce makes the pale wine

Orang Wine EC

Take 3 gallons & halfe of Spring Water on

Quarter of a hundrid of Oranges 7 pound of

fowre peny suger, the whits of two Eggs well

beat, the Water, Suger, & Eggs must be boyled

together, when it boyls scom it very well,

after You haue scomed it boyle it an howre,

then pare Your Oranges, & putt in the Picts,

when it is cold putt straine it & putt in a

pint of the Yest, Let it work 24 houers

Take the Yest off uery Clean, & putt in the

Juice of the oranges, & an Quart of sack &

two Quarts of Whit Wine, putt it into a

Vessell & the Picts with it Let it stand 12

or 14 days then bottle it & ty it Cloce, be

sure You doe not putt in the whits of the

picts for it will make it bitter.

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To Make a Lemon Pudding EC

Take 4 Large Lemons, pare them thick

boyle them in fiue or six waters when

the pile is tender brake it in a morter

uery fine, then add to it 8 Youlks of

Eggs & fower whitts, beat them extreamly

well together ad 6 ounces of ordanary

Lofe Suger, & halfe a pound of butter &

Som of the Juice, still beat it in the Morter

till it is all mixt, Lay puff past att the

top & bottom of the dish halfe an howr

will bake it,

To Make Pancaks EX

Take a quart of milke & ten Eggs Leue

out halfe the whits, then putt in a wine

glass of Sack on Sponfull of Alle Yest

season it with Nutmeg & ginger & make

into thin batter with flowre & Let it

stand halfe an howre by the fier not to

nere, & just before You fry them putt in

a quarter of a pound of melted butter, You

need only rub Your pan with butter when

You fry them, if You haue no milk, Alle,

or Water, will make them good

To Coller a Calues head EC

Water Your Calues head a day & a night bring

clean Picked & boned, then Water it again 6

howres, wringing the blood clean, then season

it with Clous, mace, Nutmegs, peper of each

a Like quantity beaton, then take of sweet

herbs Sage & Spinidg of each on handfull

shred them uery Small & mix them with

your Spice & a good dele of sault, if Your

head is Larg halfe of it will be big enough

for a Coller, wash the inside of the head

with Yolks of Eggs & strow in Your seson=

=ing, then Lay on slices of backon the

Length of the head, pare a Lemon & Slice

it, & pick out the seeds, & Lay the slices

on the Backon, Role it up in a Coller &

to it Cloce & sowe it up in a Cloth &

bind it with broud filliting then boyle

it in a pipkin with whitt wine & wine

Vineger & som bace & som Lemon pile

& som hole Spice & an onyon pricked

full of hols, to three heads You must haue

a quart of wine & as much Vineger &

& halfe an ounc of each Spice & som sault

& what You want of Liquid to Cover them

You must make up with water You must

boyle them till they are tender they will

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keep 3 months

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To Make Orange Custerds

Take the Yolks of twelve Eggs, & the

Whitts of six, beat them uery well with

a spoonfull of orang flower water then

putt to them the Juice of eight oranges

& the bigness of Wallnutt in sweet butter,

sweeten it to your tast, then sett it ouer

the fire, & stir it all the whill till it is as

thick as Cream, then putt it into dishes &

eate it Cold,

To Make Wine Eager Mrs Henshaw

To an Ale gallon of spring water allow 3ll

of Mallegoe raysons well washt & not pickt but

draind, your Runlet must be a third part

biger then you desine to make your quantety

well bound with Iorn Hoops Cutt the

bung hole so large that a hand may goe

in to clean's it, then lett your fruite be

first put in, & poure your water upon

it, paste the bung hole doune with a

Corse thick Cloath set it in the Sunn

from May to September, when you euse

it draw it ofe and not botle it

To Make Lemon Jelly EC

Take 4 or 5 of the depest Rinds

You can gett Rasp them into there own Liquer

about a quarter of a pint when this hath

stood a whill putt to it a pint of hearts

-horn Jelly made strong, & hott sit it on

the fier & boyle it uery quick a pritty

whill then strain it into a pound of

duble refined suger boyled to sugre agane

then squese in the Juce of an other

Lemon, Let it stand ouer a soft fire

till it begins to Jilly on the spone,

it will make Clear Cakes if you putt

them into Little glasses & stoue them,

with a small fire,

Raison Wine Mrs Beaumond

to 5 pounds of Malaga Raisons, a Gallon

of spring water pick the fruit clean &

put it into the vessel whole, pour the

water on it & stir it 3 times a day for

a fortnight or more stop the Vessel

close & let it stand half a year before you

bottle it if you keep it longer it will be better

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To make Cheescakes Mrs Henshaw .

Take 5 quarts of milk & put to it two good Spoonfulls of

Runitt, & lett it Stand till it comes very hard, then put your

hand in it & break it very Small, then put it in a cloath

& Strain all the whey from it. then put it in a morter

putting thereto half a pound of blanch't almonds beaten

with the yolk of a Egg very small, & half a pound of

Sugar & 5 yolks of Eggs, a little Rose water a little

mace cut very Small, half a Nutmeg grated: beat all these

together with 3 quarters of a pint of good thick sweet

Cream. Then take half a pound of Currants wash't &

pick't & boyle them a little, then dry them in a cloath. Stir

them withthe rest, take a pound of the finest flower, half a

pound of butter, a little Sugar 2 or 3 spoonfulls of water

\*\*\* make it up alltogether, & divide it into 6 Cheesecakes which

the Curd will iust fill, tye or pin a paper about the crust of

euery one of them, & when they are almost baked take off the

paper, then strew a little fine sugar on them & set them

again into the Oven till they are baked enough, the Oven

must be well heated, then the Top a little cooled with a mop,

& if you would have any of the m plain, you need take but a quarter

of a pound of Currants. If you would have them in little Cheesecakes,

you may take a pound & an half of flour & three quarters

of a pound of Butter./

You must add 3 yolks of Eggs to make the Crust

and little Cheesecakes the quantity makes 14./

To make white quince paist for pasty

to keep all the year.

Cozen Hanshaw

Take your clearest Quinces, & sett on a skillet of

water, which must first boile before you put

your Quinces in to coddle & never let them cease

boilling untill they are tender enough keeping

them alwais down with a Ladle in the water

as they codle, and let them boile pretty fast in

a good deale of water that they break not one

another untill they are as tender as a Codling,

then take of the outside very clean and scrape

the pulp with a knife from the cowre mash it

that there be no hard bits., To a pound of

Pulp of Quince put: 6 ounces of iuice of Quince

a pound & quarter of good sugger beaten and

sifted. Stir all together & boile them, tele you

think it is enough; Which it is when it looks

clear. You must shake it in the boilling to take

of the Scum.

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to Keep all the Yeare

Cozin Henshaw .

Take ripe Apricocks pare them & cut them in bitts

and to a pound of Apricock put nere half a

pinte of Jelly of Codlings. Lett it boile till

it is all mash, then have redy two Basons

of an equall wait, & powre out ^ your Apricock in

one, & weigh your sugger in the other weight

for weight, And boile your sugger to a candy

hight then put in your Apricock & boile it 'till

the sugger be well melted & power it in pots

for your use. The next day paper it up with

issue paper wetted in clean water & dried on

a cloath before you put it on.

It is always best to beat your sugger very well

small as you intend to boile to a Candy hight

And put as little water as possible you can

to wett it./

To make Raisberry paist for Pasty

to keep all the year

Cozen Henshaw .

Clear your Raisberrys from the bad ons & mash them

as small as you can. And to a pound of Rais=

=berrys take neere 1/2 a pinte of the Juce of Red

corrance, And the weight of good sugger

put them all together in a skillet; Boill it 'till

you think it will Jelly scuming it now & then

And put it into pots for your use.

It is best to Paper all wet Sweetmeats with

issue paper just wetted in fair water and

dryed again with a clean cloth, And so lay it

on damp; W^hich makes it ly much closer then

if you lay it on dry. Paper the top of the pot

again with a white paper tyed or rowled

close.

Dryed Sweetmeats keeps much better in

fine white paper then in corse white paper.

To Preserve Oranges to make tarts

Cozin Henshaw s way.

Take 1/2 a Core or a dozen Oranges, Pare off

the yellow rind clean, & tye them up close loos in a

thin cloth; Put them into a Larg Kettle of boilling

water. Keep them under water 'tell they are boilled

very tender. Then take them out of the water &

cut them in rownd slices not too thin, & pick out

all the seeds clean. And to a pound of Orang

take: 3 quarters of a pound of Sugger & half a

pint water, set the water & sugger on first, Boil

it & scum it then put in your Oranges, Let them boile

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tell they look clear. When they are nere enough

Sqees in the juse of a larg Lemmon, let it boile

a little after put it in pots for your use.

To make Nunes Bisket. Lady Jones .

Take half a pound of the best Jordan Almonds

blanch them & beat them very fine Take the whites

of 6 eggs & beat to a froth then add them by

a spoonfull at a time in the beating of the Almonds

tell you have put all in then have in reddiness

a pound of dubble refined sugger finely sear-

=ced, withthe peel of 6 Lemmons greated into the

sugger; then put your sugger to your Almonds

& mix them well & beat the yolks of 6 eggs

very well & put to them. Then put in half a

pound of fine dry flower beat all thgese to

gether very well for a quorter of an hour, then

bake them in little square Paper Coffins well

buttered, Let your Oven pretty quick but

not to Scorch them. One quorter of an houre

will bake them.

To lay Lemmons in Jelly.

Cozin Henshaw

Take the Lemmons pare them pick all the white

that there be nothing but the cleare skin upon them then

take out the severall Cloves or divisions of them pick out

the seeds with a bodken. Break the Cloves as little

as may be then take their weight in suger. Wet the

suger with a little fair water Set it upon the fire

& let it boile a very little, then take it off the

fire & put in the Cloves of your Lemons set them

on the fire againe till it be scalding hot, then set it

by till the next day & then give them a boile till they

look clear; Lay them out to drain while you make

your your Jelly of pipins which must have a Lemon Squee

=zed in it. Lay the Lemons in a pot as close as they

can lie without lieing one upon another, then

power in the Jelly to fill the Glasses rais the Lemons

from the bottom of the Glasses with a bodkin.

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To make cakes of Juce of Lemon

of the Juce of any frute

Take Duble refined Suger beaten and finely Sifted

dry it ouer the fire in a Silver porringer when it is dry

and very hot put in Somuch Juce as will make it

of Such a thicknes that may be dropt upon paper

and ly in Round cakes, but before you drop them

you must let the Juce and Suger Stand on the fire

tell they be very hot but not boyl, then drop

them out and if they dry as you do them you

may put in more Juce: with the Juce of lemons

you may put in violets or cowslips or shred

Lemon peel or any such thing you like Either

for fast or couler and they must be mixed in

the Suger when it is hot Just before you put in the

Juce: when they are dry of one side you may

pull them off the paper and when they are grone

hard which they will doe without a stoue

you may put them in a box all together

on heaps they will keep couller the better:

If you make these sort of cakes with Suger

boyled to a candy and the Juce and fflowers put

in when the Suger is but of a Soft cand.

they will hold couller better then the other

but are much more troublesome to make:/

To Make Paist for Sweetmeet Pastys or

any Pys in dishes or Pattee-pans

Take a pint of the finest flower; 2 eggs, a quarter

of a pound of butter, break the butter pretty small

into the flower, make it up into a paist with

a little cold water, as little as you

can, to make it into a paist, than rowl it out

with a rowling pin not too thin, and spread

a little butter all ouer it, then flower it=

after that lap it, or rowl it up with your

hand & let it ly a little, then rowl out your

Paistys of what size you please, & lay you?? your

sweetmeat on them raisberry corance quince

or apricock paist, that is not too thin, and

close them with a little water, lay all your

peeces you cut of one way upon another

by them-selves & rowl the paist out all one

way, els it will be heavy Just as you put

them into the ouen, doe them over with

a feather, diped in the white of an egg or

two, beat up to a froth, & sift some fine

suger on them, a quick oven does best.

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To Make ffrensh Bread Mrs Henshaw

Take halfe A peck of fine wheat flower

Dry it a Little in an oven then take Some

milk and warm it pretty hot but not Scald=

=ing hot then take a pint of new Ale Yest

and a Lettle Salt beat them together lett

the Salt be desolved, put it into the milk

stir it together then put it to the flower

and work it all together but not to stif

so done make them into Lofes what Size

You please set them upon a dry board

well flowered or put them into Small

dishes and cover them warm and Let them

Stand a quarter of an houer then set them

into the ouen stop the Side closs and Let

then stand an Houer,

To make good mustard Mrs Henshaw

Beat your mustard seed undryed, sift itt

through a hare sive, mix it prety thin with

vinagre for it will grow thicker with keeping

put into a halfe pint jugg 20 cornes of white

peper, 2 larg races of ginger slit a lump

of loaf suger, pour your mustard to it, &

stop it close with a corke tyed up in leather

To make a Sullibub. L. Pain

Take the white of 4. or 5. Eggs, beat them till

they be very frothy with a white whisk, bound both

ends togeather. Put in a quarter ...... and half

of searced sugar, or more if you love it sweet.

Then wring in the juyce of a larg Limmon; &

beate it till the sugar be melted. The powre in

half a pint of sack, & so beate it together. And

a pinte of good sweet cram & beate it all together

a good while. Then powre it into your Sullibub glasses

and let it stand 5. or 6. hours at least, before you

serve it up to the Table. It will be clear in the

bottom, cream in the middle, & curd at the top.

To make an Oatmeal baked Pudding

Take a quart of new milk or thin Cream, let it

just boil; & then powre it upon half a pinte of

great oatmeal Cover it close, till it be tender.

Shred some beef sewet very small, & stir it

in the oatmeal while it is hot. Then beat 4.

Eggs very well with a spoonfull of Sack, sweeten

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it to your taste. Mix it all together, & put it

into the dish you intend to bake it in: which must

be well buttered. Be sure you put in small shred

Sewet inough to keep it moist. If the pudding

be not thin inough, you may put in more milk.

And put boil some Nutmeg & Mace in the Milk

or Cream you put to the Oatmeal.

To pickle green Bacon

Scald the Hogg, & bone it as you do Brawn, Cut

it into such peices as best sutes the Tub or

earthen pot that is to receive it. To a large

Hogg allow a pound of Salt-Petre. & rub

every peice first with it; Then salt it very

well with ordinary salt: and lay it thrust

as close as you can in the Tub. So let it

stand close covered about six weeks or more

before you use it. And take the peices as they

come not stirring the other. If the Brine

do not cover it after it hath stood 6. weeks.

then you must make a brine on purpose,

boiled high & scumd: and put it in when it

is cold. If you haue any brine by then that

is left of salting tongues or Hams, it is

better than any you can make, to put to it.

After you haue boiled it & it be cold, put it to

it, keep it very cool in a collar & set the

Tub on a board to keep it from rotting.

To make White quince Marmalade

to Keep all the Year./

Take the best quinces when they are new-

=ly gathered pare them and core them, when

you haue cut them in quarters, ad to a pound

and halfe of quinces, 2. pound of Double

refined Suger, finely beaten and searced

Lay Your quince quarters into the Sawce pan.

or Skillet You intend to doe them in, Strew

=ing all the Suger betwen as You Lay them in,

and put in halfe a pint of the Juce of quince,

then set it on the fire and boile it verry

quick, cover it as Sown as the Suger is melted

and as soon as it Look clear, take it ofe

and break the quinces and put in 2 spoon-

fulls more of the juce, which will giue it a

quick tast, then set it on again and Let

it boyle a Little, then take it ofe and when

it is cool a nufe put it into deep glasses

or gllay pots: it will be best to prepare

your juce the Day=before which must be

dun thus/

Take your quinces and wipe them

verry cleane and cut out the black tops,

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then grate them and squeese out the juce

as fast as you can, through a flanell as

you doe it power po it into your paper

funell and set it into a glass bottle to

drop through, the quicker you do it the

better, The paper funell may be made

of halfe a sheet of whited brown

paper or issue paper./

To make Almond butter. Mrs ffreemans

Take a pinte of Cream and boile it; then take three Eggs beat=

=ten very thin: put them to the Cream, and lett them boile un=

=till you see thin and thick separate. Strain the thin clean from

it. When the curd is could, take half a pound of Almonds xx

beaten very fine with a little Rose=water: also two ounces of

Dubble=refined suger, finely beaten, and searched: Being all

well mixt and beaten together in a Morter dish it up.

Put your Almonds into could water in the morning and

as you blanch them, throw them into cold water untill

you beat them./

To make Chocolate my Lord Gorg's way.

Take a quarter of a hundred of good Caraco=nuts. Parch them very a

well with a quick clear fire: no matter how brown, so they be not

burnt. Clense them well from the husks, and fan them very

clean. To this quantity of nuts (which will not be above twenty

pounds when parched) take fifty good Venellios, which will wey neerer

six then five ounces (for under the last they must not be) and

ten ounces of Cinamon with four cods of red Guinea. paper: x

which must be dried before the fire, and the seeds shaken clean

out. Powder all this spice together, and sift it through a Tiffiny

sive very fine. To every pownd of parched nuts put three quar=

=ters of an ounce of this beaten spice, and one pownd of good

powder sugar./

To Make: Aprecock: Wine Mrs Carols

Take good spring water: and boyle it an

hower: and Let it stand tell it be Could: then for

Every quart: of water: two quartes: of Apre=

Cocks pared and stond Let them stand two

gether A night and A day then straine it

Throw A haire sive and mea sur your Liquer

And two Every quart tak three quarters of

A pound of good powder shuger then stur

It well up: While all the shuger is melted

Then tun itt up into A strong uesell and when

It has done working Cork it down Close

And A top of that dubell white paper & Clay

bung A top of that: And at half A yeares

End botell itt Out

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To Make Marmalade of Oringes

Take twelve of the best Orenges pare or

great them then Cut them and squease out

all the juise and pick all the pulpe from

the skin and put it into the juice then take

The Weight of dubell Refind suger A pound

Two A pint Letting it stand all night in

A silver tankerd then put your piles into water

And the next day boyle them as Tender

As you would haue them then pick out

The strings of them and skins, then slice

Them very thin and mince them uery small

Then take their waight in suger and

boyle it to A Candy height, Then put

In youer pulpe boyling it as quick as

you Can tel it be pretty thick then put

un youer juice and suger then giue

It but two or three boyles squeasing

In the juice of one Lemmon and put

it into youer glasses.

If you pare all the yellow ^ rine of youer

Oringes youer Marmalade Will be the

Better

To Pickle sparragrass: Mrs Henshaw

Take the sparragrasse and ty them vp in small

bundles & put them up into A pot, then take

sum water and season it with salt tell

It will bear An Egge, and fill up the pot

With the solt water and Let them Remaine

so About A month or Longer as you please

but when you take Any out Let it be stopt

up uery Close Againe, Then them that you

haue taken out, put it into some faire

Water, shifting it often for 3 or 4 houres

And put them into A brass kettle and Let

Them haue A good fire under them tell

they boyle or tell you find that they are

green Then take them and Let them stand

Tell they are Could then boyle youer

pickle, as you doe for other things

putting them in when the pickle is Could

you may boyle them at any time in the

Winter, Laying them in fresh water 3 or 4

houres shifting them often when you

open the pot they will smell uery strong

But they Are neuer the worse for that/

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To Make Cloue Wine Mrs Henshaw

Take three gallons of water and seuen pound of

suger one gallon of Clofes, with the whites

Well Cutt of, Boyle the suger and water three

Quarters of an houre or more, skim it uery

Well, you may Clarifie itt with whites of Eggs

if you please, putt the Cloues into an Earthen

pott then pour youer Liquer Scalding hott

To them so Couer the pott uery Close, and

When itt is Could Enough two worke putt

In 3 or 4 spoonfuls of barme Lett itt stand

Two dayes & two nightes then straine out

The Cloues and putt itt into A pott Again

so Lett itt stand A week or more then-

Bottle itt with A Lump of Lofe suger in

Each bottle you may put in the juce of

A Lemamon if you please, the pott

should bee A steane that is a tape & fosset

To draw itt Out -

How to Make Lemmon Marmalade

Mrs Henshaw

Take a pound of duble Refined suger beatten

And A pound of pipens and two pipen Aboue

A pound pare them and Chope them as small

As you Can Cutt them into A skillet first -

strouing suger att the bottum and as you Cutt

Them strow suger upon them but do not

put all the suger on them, then set then on the

fire put in halfe A pint of water ^ or less and Lett them

Boyl tell they Looke Cleare: then take two=

Lemmons pare them uery thicke and boyl the

pills tell they bee uery tender. then mence

Them uery small Cuting Away as much of

the White as you Can After it is boyled and

put it the peel to the pipens, and Lett it boyle tell you

Thinke it will Jelly then take itt of from the

fire and put in the Juice of both the Lemmons

In it and Let it Jest boyle and no more: then

Then take it of and put it in youer Jelly

Glasses you must strow the suger on as it

is A boyling

Add two this A quarter of A pint of pipen Jelly

Let it boyle A Little before the Juce of Lemmons

goes in and A Low A quarter of A pound of

suger more, this will make itt turn out uery

ferine

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To Make Ink Lady Lidall

Take three Ounces and A halfe of gales: and

put thereto A quart of snow water Let the

gauls ie in it 2 or 3 dayes: then strain

It from the gauls and put thereto two

Ounces and halfe of Copperas: and two

Ounces and half of gum Arabick: keep it

stiring twice or thrice A day for A

fortnight together and Afterwards as-

you see Convenient or A White scum

A Riseing on the top: But take Care your-

Gauls be beate as small as meal, and your

gum as small as you Can get itt

L Lidal To keep fowl fresh A fortnight

kill the foul and blud them well in the

head Leafing their heds on and all the

fea thers Also Let them be throughly

Cold, before you put them up two be

sent by A Carryer or other wayes; then

put two peper Cornes in their uents and

sow them up, undrawn: put them up

With dry bran; two keep them from

all air and sheaking: Thus they will -

Carry uery fresh: And Rost as white

as if newly killed

Especiall patridg out of the mew.

L. Lidal. To keep Limmons all the year fresh

Let the Limmons be fresh and sound before they

Be soft, Couer them all ouer with bay salt

Lay your salt A Conseederable thickness

In An Earthen dish at the bottum perhaps

Three Inches deep: Then Lay in youer Limmons

At A distance from Each other, that they

May not touch, but the solt may fill up the

spase between Each Limmon; Then poure

ouer the Limmons as much salt as will Couer

them 2 or 3 inches all ouer, and Couer the

Dish they are in with A bowl or box-

To Make Otmeal Pudding L Lidal.

Take three pintes of new milk, and when it

boils put into it two good handfulls of

Oatmeal Crusht, but not small when it is

Creed and half made the milk prety thick,

take it of the fire and Couer itt Close down

When it is Almost Could, break in six-

Eggs and A little salt, A Little suger A pice

of butter, A nutmeg greated if it be two

thick put in 4 spoonfulls of Craime: butter

Butter your pans & put it in if you Loue it with

frute, put in A pound of Rasons & Currance

Jest before you put it into your pans, stir the

first well in & so put it in pans, well buttre'd

And beak it in not two hot an ouen

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L Lidal To keep Venison fresh & good

Take an hanch or any other parte Cutt

Out the brused blood, and wipe it with a Clean

Dry Cloth, Then Couer it all ouer with

Dry bran as Clear as you Can without

floure, Lay A great quantety of bran

vnder it as well as ouer it two keep it Close

from the Air: throw ouer the bran A

Cleane dry Cloth: Thus it may be kep

A week fresh and good

L Lidal The Queens Cream

Take A quarter of A pound of the best harts

horn, put to it four quartes of spring

water Let it boyle slowly down to

one quart: strain it through Jelly bag

And when it is almost Could put to it

A quarter of A pound of Jordan Almons

first blanched in Could water, then

purly fine beaten with sum of the Jelly

And oring flower water warmed Else

it will Cool the Jelly and the Almons

will not beat so fine, when they Are

beaten oEnuf mix them with all your

Jelly, strain it 4 or 5 times through

A Jelly bag sweeten it with

Duble Refined Suger to your teast and

Add Oring flower water or Juice of Limmons

as you Like and put it in Jelly glasses -

L Lidal To Make A Lobster Pye

Make the Crust thus: to Euery pound of fine

flower Rub in half A pound of butter -

Three Eggs and as much faire water as

Will make it fine Light paste, work it

as Little as you Can and Roll only one way

from you, then divide the paste Equally

And flower youer patty pans, and then haue=

ing t???ed rolled out one half of the Crust for the

Crust for the bottum, Lay it in the pan, thin

the other half for the top, one pound and half

of fine flower with butter and ect proportiably

Makes A Crust for A midling sized patty pans

your Crust this prapared, then take 3 Lobsters

Which will fill A middle siz'd patty pan; boyle

Them and take out all the Meat of the Claus &

Tailes, free them from all splinters & the

Red hard peices that are usually in the taile

peice, Cut the tail into four, and the Claws

If Larg into as many, season it with beaten

mace Cinamon safron to discreshun

Considering that fish Requires More.

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Seasining then flesh: their flesh being-

Then Ready, put up on the bottum of youer

Crust A Layer of butter, next A Layer of

Lobster, and then A Layer of butter Again

And so do tell all your Lobster be in, then put

on the top A good Layer of butter, before-

you Lay on youer Crust: it will take near

A pound of butter, Let not youer ouen be

scourching hot to burn the Crust: An hour

And half will beak it when it Comes out

of the ouen, And you are Redy to dish it

vp. haue Redy A gill of good grauy

Disolue in it two Large Anchoves, Clearing

them well from the bones, then put it

into the pye uery hot shake it well Among

the meate, and serue it up, This is the

Exact way for Lobster peys: which must

neuer be made in standing Crust but in

A patty pan, The formes Crust being

????ing two dry for fish

A cement for braken China or glass

Take unslaked Lime and mix it well with

the white of an egge, the Lime being first wel

beatten and searced, the white of the egg

well beaten allso, & mixed with it, to such

a thickness as you find will fix the peices

togeather

To Make Little pastyes of A kidney of ueal

first shred youer kidney uery small, and if

It be Large put two Large pipins shred uery

small to it almost A handfull of Clean

picked Corants what suger and nutmag you

Think fit 5 or 6 spoonfulls of thick Cream

The yoke of one Egg, sharp them with A Little

Lemon, And Cut in some of the peell uery

small, if you haue no Lemon quicken it

With good uerjuce, Lay the meate in your

Crust Close the Edges of youer pastyes

Well, And besure you Let the fat be boiling

hot when you putt in the pastyes, fry them

Crisp, but not two browne, you may bake

Them but then you must make the Crust

A Little fatter

To make french White Custerd

Take one quart of thick sweet Cream

And set it to boyle, stir it with A spoon

all the while, then take the whites of twelue

Eggs uery well beaten with A Little oringe

flower water, sweeting your Craime as

you think fit before you put in your Eggs

And when your Cream is almost Could put

In your Whites of Eggs stiring it all the while

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Then when the Eggs & Cream are

Well mixt pass it through a hair siue

then set it on A slow fire to thicken

stiring Continually, and when it is

Thick Enough pass it through a uery wide

hair siue, but if it will not go through

fill your Custerd dishes with it as it is

If you find twelve whites of Eggs two

Little you may take one or two more

To Make Oyster Loaues;

Take a peack of the Largest oysters you

Can get take Care to saue all the pickle

as you open them and when they are

all opend, put to them A pint of white

Wine, and wash them one by one, then

set the pickle by to settle strain it

Through A Close hair siue to take out

all the shells and scales, then Let your

oysters be putt into the pickle Again

And set them ouer A slow fier with

A blade or two of mace 2 or 3 Cloues

A Little hole peper A Little peice of

Butter a greated nutmag and A quartered

onyon, so Let them all haue a gentle

Boyle ouer the fire, then take 4 Egg

yolks and beat them with Juice Lemmon

And thicken your Lequer with them when it is

Redy to serue up, then take three french Rowles

and make A hole in the topp and take out all the

Crum of the Loues, And make the Crust as thin

as you Can, then take A pint of Cream ^ & 4 egg yolks more beaten in the cream then

dip your Loaues uery well inside and outside

Then haue Ready Clerifyed two pounds of butter

In A depp sawce pan, make it uery hot and

then put the mouth downwards to drain the

fat Clear from them then put the Cream &

Egg spars to your oysters and set them on the fire

keeping them sturing till it be pretty thick, so

fill your Loaues withthe oysters and pickle & if Any

spares of filling: put it on the dish with the

Loaues, and serue it up as hot as you Can

With sipits of bread & slic'd Lemon

Turky or Pullets Alamode

Breake the breast bone uery well, Lard them

Thick fry them a Little brown on the

Breast, so put them into A stew pan

With some grauy and strong broth,

A Little bunch of sweet herbs, two onions

A Little peice of bacon stuck with Cloues

still keeping Liquar to them till you

Think they be Enough, Let your in

gredients be sweetbreds Lambs stones

sausages sheeps tongues sliced or whole

folio 78 verso || folio 79 recto

And Larded pullets truste or Murraile,

Artichock bottums, or Anything in season

A Cording to your discretion, Let all these be

Tossed up thick, with A Little Anchoue

pepper greated nutmag & A Little white

Wine, And when you dish it up put all

The ingredients ouer it

Pottage of Squabb pidgons

Take A Leg of beef & some ueal & mutton

And boil that strong broth till it Come to

the quantity as you think it will gelly

season it with Jamaca pepper & Cloues

And throw in an handfull of sweet herbs

And some onions, half Rost your pidgons

And then stoue them down, for your in=

gredients Let it be sweet breads tops of

sparragrass Artichoke bottoms, bottoms

of Cardus, young pease for the herbs-

spinage Cabbage Lattis, Cut some of

them in quarters and Lay Round the dish

And some bacon, Cheruill and sorrel

And wash them uery well, and Cut

them not two small, put them into a sauce=

=pan with 4 ounces of butter or as much

As you think fit & A slice of Limmon

With them a Little pepper and solt

stoue them down by themselues, till they be

dry, so put a quart of grauy & another of strong

broth stoue them down in that till they be tender

Take the ingredients Ragg on Euery one of

them by them selues, browne a Little

butter and shake a Little flower in it and

so put some grauy into them and toss

them up in that, And keep them till you top

your pottage, Let your bread be well

dryed and stoue it half A quarter of an

hour before you top it, so Lay the pidgons

Round the dish, and some in the middle,

All these are uery good when they are two

be got, when they are not you may put

Any thing in Room of them, as mushrooms

pullets troofe Murrall, grapes or

Any such thing

To Bake Herrings

Take fresh herrings, Cut of their heads, wipe them

Cleane with A Cloth, after you haue scealed them

But do not wash them then put them into A pot

uery Close, and between Euery Row of herrings

strew some salt mixt with pepper, mace

and Iamaico pepper, put as much uineger

as will ouer flow them the depth of three

fingers, set them in an ouen with brown bred

And Let them stand twelve hours, so keep

them for the use, They must be Eaten

Cold with oyle & uineger if you Like it

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1671

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Receites ffor Diseases &c

For: The: Kings Euell

divide

Take a pound of Lygnun Vite & devide

it into 3 parts put one part into an

earthen Jugg with a potell of watter

& past it up Close then put the Jugg

into a pot of watter that boyles & keep

it boyling 12 houers when it is Could

straine it out & drink a good draught

first warme in the morning & Last at

night & at 4 in the afternoone to

drink noghting elce is best you must

drink it a mounth spring & fall this is

allso to be used with the following

oyntment

Take the fflower of fox Gloues a peck

stamp them in a stoane Morter & when

they are uery small put to them 3 pound

of fresh butter out of the Churne then set

them one a soft ffyer in a new Earthen

pipkin & let it boyle 4 houres stiring it

Continually with a flat wooden sticke

then put it out into an Earthen pipkin

that neuer had salt in it soe that

you may heat it againe when it

needs which will bee once a moneth

folio 5 verso || folio 6 recto

you must set it in an ouen after the

bread is drawne & put in a peece of

butter without salt to Keepe it moist

When you use it you must take noe

more then you need at a time & warm

it not soe hot soe that the party may

well endure it it must be Layd one

euery place where the euell is broke

deress the sore, twise in a day you

must anoynt the sore with some of

that oyle that Runs from the

Compossition as farr as it is hard

you must Lay it one the Cloth nether

to thick nor to thinn you must allways

keepe the same Cloth next to it but

the others you may shift when you pleas

there must be no salt in the butter

you use nor must it be washed but

well beaten out of the Churne there

Compossition if well Kept & that is the

oyle that is spake ofe whilst you use

this use the diet drink

Another

Take 3 ounces of guntion sliced 9 ounces of

the barke of each Infuse them 29 houres & a halfe

in 16 gallons & halfe of Cleane Runing

watter on hot ashes in a pipkynn

Close Couered then boyle it ouer a gentell

fyer without smoake till the 3d part

be Consumed then add Epythininen of

pelypodism of the Sake of Each 12 ounces

of ffinnitonery fflowers & borrage flowers

of each a littell handfull Rosemary flowers

succory Roots Prim Rose Cowslips Camomell

violet fflowers of Each a Littell handfull

Anniseeds sweete ffennell seeds of Each

halfe an ounce boyle all these things

till ther remaines but 16 pints of your

Liquer then straine it Cleane & Let

if Infuse as aforsaid 12 houres in

hot Ashes with 13 ounces seana: beaten

then after once boyling strayne it

& Clarifie with the whight of an Egg

then put in a littell suggar according

to your pallet & Let the party take

20 or 30 ounces in the morning fasting

Continuing it 18 days add or dimminish

as you find it work 2 or 3 times

a day is sufficient

This is the most Approued Medesine for

this disease in the word & it neuer

fayles to Cure if it be taken before

the Euell be gotten into the bowell

though otherwise it may haue

folio 6 verso || folio 7 recto

Continued many yeares

4 A Cherry Watter Good Against Mallencholy

Conv??tons fitts the spleene

take 3 pound of Red Cherrys 3 pints of

Clarret wyne about the wayt of

a shillengs of these spices ffollowing

Cloues mace nuttmegg & Ginger &

of Cinnamont the wayt of 2 shilleng

let these spices be be bruised a littell

& steeped with the Cherrys & wyne

24 houres in a Glass or Earthen

Vessell being Close stoped up after

they haue bin soe Long steeped

take the Cherrys out & beate them

& soe put them in the wyne

stilling stoanes & all then put all

these things in the still after

soe Long steeping as foure & twenty

houres it must be a Rose watter

still & let the still be Closed up with

a paper first wetted with the

white of an Egg beaten with a

littell flower to Keepe the

strength from goeing out

& in the glass the watter is to Runne

into being a quart glass put sixe ounces

of white suggar Candy or dubell

Refined Suggar beaten & searched

through a fynn sarch & soe Let your

watter Run into the Glass to the

.. Suggar shaking the glass now &

then to mixe it soe Let it still

till you haue 3 wyne pints or

better of the watter & when you

haue drawne this quanity mix all

the watter together adding to it

all 3 ounces of sugar more for

you must allow to euery pint

of the wyne 3 ounces of sugar

more if you put in a good handfull

of Cloue Gillyflowers buglas &

Borrage or any Cordiall flowers

it is the better

5 An Execelent Medisin to Breake

a Cold in the stomack by Docter Baites

take halfe a pound of browne

sugar Candy & beate it uery

small & put it into a bladder

that will Keepe out watter

folio 7 verso || folio 8 recto

& hang it up in faire watter till

it be disolued into a sirrup then take

a Spoonefull or two at a time 3

or 4 times a day or more if you

please

6 A Very ^ good Cordiall Watter

take a pound of Loafe suggar

finely beaten put to it a quart

of Running watter stirr it well

together & straine it through

a Cotten bagg 7 or 8 times then

put to it a pint of Damasque

Rose watter a pint of the best

Cynament watter a quarter of a pint

of Angellico water as much of Rosa Solis

watter & as much of Cloue water

3 pints of ordinery aquavita a quarter

of a pint of Annyseed water mingle

all these together & poure them

through your Cotten Bagg foure

times or more then take halfe

an ounce of Muske Comfits bruise

them & put it into your glasse

you intend to put your water in &

shake it together & set it up for your

use

7 A Very Good Drink for the Ricketts

take of harts tongue 6 or :8: Leaues

2 handfull of Egrimony as much lyuer

wort wash them Cleane & put in them

some 3 pints of Runing water or

more halfe an ounce of Annyseeds

& as much Liquorish sliced a quarter

of a pound of Currance & as many

Reasons of the Sunn stoaned boyle

all these together till it be halfe

boyled away then straine it Crushing

it hard & sweeten it with browne

suggar Candy & Let the Child drink

a draught in the morning & a

nother in the afternoone it will

bee the better it you put in a handful

of Mayden haire as much blodwort

& as much speedwell

The oyntment for the same

take Rosemarywater Maiden haire

Issope buyse penny Royall southerne

wood spike ffetherfeu of each a

good handfull Chopp them small

folio 8 verso || folio 9 recto

put them into pound of fresh butter

nether washed nor salted & boyle

them til the herbs begin to groe

drye then straine it & chrush

it hard & anoynt the Child euery

morning & euening all the knots

of the Ribbs & the breast if at be

narrow let the Child be purged

first with Rue bab 3 days before

it take the drink you may take

the wayte of 4 pence in Rubab

sliced & laye it in soake all night

in beare you must let the Child

blod in the Eares once or twice

as you shall see Cause when your

moon is eight days old

8 Mellolet oyntment for Ach of Bruise

Take Mellolet when it is Ripe & stripp

the leaues & flowers from the stalke

then take to euery pound therof

a pound of butter Chopp the Mellolet

small let it boyle one a soft fier till

the herbs begin to bee drye then

straine it in an Earthen pott &

keepe it for your use

A salve ffor an old sore

9 Take stone pech beeswaxe Rozin of one

as much as the other three take of

fresh butter halfe as much as the other

three put them alltogether into an

Earthen pot & set them ouer a soft

fyer & let them boyle about an houer

then take it of the ffyer & put it

into a Gally pot you may spread it

eather one lint or as a plaster as you

see occation

10 The Red Powder An Approved

Remedy to Keepe one: ffrom : Miscarring

or ?o stopp

Take one drame of Dragons Blood 2

Graines of Amber greise ? dram of Red

Currall 3 graines of besorstone beate

these uery small in a marbell

morter then mix them uery well

& put as much as will lye one a

penny into one spoone full of burnt

Clarrett & take it 3 tymes night

& morning as much as will lye

one a penny & sleepe after itt

folio 9 verso || folio 10 recto

11 A snayle Watter Good for a Consumcon

of the Jaundeys

Take a peck of gardaine snayles wash them

in a great boule of beare then make

your Chimney uery Cleane & kindle halfe

a bushell of Charcols & when they are

well kindled make a hole in the midle

of them & put the snayles therin & Cast

some Ashes one them & Couuer them with

Charcols & Let them remaine there soe

long as they make any noyse then

take them out & with a knife &

Corse Cloth pick them & wipe all

the greene from them very Cleane

then bruise them in a stoane morter

shells & all allso take a quart of

Earth wormes slit them one Knitting

needles & scoure them Cleane with salt

diuers tymes then wash them & beate

them to peeces in a stoane morter then

make that pot very Cleane one which

you meane to set your Limbeck

& take 2 handfulls of Angelica

& Lay in the bottom & 2 handfulls

of sollandyne upon the topp of that

the a quarte or 2 of Rosemary

fflowers or in the want of that the

herbe may sarve Allso bear foot-

Egr imony the Red ofe dock Root the Bark,

of barbarry tree wood sorrell & bittony

of Each 2 handfulls halfe a handfull of

Rue ffine grake & Turmerick of Each

one ounce well beaten then Laye the

snayles & wormes upon the topp of all

these & pour into it 3 Gallons of strong

Ale & stopp the pott Close & Let it stand

all night or Longer if you please &

in the place wher you meane to put

fier under to drie the snailes in an

ouen in stead of the ffyer is better in the

morning put in 3 ounces of Cloues beaten

to powder allso 6 ounces of Grated harts

horne you must not stirr it after the

hartshorne is in Lest it goe to the bottom

then set one your Lymbeck & stopp it very

Close with Ric dough & Let it be Keept

with a soft fyer & Receiue the watter

in pints you may receiue 6 pints or

more the first is best & must bee Ke?

keeept by it selfe you may mend your

smallest by putting in some of the

strongest when you use it This

watter must bee giuen in the

folio 10 verso || folio 11 recto

In the morning fasting & the

patient must fast two houres

after it & not sleepe & at foure

of the Clocke in the afternoone you

must take of the strongest two

spoonfulls to foure of the white wine

ore Ale or beare & of the weakest

as much watter as Ale or wine this

watter hath bin stilled in a Common

still & hath bin found uery efectuall

12 Docter Burges : his Receite for the

Plaugue

Take 3 pints of Malmesey & boyle

therin one handfull of sage & one

handfull of Rue untill one pint-

therof be wasted then take it of

& straine it & set it ouer the ffyer

againe & put ther two one penny

worth of Long pepper halfe an ounce

of ginger a quarter of an ounce of

Nuttmeggs all beaten together then

let it boyle a Littell & put therto

4 pennyworth of Methridate two

penny worth of treacle a quarter

of a pint of aquavitae or rather

hot Angelicae watter stirr it

well together & take one

spoonfull therof morning &

Euening to prevent & avoyd the

Infection but if the party be allredy

diseased then let him take 2 spoonfulls

therof at a tyme & swet ther upon

once a day at the least or oftenner

if the Abillity of the body will endure

it Chang the Lynnen wherin he swetts

for fresh very well agrees In some

short time this will helpe them vnder

god if the hart be not Cleane-

mortified & drowned with the disease

before: this is not allso good for the

Common plaugue but allso for the

small pox Measles or any other-

Infectious pestilent diseases-

13 The Balsom

Take one quart of sallet Oyle & one

pint of faire watter boyle them a while

in an Earthen pot then put therin

halfe a pound of yallow wax then

take Rosemary Bayes sweet Margrum

& balme of each one handfull & shread

them & put them into your Liquer allso halfe

an ounce of Redd saunders Rose watter

& plaintaine watter of each 2 ounces &

let them boyle a Little then bruise 4

drams of Mummey & halfe an ounce

of dragons Blood & put them in

folio 11 verso || folio 12 recto

And Lett them boyle a Little then take venice

Turpentine a quarter of a pound & wash

it 3 tymes twice in faire watter &

the third in Rose watter & put it into

the pot & let it boyle a little then put

in Oyle of Apericion halfe an ounce of

Naturall bolsom halfe an ounce of

of Liquid florax 6 ounces Letting them all

boyle a quarter of an houre then astraine

it & Let it Coole & when it is Cold power

the watter from it & melt it a gaine

if it be fowle you may straine it

againe then put it up you may keepe

the watter to wash soares-

14 To Make Docter Stephens Watter

Take a Gallon of good Gascoigne wine

galleng Nuttmeggs graines Cloues Annyseed

& ffennell seed Carraway seeds of Each a

drame then take sage mint Red Rosses

Gardaine Ve?i?e thyme pellitory Rose Mary

wild Margerrum organ or penny Royall

wild time Cammamill Lauender auens

of each of them one handfull bruise

the spices small & stamp the herbs

& put all into the aforsaid wine

& if you please put therto a good-

quanity of ffyne Muske & Let it stand

Infuseing 7 houres & stirr it diuers

times & then still it in a Lymbeck

& keepe the first watter by it selfe

which is the best the second by it

selfe which is not soe strong the

vet vertue of it Comforts the spirrits

it helps Inward diseases Coming of

Colds the shaking Palsey it Cureth

Contracctions of sinnews it strenneth

strengthneth the marrow in the

boanes it helpeth the Conception of

women that be barren it helpeth worms

it Cureth the Cold Goute & Cold dropsy

it helpeth the tooth Ach it Comforteth

the stomacke it helps the stoane in

the bladder & in the Reines of the

back in helps the Canker & stinking

breath it makes one seeme young

a great while if you put if you put

much peny Royall it makes it haue an

Ill tast

folio 12 verso || folio 13 recto

The Eddington Plaugue

Watter

15 Rake Rue Engrimony wormwood sage-

sallendine balme Burnett Rosemary-

Mugwort Dragons Pimpnell feathfoy

sorrell Motherwort Cardus Benedictus

Angelico bettonny Scabius Turmentil scordium

Cowslipps avens & Marygolds of all these

yherbs a quarter of a pound by waite

only the Rosemary & the scordium

bee halfe a pound Alycompaine Roots

Sweete fennell seeds Carraway seed

harte eas or paunces of each one ounce

Chopp the herbs & Roots uery small

& bruise the seeds & put them to the

herbs into a new earthen pot well

glased & washed Cleane a pottell of

white wine ? 5 quarts of sack stirr them

all together & soe let them steep 3 or

4 days stirring them euery day & Keepe

it Close Couered then still this in

an ordinnary still & Keep the first

& second watter by them selues take

3 or 4 spoonfulls of this watter-

warme with a Litle suggar it is

good for the plaugue small pox

Measles ffeauers & any distemper in your stomach

16 To Make Amber Cakes good for the

Palsey or ffalling sicknesse or ffitts

of the Mother

Take halfe a pound of Loafe sugar seroed 12

drops of oyle of Amber as much Gumdragon

Gumdraggon as will make it into a stiffe

paste Role itt out thinn & Cut it in

Little Cakes with a Ring drie them in

a stove & Let the patient put one of

them in theire mouth & let it melt when

they feare a fit

For A Rume ffallen suddainely

Into: the Eyes

17

Take some bole armarick & beate it very

small stirr it with the white of

an Egg spread it one some leather

& Lay it aboue the Eye brow this

doe euery day att the same time

dropp in some plaintaine watter

wherin Conserue of Roses hath bin

melted-

folio 13 verso || folio 14 recto

To Make the Greene Salve

18 one pound of Bees wax one pound of Deer

suett or if you Cannot git that mutton suet

one pound of pigg Grease ffresh take allso

Isop E Grimony wood bittony sheapheards

purse safe heale Mayden haire Dandelion

Hounds tongue leaues sillgreene-

Grunsell fiue leaues Grass polipodium

of an Oake hearbe of Grasse hearbe

of uertue sage Chickweeds Archangell

woodbine leaues one handfull of euery

one of these let all these be well

shred & beaten in a morter &-

boyled in 2 quarts of white wine

or strong Ale together with the things

first menticioned let them boyle till

all the liquer be wasted then straine

it uery hard through a strainer &

let it Coole & settle in porringers &

then take it forth & Keepe it for your

use-

19 A Very Good water ffor the Consumcion

gather the eares of wheate when it is in the

milke still them in a Cold still & sweeten

with white sugar Candy take 3 spoonfulls

att a tyme 2 or 3 times a day fasting

20 To Make Oringe Watter Mrs Careys

only paire your oringes as thinn a you Can

Take 2 dozen of good orenges & paire ofe

the outward Rine as thinn as euer you

Can then Cut of the peel as farr as

the yallow goeth & as you Cut it put

it into a gallon of sack & let it stand

& Infuse in an Earthen pot 3 or 4

days then put to it a pint of brandy &

halfe an ounce of Candymums then put

it into a Cold still & past it well upp

& wrapp about the Nose of it a papper

soe let it drop into the botle & make

as bigg a fyer in your still as you Can

you must haue allso a paill of watter

with 2 or 3 napkins into which you

must dipp them & Continue Cooling the

topp of your slice with them use

not your napkins untill the paper

about the nose of the still groe

dampe then you must then you must

put a quarter of a pound of duble

refined sugar into each quart

folio 14 verso || folio 15 recto

To Make Rare Good Aquamirabilis

21Take of Cardimum Cubube sedary Gallingall

Grains of parillis of each one drame

Cloues mace nuttmeggs sinamont

Ginger of each one drame melolet

flowers marygold flowers dried or greene

Gillaflowers Burrage flowers Rose

mary flowers Cowslipp flowers-

Viollets of each of all these one

once dried one quart of Juce

of sallindine of mint balme

& Angelico of each one pint

take one Gallon of Malligo

sack bruise your spices & seeds

& Infuse them with all othere

Ingredients in the sack with

three pints of spirit of sack or

brandy destilled it in a Rose

watter still or Lymbick put in

it halfe a drame of saffron

6 orringes slised meete & Rine

alcermis & harts horne as

you think fitt

you may dropp of one quart very

strong 2 quarts very good & a pint

of small sweeten all to your tast

with duble Refinned suggar

22 To Make Surrap of Gilliflowers

Mrs Careys

Take a pound of Gillyflowers the

whight being Cut Cleane from them

& a pound & a quarter of Loafe sugar

finly beaten put it in a pot a Laying

of sugar & a Laying of fflowers duble

boyle them three houres then straine

it out whilst it is scalding hott &

keepe it stirring till it bee quite

Cold-

The Bitter Drink for Agues

or the stomack.

23 Take Camamil flowers, the tops of Cen

tory of each an scrupell a pugill, carduus

seeds a drachm, Gentian root dried half

a scruple, a drachm of Rhubard; boil these

in a pinte of Spring Water till the third

part be consumed. Drink a Quarter of

a pinte of it in the morning.

folio 15 verso || folio 16 recto

24 Elder Berry Ale

Take half an hogshed of strong Ale, a

peck of ripe Elderberries well pickt, two

pennyworth of Ginger, as much of Mace &

cloves & Nutmugs. When the wort is boild

put all the ingredients into it, and let them

boil well all together. Let it work as other

plain Ale. putt into it half a pound of hops,

because it is not usuall to drink it till spring

Strain it like other Ale.

Mr Vernons oyntment for Aches &

pains, or sore breasts

25 Take a pound of May butter & clarify it,

then take of red Sage, parsly, smallage,

featherfew, Nip-adders tongue, raw Callamint

of each one handfull, and a little Cammomile.

Cutt all these small with a knife, and boil all

together one hour in the butter over a

gentle fire, still stirring it. Then take it off,

and strain it into a pott.

The Gentian Water

26 Take one Gallon of White wine,

four ounces of Gentian, twenty

four ounces of Centaury; stamp them

all together; and then put the wine

to them, & let them soak together

five dayes. Then distill them in a

Rose still. keep the water in a close

vessell, & when you use it drink 2.

or 3. spoonfulls morning & evening.

The Vertues

puts off Imposthumes, gives a good colour,

resisteth the plague, breakes the stone

in the reines, is good against the Spleen

purges coll choler & corrupt blood,

cleareth the eye sight &c.

v. 32\*

A glister for the piles

27. Take the yolk of a new laid Egge

in a spoon, and stirr to it as much Ve

nice Turpentine as the spoon will

hold. Then stirr it together with

half a pinte of New Milk warm from

the Cow, and give this clyster no

warmer

folio 16 verso || folio 17 recto

28 The Red oyle

Take as many as you please of the flowers of St Iohn

wort, stamp them in a mortar, & steep them 4

dayes in as much white wine as will cover them

setting them in the Sun. Then strain out them

flowers, & put in fresh till the wine be was

ted. To this wine & the last flowers, put as much

Salet oyle as the substance of them both; and

let these stand also 4. or 6. dayes in the Sun.

Then to every pinte of oyle add of Turpentine

2. ounces, of saffrom half a dram, of Nutmegs

& cloves beaten each half an ounce, of myrh

& rosin of the pyne tree each 2. ounces &

of sarcocolla half an ounce. Put these

into a butter pot close covered, and set it in

a kettle of water & hay, which must boile com

pleate 12 houres, haveing boyling water

by to supply the kettle. Then strain it &

skim off the oyl while its hott

A woman may take 20 drops, and half a

spoonfull morning & night. Its good for a

consumption or any cough; for ulcers within,

or any outward wound, either green or old.

29

A water for any swelling

Take two handfulls of Rosemary, two

of Bayes, boil them in two Quarts

of spring water, till almost half

be boiled away. Then put in two

ounces of Allum & after it hath

boiled a while, strain it & wash the

part with it

30 An approved Clyster for the Worms

Take an handfull of Wormwood, as much

of Camomile, a littlew rue, with a spoonfull

of Anniseedas, boyle them well in a pinte

of Milk; then strain it & put to it a spoon

full of Salt. One ounce of Clyster Sugar, &

30. grains of powder of Aloes.

Ratifie

To Every gallon of brandy fiue hunderd

Apricock stones Just Crackt without

breaking the meates A pound of white suger

Candy beaten fine and 3. or 4 stikes of:

Cinnamon steep all these in A stone Jarr

sett in the sun six Weeks: Pour it through

A Jelly bagg and if tis not fine Enough

Put it through A paper

folio 17 verso || folio 18 recto

31 An approved remedy for the stone &

Gravel

Take sassafras wood sliced thin 6. oz. Sarsa

parilla sliced 6. oz. Anniseeds, parsly seeds,

& saxifrage seeds each 3. oz. Horehound

one oz. Iuniper berries one oz. the inner

rinde of Elder & Water cresses each an hand

full. Steep these in 3. Quarrts of White wine

with 3. Limmons sliced rinde & all into an

earthen pot glazed close covered 24. hours.

Then put it altogether into a plain still, powr-

ing half an ounce of oyle of Vitriol on it

And with a soft fire let it distill as long

as you can for burning. Then mixing the

severall distillations equally together, put it

up in glasses close stopped that no air

come to it.

Of this Water take 8. spoonfulls mixd with

as much white wine, & two spoonfulls of the

syrup Marsh Mallows 3. or 4. dayes to-

gether every full moon in the morning fasting

& at 4. in the afternoon. Then walk

& do what you please, only take care of cold

This this will gently break & bring away gra

vel or stone, & prevent it from troubling

you again, if you continue the use of it.

32. \* Another much better

Take six quarts of White wine & steep therin

a pound of Gentian & half a pound Centory

& a quarter of a pound of common Dock roots

scraped & sliced, & an ounce of Rhubarb. put

them into an Earthen pot & stop it very

close. Set it by a fire nine dayes, stirring it

once every day. Then distill it in an ordi-

nary still close pasted. Take two or 3.

spoonfulls morning & evening

33 Dr Willis his water for any weakness

in the Back

Take of Oake buds, clary, comfry roots

slit, archangel, of each a larg handfull

steep them in Malaga Sack & new Milk

(a larger quantity of the sack than the milk)

& draw it off in a cold still, with a penny

loafe of Bakers bread slit in it

34 A Plaister for the Back to prevent

miscarrying, (which is good also for all

aches & pains in the limbs) Cosin S

Take a quart of good sallet oyle & twelve

ounces of Castile sope, one pound of red lead

& as much of white lead: Put them all

folio 18 verso || folio 19 recto

into a great earthen pott wel glased: beat

them together half an hour: then set them

on the fire & stirr them continually with

an iron ball at the end of a long handle

It must boil till it turns of a greyish coller

white (which will be in about 3. hours) then

put to it two ounces of oyle of Bayes & as

much boars grease as an hens Egge. Boil

them together a little while: Then rub a

Board or Table with some sallet oyle &

powre it out, & make it up into rolls

When you use it, spread it on leather (or

on dowlis) & lay it to the reins of the

back. It will keep many year

35 Dr Waldgraves receit for the Scurvy

Take a two spoonfulls of Mustard seed & bruise it: put

it over night into a quart of small Ale,

or Ale & bear. powre the clear off &

drink it in the morning, walking after it.

& at 4. of the clock in the afternoon.

A bottle may serve for 3. draughts. Use

this a month together. It purges the blood

rarely well; & hath done great cures for

the Scurvy, when it hath been much in

the head & in all the limbs.

36. Sir William Mans receipt to

prevent Miscarrying

Mastickm, Olibanum, gum dragon, of each

a drachm & half; Amber, red corall

red rose leaves, of each one drachm; Cinna-

mom one scruple; cloves half a scruple;

to which add of Melon seeds hulled two

drachms. Take the Quantity of a scruple

of this powder every morning, and last at night, in

Conserve of red Roses.

37 An oyntment for Sprains

Take a quarter of a pound of Nerve

oyle or oyntmen t as much wax as hens Egge

half an ounce or better of train oil, one

ounce of white Mercury powdered very

fine, as much fresh butter as an hens

Egge, and as much Hogs lard, with the

like quantity of Venice Turpentine. Boil

all these a little while; then take it from

the fire & put into it one ounce of oil

of Turpentine: Stir it very well toge-

ther, & powre it into a gally pott & keep

it stirring till it be almost cold

It is good for Sinnew strains in Horses,

folio 19 verso || folio 20 recto

as well as sprains in us, by anointing the

place pain'd well without warming the

oyntment, only tying a cloth on it. It may

be done twice or thrice, but once many

times cures. For an horse it must be

well rubbed in with a flat stick: it needs

no cloth about it.

38. The Lady Allens Water

Take of Sage, cl Celendine, Rue, Rosemary

Wormwood, RosaSolis, Mugwort, Pimpernell,

Dragons, Scabious, Egrimony, Balm, Scor-

dium, Carduus, Betony, Centory, Marigold

leaves & flowers, Angelica leaves & stalks,

each of these a good handfull. Then take

the roots of Enulu Campane, Angelica,

Turmentill, of each a handfull: of Ze-

doary & Gentian half an ounce of each

Let these herbs be picked & shred small,

The roots sliced thin & scraped small. Then

add half an ounce of Caraway seeds bruised

which being mixed with the herbs, put this

quantity into every gallon of sack that

you intend to distill: adding these flowers

Marigolds, Rosemary, Cowslips, Bugloss

Borage, clary & parsly, of each half

a pound. Put all these together & steep

them in sack three dayes & 3. nights, stir-

ring them once a day. Then out it into

a cold still, & lute it close. Make a

gentle fire under it, & distill it as you do

roses. Of every gallon of sack you may

take a pinte of the strongest water first, &

a quart of the second, & a pinte of the

third: all of which will be very good Waters.

Then let it drop as long as it will, & this

will be good to make Julebs of in feavers.

39. A receipt for a burn or Scald

Take a pound of fresh butter in the month

of may or June, put it in an Earthen pip-

kin, & add to it so much of the inner

peel Moss that grows upon an old Ashe, &

tree, & the inner peel of the twiggs

as will fill it to boil, the outward peel bee-

ing lightly scraped of. Let it boil for half

an hour gently, then strain it through

a linnen cloth that is not very thin, &

keep it for your use.

The first two hours keep the burn or scald

moist with butter that is salted, or with

sallet oyl, or snow water, which you please.

Then after this, annoint it with this oyntment

two or 3. times a day. Use no more

folio 20 verso || folio 21 recto

fresh linnen upon the sore than you need

must. It certainly heals without any scar

being thus applied.

40 Approved Medicines in the small pox,

to be used to make the pox in the face few

& bigg

When the pox begin to fill, take Saffron,

Dry it & beate it to fine powder, & put as

much as will lye upon a three pence, into

a Saucer full of the fatt skimmed from off a

fresh beef pott. Stirr it together & with

a feather (it being warm). annoint the

face here & there.

This will draw up the malignity out of

the flesh into the skin & contracts the

venom to the places annointed so that they

are very bigg & but few. Besides, because

the watter is not dispersed, let a chafeng

dish of coles, be held before the face when

it is annointed: though saffron, being very

hot, doth abate both the tense & danger

of cold

To prevent Scarring by the

small pox

When the pox begin to itch & the scabb

is crussle, take some bay salt dryed &

beate; put to it so much fair water as

will make it brine, somewhat stronger

than the broth of it Salt beef pot. And

with a feather dipped in this (it being war-

med) wet those places only that itch; a

chafeing dish of coals being held before the

face. This kills the itch & so prevents

scratching of the pox before they be ripe,

which is the only cause of scarring. It also

safely & suddenly dryeth the pox; so that

they will fall of with a smooth bottom,

leaveing no pit behind them.

To hasten away the red spots left by

the small pox

Take a leg of Ewe mutton, the fattest

you can get: boil it in a larg proportion

of water, till it be all in peices. With the

fat broth whereof, being warm, wash

your face, 10. or 12. dayes morning & night

This will pale the spots & smooth the

face; and if a frosty season comes within

12. or 13. months, lay a cloth all night

upon a bush & in the morning whilst

it is hard frozen, rub the face therewith,

which will do it much good.

folio 21 verso || folio 22 recto

41 An oyntment for the worms

Take of wormwood, Walnut leaves, laven

der cotton, southern wood, spearmint, rue &

Savine, of each an handfull. Grinde all the

herbs small, & infuse them on a soft fire

in a pound of May butter, untill all the

strength of the herbs be in the liquor. Then

take about the bigness of a Walnut of Co

loquintida & infuse therein on the

embers for 24. hours. Then strain it

again, & keep it for your use.

Annoint the pit of the stomack down

wards, towards the Navel, morning

& evening the day before the change of

the Moon & two dayes after

42. An exallent Syrrup of Colts foot

Take 3. quarts of distilled water (two of

hyssops, a pinte of Coltsfood & as much of

borage) putt into a little handfull of the

tops of hyssops, & of penny royell, harts-

tongue, horehound, liverwort, Marigold

flowers, a little handfull of each of these.

Then put into it a quarter of a pound of

raisins of the Sun stoned, as much of

figgs, & as much of dates: two ounces

of licorice, one ounce of Anniseeds, as

much of Elecampane, parsly & fennel.

roots washt & cut to peices. Put them

all together in the water in an earth-

en pipkin, then take so much coltsfoot

as you can well put in, rub it wash

it & cut it in peices. Put in one little

handfull of the tops of Rosemary, &

then cover your pipkin close, tying it down

with a double paper. Let it stand &

infuse in embers 2. or 3. dayes to-

gether, till you think there is not one

part left of three then strain it

out into an earthen basin. Let it

stand & setle, take a quart of the clear

of it, put it in a skillet, & put to

it two pound of sugar candy & one

pound of loafe sugar. Then boyle it

up to a Syrrup, & put it up for your

use.

43 For the falling Sickness

Take a quart of Canary & a pinte of

Dragon Water; put into them one ounce

of the powder of Angelica root; as much

of the powder of male piony root,

folio 22 verso || folio 23 recto

let them boil together above a quarter of an

hour; then take it off the fire & have in

readiness a groats worth of saffron, tied

in a thin cloth; crush out the goodness

with the back of a spoon & when it is

cold put it in bottles

Let the patient observe what time of the

moon their fits take them & let them take

this drink 3. dayes before & 3. after. Di-

vide the drink for 6. mornings. When

it is drunk, the person much la?e her

self very hard & use exercise & fast

2. howrs after it. Let them have a peice

of piony root with a hole in it, to hang

about their neck on the left side, as near

the heart as they can. This being taken

thrice, hath cured those who have been

thought incurable.

44. Snail water of for a Consumption Dr Eliots

Take snails that have shells on (& wash

them in water) the quantity of a quart

bruise them a little & put them into

two quarts of New Milk, with the peels

of two Orenges & six handfulls of ground

Ivy. Boil the milk before you put them

in, & then distill these together in a cold

still. Take about half a pottinger of it

a time thrice or 4. times a day; sweetened

with a little sugar as you like it.

45. A good salve for cutts, fellons,

Boils, or prick with a thorn

or nail. Sister J

Take three pound of Rosin, one pound

of Bees wax, four penny worth of oyl

of capers, one ounce of sallet oyle, two

ounces of horse Turpentine, two ounces

of barrow Hogs grease. Break the Rosin

in lumps & the wax, & putting them

into a kettle or pipkin sett all together over

the fire. Let it boil till all be melted

& mixed: Then powre it out into cold

water, & work it up into rolls.

46 A drink for the Scurvy to be taken

spring & fall. Dr Lidall

Take of the shaveings of Guiacum, of the

roots of Sarsaparilla cutt small, of each

two ounces. Infuse these twenty hours in

a gallon & half of spring water, in a pip

kin close covered, blood warm. Then add

folio 23 verso || folio 24 recto

of the roots of Male Piony, Angelica, fennill

& Chervil of each an ounce: of the leaves of

Sage, Betony & the sprigs of Rosemary, of each

an handful. Then gently boil the water untill

a 3d part or better be consumed: adding toward

the end of the boiling two ounces of Candied

Eringo's half an ounce of licorice & a quarter

of an ounce of Coriander seeds prepared & bruised

When you take the Pipkin from the fire, add

two handfulls of Brooklime & one of Scurvy grass

Let it stand till it be quite cold, which will be in

5. or 6. hours

Mrs James

47 To make the oyl of charity

Take Wormwood, Red Sage, Rosemary, Ca-

momile, Lavender with the green leafs,

each a like quanity chopp them all very

small, & infuse them in oyl one Month

stirr them once in two dayes, boyl & strain

them at the end of the Month. Then put

new herbs to them, Charity and Corveriall

& boil them with an easy fire, so that the

oil may be but wamble. Then strain it again

& let it cool & settle two or 3. dayes. Then

boil it the third time, & that shall the

mother out of the herb. Then it will be

a perfect green colour; the best time ga-

ther the herb is about the 9th of May.

Apply this for a bruise outward or inward,

Drink 3. or 4. drop in posset ale, and

annoint the place bruised or pained. If it be

a wound fill it with lint Dipped in the oil.

it will eate out proud & dead flesh,

It cures a wound safely or any ach or

bruise.

48 For the Wind Mrs James

Take a pinte of Milk & make it into a

posset drink with bear & Ale; Boil in

it a good handfull of Tamerisk, and

drink a good draught of it hot every day

for 3. or 4. dayes in a week, & then rest

49. For a Sniffing cold Mrs James

Take pippins roasted soft & put into fare fair

water; sweeten them with loaf sugar, &

eate it when you go to bed. And roast

pippins & put them hot into fair wa-

ter, & sweeten it; and drink as often in

a day as you please of it

50. Mrs Wrights sack for a Consumption

Take a quart of the best sack; being

put into a strong bottle put into it of

Elecampane roots & Dandelyon roots

each of them 4. drachms; of Angelica

roots two drachms. All the roots must

be scraped clean & sliced thin. When

folio 24 verso || folio 25 recto

it is well corked & strongly tied down, set it

in a pot of water, with a small rope of

hay about it. keep it in boiling watter 12. oz 14.

hours without intermission. Let it stand pretty

high in the water; & note that you must

not open the bottle when it is hot, for it will

fly all out; but when cold it is very quiet

Note also, that the hay must be all over the

bottle, and let not the bottle touch the bot-

tom of the pott.

three spoonfull of is the dose, to be taken

morning & evening. Nothing more rectifies

the blood, & clenseth it, it wonderfully

strengthens, a weak liver & is admirable

for weak spirits, for loss of strength either

by sickness, or letting blo.d blood, or by

takeing too much physick

52. A plaster for the stomak to

be used at the same time with the foregoing said

Take Burgany pitch Bees wax, venice

Turpentine, of each halfe an ounce, cutt the

wax thin, then mix all thes & sett them on a soft

fire & lett it boyle a little then take it of the fire

and put in halfe an ounce of the best oyle of mace, which is

called the extraction of mace stir it well togeather

and spred it on lambs leather then stiffen it

well with nutmegg & lay it warme to the stomack

this wonderfully strengthens the stomack

52 an aproved medison for a loosness

cousen Sandys

Take as much burnt r^hubard as will

ly on a shilling first in the morning & last

at night, for 2 or 3 dayes togeather in a

spoonfull of what liquor you pleas.

53. Lady Mews Sirrup of Quinces

a great cordiall, for the heart which it

strengthens, and is exceeding good against

a consumtion, that hath a loosness with it

which may be given a woman with child, or

in child bed

Take of Quinces seeds & all 3. pound, Cyna-

mon half an ounce, cloves & saffron of each

48. graines; of Lignum Aloes made into fine

pounder an ounce & half, of Beniamin

half an ounce. Beate these together in a Mass

or lump, put it into a glass still, & powre on

it seven pintes of sack, & distill it till you

receive a pinte. Then take off the head of the

still, and let that which is in the body stand

till it is cold; then strain it once or twice

& put to it 4. or 5. pound of white Sugar

and make a thick syrup. When it is boild

almost inough, put in the, water that was

distilled, into it, & give it a warm or two.

folio 25 verso || folio 26 recto

54. an aproved medison for a cough

in children Mrs ffincham

Take a handfull of moss cups that growe

on oaken pailes, rub it clean, devide it into

3 parts, boyle one part at a time in a

pint of milke with a little stick of licorice

(and if the child be costive a few reasons

of the sun stoned) let it boyle till halfe

be wasted, then straine it & sweeten it

with white suger candy powdered, a

little watter in the milck dos best, it

may be done in ale if the child likes it

better, drinke it 3 mornings.

55. Mrs Whitakers eye watter

of Red fenil watter 12 spoonfulls as much

white Rose watter, as much white coperice

as 4 large peas, as much prepared totty in fine

flower as you can lay heaped one a six pence at

fore times, as much white usger candy in fine

flower as totty, mingle all thes togeather

very well with a spoon, stiring it in a bason

at least two houres togeather then pour

it into a glass viall & keep it closs stoped

the wait of powder of Tutty must be 2. Drams & a

half, & the quantity of Sugar Candy, & the wait of the

white Coppers two Scruples

it will keep a year, when you use it shake the

glass & wash the outside of the eyes morning

noon, & at 4 aclock, but not later

56. Rosemary Water

Take a gallon of white wine, 8. pintes of

Rosemary flowers, a pinte of shell snailes,

3. limons, balm & flax seed of each one

handfull, 4. sheets of the thinnest white paper

a dog of 9. dayes old, or a fat knuckle of

veal; shell the snailes & wash them in

twelve waters; slice the limons, shred the

balm, bruise the seeds, pull the paper in

peices; steep these one night, then put them

into a Rose water still: draw it off with a

moderate fire. You may take it till it be

very small; but that will not keep very

long. To every pinte put one ounce of

white Sugar Candy, & a drachm of the best

prepared perl; & keep it close stopt for

your use.

folio 26 verso || folio 27 recto

Mrs Henshaws Sirrup of Violetts

57. Take of the best blew violetts pick the

leaves & heels from any whites & to 4

ounces of the flowers put an ounce of

the best duble refined suger & bruise

them togeather in a stone morter, then put

them in a silver tankard or stone jugg, &

pour on a quorter of a pint of watter,

after it has boyled a little, scallding hot

cover it close & pin it up in a cloth, and

sett it by the fire side for 12 houres,

then straine it squeesing out as much of

the juice as may be, take to every halfe

pint of juice halfe a pound of duble refined

suger, lett it stand and on a soft fire till it

growes thick & the suger well melted

lett be cold before you bottle it up.

58

Mrs Henshaws To Stop Bleeding

58 Burne a peece of a black Hatt to ashes

and lay on the place

for a bite of a mad dog, aply the vent of

a pigeon to the place which will kill the pigeon

you must repeate it till the pigeons are not

affected with it: this allso cures convovltions

in chilldren, if aplyed to the vend fundament of the child

59. Mrs Henshaws Milk Water

Take 3 handfulls of cardus, as much Rue, as

much wormwood, as much Spearmint,

shred all these and put them in A Rose

water still with a pottle of new milk

and when it is stilled, put the Same

quantity of all these hearbs again to

the Stilled water, & Still it over again

paist the Still both times, or Stick

it with paper & Starch, it is as

good or better with dried hearbs as green

mix it altogether when it is Stilled

60. and Stop it close with corks

Mrs HenshawTo prevent fitts in Chilldren

Take 21 sow bugs, & bruise them all to peeces

with 3 spoonfulls of simple black cherry watter,

& lett them steep in the watter 12 houres then straine

it & give the child a Spoonfull of it, the first

thing it takes, & nothing elce till an hour be

past, this must be given 3 times, 12 houres

between each Spoonfull

61. to prevent any mischif from the

runing in of a rusty naile or splinter,

Role up a peece of brown paper sett it afire blow

out the flame, & hold the part over the smoke

folio 27 verso || folio 28 recto

Mrs Henshaw for a brest that is Knoted

62. Take linseed Oyle warme it a little

anoint the brest with it for an hour

togeather twice a day at least with

a very hott hand keeping it warme with

flannell

63. A Glyster for an

immoderate flux

Take a quart of new milck, halfe

a handfull of Red Roses, boyle it well

then devide it into two parts and put

in fore ounces of loafe suger, a quartern

of Brandy, give halfe a pint in a glyster

if occassion be, give once every 3 houres

64. DoctorLower's Syrrup of Steell

Take two ounces of the powder of steell in

a quart of the best white wine, shake itt once

a day for a fortnight or Longer, Lett itt run

through a brown paper then putt to itt two

dramms of mace grossly beaten, then boyle

itt with sugar to a thinn syrrup & take itt

two spooonfulls of the sirrup in the morning with

three spoonfulls of white wine or milk water,

after itt,

65. An Excellent Oyl for A Burn. Mrs Henshaw

Take A pint of Oyl Olive put into A new pipkin

and take of the sprouts of Elder which are of a

pretty bigness, shave off the outward rind and

throw it away, then scrape of the second rind

which is green a good handfull with a hand=

-full of plantain leaves, A great head of hous=

-leek and put them into the pipkin with the Oyl

and boyl them well, then strain out the herbs

through A Canvas strainer, then put your oyl

into your pipkin again and put to it 7 spoon-

-fulls of boys Urine, as much strong white wine

Vinegar, two ounces of yellow wax cut into

small thin pieces, two inches of tallow candle

and boyl them a quarter of an hour so put it

into a pot of glass. when it is cold that you

may power away the water and when you

vse it anoint the place and lay vpon it a piece

if issue paper and vpon that a clean rag to

keep it warm. dress it once a day. It is good

against all inflamations or St Anthonys fire

any swelling of the legs, likewise against

all heats of the liver, The Itch. It is best

to be made in May.

folio 28 verso || folio 29 recto

66 the sirup of long Life Dr Needham

The juce of Mercury eight pounds

the juce of Burage & Buglas of each

two pounds, to gett the juce you must

pound the herbs and straine them,

Take of the best live honey twelve pound

& clarifie it, put all togeather & boyle

them a little, infuse in three pints of

white wine, a quorter of a pound of

gentian roots, of iris blew flower deLuc

roots halfe a pound, lett them be infused

twenty fore houres, stir it often, &

sett straine it out without saucesing,

then put that infusion into the juces of

herbs and clarified honey, make all boyl

togeather to the consistence of a sirup

that it may keep long. this must be made

in the munth of May. Take a spoonfull

every morning in hott ale or bear.

67

Cousine Courthopes scarcloth

Take of the best virgins wax halfe a pound

halfe a pints of oyle of roses halfe a pinte

of oyle olive melt them together and then

Let them stand to cooll till thay are halfe

cold, then take a pound of the finest

white Lead you can get and stir itt well

into the melted wax and oyle, and set it

on a fire of coals and Let it boyll

halfe an hour, stiring it that it do not

burn, then take to ounces of mastick to of

myrth to of franconsence to of gum olibinum

and beate them into uery fine powder,

and put them also into the wax and oyle,

but you must take it of the fire when you

put the powders in, when you haue

stird them well in set it on the fire and

Let it boyle halfe an hour, more, and

then put in halfe an ounce of Camphire

and Keep it stiring on the fire till it

be cole black then take it from the

fire and buter a py plate to rolle it

on as soon as tis cold when you use it

spread it on new strong cloth and do not put

folio 29 verso || folio 30 recto

on a fresh playster till the first will

stick no Longer it has bin aproued by

me for all strains sprains cold wind or

sore brests

68

The Red water for

old ulcers or foull wounds that

Cousin Courthop Honour was drest with

take four ounces of white Coperis pound

it small in a mortar take one ounce of

camphire and pound that fine with a

paper ouer the morter that the spirit

dos not fly away then take a brown

earthen pot, and put the camphire in ??

to the pot first and the coperis upon

it ty to or three papers on the top of

the pot uery close and set the pot in

warme embers all night the next morning

take it out an put to itt four ounces

of fine Bolealmonick and beat them

altogether into a fine powder when you

make the water you must take a quart

of spring water and set it on the fire

and when it boyls take it of the fire

and put into it one Larg heaped spoonfull

of the powder stir it together and put

it into your botell when you use it shake

the botell well and pour out som to

and warme it as hot as you can and

wash the wound with it as hot as the

party can sufer it and Lay a double ragg

diped in the water on the wound

69

Cousin

Courthop the Right Gaskings

Powder

Take white amber Corrall Pearll the eyes

of Crabs hartshorn of each an ounce, of

bezar stone a dram, as much of the tops of

the claws of crabs as the waight of all

the rest, powder them seueraly and sharch

them finely, mix them all together with Jely

of harts horne, and a Litell spoonfull of spiritts

of wine, with a Litell saforn wated and

squeesd into it, make it into Litell balles

and dry them in la glas with a temperate

fire

folio 30 verso || folio 31 recto

70

Cousin Courthop The Lucatelus Balsom

take the uenis turpentine one pound three

pints of oyl oliue yealow wax halfe a

pound six spoonfulls of sake cut the wax

and melt it on the fire withg????? and

then for feare it take fire take it of and

put the turpentine to it haueing first

washd the turpentine in damask rose water

till it look white haueing mixt the oylle

and sake and alltogether put it on the fire

till it begin to boyll for if it boyl much

it will boyl ouer speedyly then set it

al night or more to cooll till the wine

and water is sunk to the botom then

pour the water clean from it and set it

to the fire againe and put into it one

ounce of natural balsom and one ounce

of the oyl of St Iohns wort when tis melted

put in one ounce of red sanders finely

powderd and stir it well tell it be Incorp??

well together as soon as it begins to boyll

take it of and stir it 3 hours till it

be thick and quite Cold it will Last

Kept Cold thirty yeare and is best att

2 years old this is the best thing in the world

for broken uains in the stomach to swalow

it in 3 small pills all night and to stop

violent fluxes of blood of all kinds being

taken as much as a hasell nut melted in sake

euery morning for a week or more I would

haue you ualue it for I know nothing

Like it for cuts or green wounds

71

Cousin Courthop for a child that is

bursten belyd

take a pint of alicant or any strong red

wine put into it four handfuls of red rose

buds beaten uery small, boyl them together

till halfe be consumed, take the roses from

the wine and lay them on as hot as the

child can sufer it, to or three tims a day

and it will soon be well this has bin tryd

72 Mrs stons ??apor

water looke for it at 80

take a quart of the best brandy and put

into it as much wood-soot as a pulets egg

and halfe an ounce of the best asafidita

which must be beaten small in a blader

shake them well together and let it stand

a fortnight shaking it euiry day the strain

it, out and when you use it take halfe a spponful

in any water a few drops is enough for a child

folio 31 verso || folio 32 recto

73 An Oyntment for all Rumes in the Eyes

from Madam Courthope

Take of Hoggs greace uery new 6 ounces

steepe it, and wash it in red Rose water,

Six hours, after wash it againe twelues ??

times half an hour at a time, in the best

white wine that can be got, by the space of

Six hours more in which white wine Lapis

Calamaris must be quenched tenn or twelve

times, then straine the wine and take

of Tutty well prepared & made into fine

powder one ounce of a ha??i?tion stone well

washed a scruple of Alloam well washed and

made into powder 12 grains of Pearle in

fine powder 13 grains, mix all these

together in a little ffennell water, first

the powders being well mixed in the water,

then mingle it with much stiring & beating

it into the prepared Hoggs greece & soe make

these ingredients all into an oyntment & keepe

it for your use in a pewter Pott, the Lapis.

Calamaris Stone must be heated red hott,

every time before it be quenched, three

pints of white wine is the least you can

haue for the heating of the stone will wast

the wine, lett the stone ly in the wine euery

time till it be almost cold before you take

it out, you must quench the stone in either

pewter or silver and you must wash the

Hoggs greece in a white earthen bason, &

in the mingling and working up of the

powder into the oyntment you may take

a double quantity at a time if you please

when you use it put as much into the

corners of your Eyes as asmall pins head

and anoynt them with this, it hath been

approued by seuerall that haue tryed -

many things, but found none good but

this

folio 32 verso || folio 33 recto

74 Docter Whatmans Yellow

Cosin Courthope Water

Take the fflowers of Violett cowslips

Harts ease Pinks July fflowers Ros'mary

fflowers, Marygold fflowers the leaues of

wild time, Muscavy Balme Angelico-

sweet Marjoram wormwood of each

one handfull, of Aniseeds two ounces

Cloues Nuttmeggs & Cinnamon of each half

an ounce, Lees of wine 3 or 4 Gallons

still all these in a Limbeck as long as

you see the water strong putting to

euery quart halfe a pound of white sugar

candy/

75 A Poultess for a sore Breast

Cosin Courthope that Honours arme was

drest with

A quart of the best white wine, & as

much wheat meall I gott from the Mill

without dressing as will make it as

thick as the spoone will stand in it, then

set it on the fire, & when it begins to boile

put in as much Boares greece as will keepe

it from burning, when it is boiled as

stiff as past, take it from the fire &

putt in the whites of 6 Eggs working them

well together with your hands, then putt in

some more Boars greece & sett it to the

fire againe & lett it boile till tis stiff

then lay it upon a Cloth thick, & apply it

to your Breast as hott as you can indure

you must warme it three time a day

& euery time its warmed put in more

Boars Greece this is Mr Knightly s

Medicine for any sore Breast or the

beginning of a Cancer/

76

Cosin Courthop

For a bruse in an Horse

Take halfe a pound of fresh Hoggs Lard

& put in a large handfull of white Lilly roots

boile them till they are uery tender then

straine them out in a Course Cloth, sett the

folio 33 verso || folio 34 recto

Liquer on the fire and putt into it a

penny weight of Saffron, lett it boil

up well, and then straine it out &

keepe it for your use/

77

Cosin Courthop My Lords Greene Oyntment

of mint

A pound of unwashed butter made

as cleane from the whey as you can

putt into it two large handfulls of

sparemint chopt small, boil it till your

herbs grow dry then straine them out

with a Course Cloth as cleane as you can

from the butter, & putt in to handfulls

more of fresh chopt mint, lett that

boyle not soe long as the first, but as

soone as the oyntment is greene straine

it out & keepe it coole This is good

for all Aches that come from cold or

wind or spraine

Cousin Courthop the oyntment for

78 the Piles

Take one ounce of unwashd buter worke

out the whey uery well from it then

scrape into it as much black Lead as will

make it as thick as a stif oyntment mixing

it uery well with your hand till tis well

Incorporated when you use it anoynt the

place and Lay a ragg spred with it on you

must anoynt it 3 or 4 times a day

79

Cousin Courthop An aproued Receit for

a sore eye that Looks red

the whites of to eggs put them into a pewter

dish then take a Long sharpe peele of Roch

Alum and and stir the eggs round one way

with it tell thay com to a curd it must

not be stird more Least it oyll. Lay the Curd

on the eyes with a siluer spoon as much

as will couer them as it grows hott

put on Cold you must Ly down when

tis put on

folio 34 verso || folio 35 recto

80 For ffitts of Mother

or Convultions or vapours

Cousin Stone

Take the quantity of an Egg of Wood soote

and halfe an ounce of Asafetida bruise

it and put them both together into a

quart of the best Brandy, shake the Bottle

euery day, for ten dayes together, then

keepe it in the same bottle without stirring

when you finde a fitt coming, give a

quarter of spoonefull of it, in a spoonfull

of Beare to a Woman, of halfe a

Spoonefull without it, if the fitts be

violent, to a Child 10: or 12 drops in a

little beere/

Cousin Stone For all Manner of Sores

especially sore breasts

81

Take the parings of the fore ffeet of a

stone Horse, washed and dryed then beaten

to powder & sifted, take halfe a dram of this

powder & dram of Mace finely Powdered and

81

put them over night into a quart of Milde

Ale and take the quart at five times, Morning

and night, shaking the bottle allwayes before

you take it, This if you continue it will

cure all sores outward & inward, especially

sore breasts, the powder must be sifted through

Musslin, the sore must be kept cleane, & only

^ a plaster of butter & Wax laid to it/

82 Sirrup of Elder without Suger

Bake the Berrys; then pour the clier

from them, boyle and scum it till it

is as thick as very thick cream.

a spoonfull of this disolved in anything

is very ^ good for the scurvey: and in ^ all cases

better than that with suger

An approved Medicine for the Iaundice

Bruise Artichokes, then strain the juice off

& give a large spoonfull every morning fasting

an hour after it, & another another going to

bed mix the juice with loaf sugar. when you

can't get the Artichoke ^ flower the roots, & leaues of

the plant may be used instead of it.

folio 35 verso || folio 36 recto

82

How to make the Snaile water

832 Cozin Henshaw

Take of Angelica, nettles, tops & roots, Bearsfoot

rind of Barbery trees, reddock roots ^ Alehoof of each two

handfulls; of Rue one handfull; one ounce of

Rosemary flowers, one ounce of Cowslips one

one ounce of Clove gilliflowers, four ounces

of hartshorn, 4. ounces of Ivory: of ^ Nutmugs Cloves

turmericks & fengreke seeds of each one

ounce soar. A quart of Garden worms & a peck of

Snails. Put the Snails into a pot with Spear-

=mint & sage shifting them with fresh herbs twise

in a day & nights for 2 daies together. Wash the worms

in a little beer wipe them dry & break the

shells of the Snails being first wiped clean

Put all these Ingredience into six quarts of

Strong Ale new milk & six quarts of sack. Put to this six

pennyworth of saffron. Distill in a Limbick

of or cold still, which you pleas. paste to your

still up close & keep wet cloths on the top of it

continually put into every bottle of water two

ounces of white sugger candy (if you think it

too hot with sack you may still it only with

milk)

Drink of it every morning a quorter of a pinte

warm or could, It s very good against the

Consumtion,

Put in an ounce of Anniseeds & licorice; all sorts of dryed

flowers is good.

83 a Lime Water good to wash any green wood

84 or green sow, or ones mouth for the Scurvy

Take a strong new, earthen pot, of what size

you please. Fill it near half full of unslked

lime, & fill it up with spring water. Stirr it

well with a stick, two or 3. times a day, for a

week or ten dayes. When it is well setled, poure take

off the clear water, as gently as you can, with a

ladle: & if it grows thick, with takeing off, let

it stand to settle till the next day. Then bottle

it up & stop it close. It will keep it severall

years.

Mrs Henshaw

85 Gascoings Powder: Lady Brigh?

Take six uipers skins: Cut them into peices

A bout two inches Long put them into A well

gleased pipkin: with A bout A pint of

Cardis water dubell still Cover the pipkin

very Close and set it so neare A fire

That it may simer very Lesurly: but not

Boyle; Let it thus do till the uiper skins be

prite disolued: or till you find it be

An Extraordinery stif gelly which you

may know by seting A Littell in a spoon

To Cool If it be A stif Jelly take it from the

fire and straine it whilst it is hot into Any

Chany Cup or A silver pottinger til the next

day Then haue in Redyness four ounces

of the black tips of Crabes Clawes

folio 36 verso || folio 37 recto

Which must be gotten in June When the

Sun is in the Cancer and Made into very fine

Powder and searched Add two this half an

ounce of pearle and as much of Cox all-

both in fine powder and are best prepared

by an Apothecary mix all these three

Powders well twogether upon A White

Plate: and then put two them as much

gelly as will make it into A pretty paste

Work it well with A back of A spoon upon

the plate: too you fine all the dry powders

be wrought in: then work it smooth with

your hands and make the balles into what

bigness you please: and set them two dry

either in the sun or A stoue: you must

Remember to set youer skins A doesing in the

morning that it may have time two do uery

Leserly for it will be A good part of the

day before the gelly will be strong enuf

of the skines: and sum will Add A shillings

Worth of saffurn When the skines and

Cardise water are put twogether:

But that may be Either Added or omited

As you please:

85

86 Dr Bate's Colick Pill improved

by Dr Mapleloft

Take the Gum of Guaiacum, of the mass of

stomack pills cun Gummi, & of the mass of Pil. Aleo-

phangin, of each 4. Scruples. Of salt of worm

wood, & salt of Scurvy grass, of each half a

dram. Of extract of Gentian, & of the juyce

of great Celandine in spissated, of each two

scruples- Of salt of steel & of Rhubarb

finely powdred, of each one dram and an

half Make all into a Mass with Elixir Pro-

prietatis prepared with Tartar. And take ..

make twelve pills of each dram. Take five

or six, or more every night

Dr Bates ordered a dram to be taken at once:

but Dr Mapleloft himself commonly took but

half a dram or two scruples ie six or nine

of those small pills at once: & continued them

till one box of half a crown (sold at Mr War-

ners at the Bell & Dolphin in Cheapside ) was

done. And then ordered a second Box, if the first

did not leave him perfectly well.

87 Dr Lowers Receit for the Colick

Take two drams of Rhubarb, two ounces of Licorice

sliced very thin, & put them into a Tee pot. Boil

a quart of spring water, & powre it upon the Ingre

dients, & let them infuse as Tee doth. Take half

a pinte everyday, as long as you please. Let the in-

gredients & water remain together, till all be

drunk.

folio 37 verso || folio 38 recto

Orange wine Mrs Edwards :

Take 4 gallons of water 12 pound of

sugar: Boyle these scuming till it

be Clear: then take 4: Dozen of Oranges

& Pare them very thinn & Put them into

the liquir withthe juce & when it is allmost

Cold set it a working with a little yest

when it hath work'd a little Put in 3=

Ounces of Cittorn or lemon after it

hath work't 2: Days Tun it up let it

stand: 12: or 14: Days

To Make Syrup of Straberys

Take an Ounce of Balsom of Tvlue

Bruse it & put it into a quart of Spring water

and boyle it to a pint: Keep it Cloase

Cover'd: the balsom will not Disolue but

the goodness will boyle out pour it upon

a quart of good wood Streberys. let it stand

a little & then Mash it till the goodness is out

Cover it Cloas & let it stand 2 or 3 hours

87 88 A water to prevent a Cancer in

the Breast from the Lady

Ann Grimston

Take half a pound of Lapis-calaminaris, & let

it be red hot in a clean charcole fire, & quench

it three hours times in a quart of Red Rose water every

time stopping it close till it has done hissing.

Take Tully stone four ounces, & heat it red hot

in a Crucible, nine times; quenching it in a quart

of white wine, stopping it every time while the

stones are in it. Then pound the Lapis Calamina-

ris very small, & put it into a stone Bottle.

Pound the Tully stone very small & put it in.

Then poure the Rose water & white wine toge-

ther; & shake them well twice or thrice a day

for a forthnight, after it is made: & shake the

Bottle every time you use it. which must be eve-

ry morning, dipping a fine linnen cloth in it,

double: so lay it cold on the breast & wear

it all day. The stones must be pounded

apart.

then Straine it & put to it 2 pounds

of Duble Refined Sugar let it Stand

one Day: then boyle it up into a

thick Syrrup

folio 38 verso || folio 39 recto

88

An excellent good water for the stone

Take May fowers, pick them as you do Roses, &

put them into a still. Lay a lay of the flowers &

strew some Nutmeg upon them. Then powre as

much white wine on them as will cover all the flowers

And so do, till the still be full. When the water is

distilled, take to a half pinte of white wine a quarter

of a pinte of the water with Nutmeg & sugar.

Take it 3. dayes before the full of the Moon &

three dayes after in the morning fasting.

For Shortness of breath

Take three ounces of Conserve of Red Rose, &

three ounces of Raisins of the s??? Sun. Steep them

till the plump, & then stone them, &m pound them into

a paste with the conserve. Put to them fifteen to

twenty drops of spirit of Sulphur drawn under

the Bell. take the quantity of a Nutmeg

at going to Bed.

To Cure the Gout

Take the quantity of six large leaves of dward

Elder (or Danewort) put them into a quart

of smal Ale. Let it stand all night. Drink a

pinte in th morning, & a pinte the next morning

Follow this course 10. or 12. days.

or you may make it into Tee & drink it.

The best time of gathering it, is in May.

89

Lady Hewit's Cordiall water.

Take of Red: sage. Parsley - - -

Bettonie - - - Rosemary - - -

Spermint - - - Davory - - -

unset Hysop - - - Scabious - - -

Setwell - - - Pellytory of the wall - - -

Thime - - - Wild: marioram - - -

Balme - - - Roman: wormwood - - -

Penneroyall - - - Cardus: benedictus -

Samacle - - - Mother of Time - - -

Sallendine - - - ffield: daises, flowers -

Water:cress - - - root, & leaf - - -

Hearts: eas - - - take one handfull when

Lavender - - - they are clean picked

Angellica - - - from their stalks. -

Permander - - - Ruse - - -

Callamint - - - Maiden: hair -- -

Cammaeris - - - Yallow - - -

Colts=foots - - - Comfry - - -

Avens - - - Sweet: marioram -

Valerian - - - Dragons - - -

Saxafrage - - - Camomile - - -

Pimpernill - - - Plantine - - -

of each of these one handfull

Varvain - - - before they are picked.

folio 39 verso || folio 40 recto

Egremony -

Cowslip=flowers } of each half a peck

Rosemary=flowers half

that quantitie -

ffennell seeds -

Anniseeds -

Parsely: seeds -

Carraway seeds } of each of these 2 drams

Nutmegs -

Ginger -

Cinnamon -

Pepper -

Cloves -

Mase } of each of these 2 drams

91

Spiknard -

Elicampane roots -

dried -

Mellolet flowers -

Callamus Aramaticus

Cardamenim -

Lignum aloes -

Rubark slised thin } of each of these

Gallengall } 2 drams.

Veronica -

Ladearia -

Quibles -

Grains -

Juniper Berrys one dram. Aromaticum

Rosesarum: three drams.

Sasafras sliced half an ounce.

Hartshorn two ounces.

folio 40 verso || folio 41 recto

Wash all these herbs (or pick them clean)

& swing them in a cloth till the water -

be well dreyned out of them. then -

ley them thin upon a table to dry better,

after shred them small, & put them -

into an earthen pot, & put to them as

much of the best Sherry=sack as will -

cover the herbs, & so let them steep -

= 48 hours : but put the seeds spises and

drugs being brused into the midst of the

herbs; before the steeping. Then put

it into an Alimbick, & from this quantity

of ingredience draw- 3 pints of water; -

which being mixed will be strong enough:

but if you desire to have it smaller, you

may take a pinte from the same stilling.

Then to each quart of water put the -

quantidy of Cordiall here expresed.

93

Of Bezoar 15 grains

Musk. 12 - grains -

Ambergreece 10 grains }

fflower of Corrall - 1 dram

fflower of Perll - 1 - dram

White: sugger candy beaten

half a pownd -

Leaf=gold - 4 - leaves -

A small bag of safforn

Shake all these together in the glass for

=14 - days space, once a day, and the

longer you keep it the better.

folio 41 verso || folio 42 recto

90 The Lady St . Iohn's Watter for the Convoltions

Mother and ffalling=sickness./

Take a pownd of true Piony=roots, slised as thin as paper;

after they are scraped. Put them into three pints of:

true White wine in a pipkin with a cover; let the cover be

pasted one: then sett it in a place where it may

be bloudwarm allnight. When the pipkin is could -

open it and strain it hard out into a glass which will

hould three quarts, and is very strong. Put into it

thirty grains of the Moss of a dead=mans scull and thir=

=ty grains of the scull it self: both in fine powder ++

A quorter of an ounce of Caster in powdor and an ++

ounce of the best Spirit of Caster. Stop the glass

with a cork, and shake them all together as fast as a ++

strongman can for half an hour; sumtines giving the

glass a little aire least the bottle break.

A spoonfull for a Child. A wineglass for a man or

woman to prevent; three night before the chang or

full, or in a fitt.

L Robinson To Make fricase of Chickens

Take Chickins Cut them in peices wash

them very well then stew them in butter

And white wine & A fagott of sweet herbs

seson it with hole Cloves & mace & greted

Nuttmag beat itt up with yokes of Eggs -

95 ffor a Consumtion. Mrs Henshaw

91

Take a gallon of Milk, and a great handfull of Alehoof

two ounces of English : licorice sliced: Still it and draw

it off to a pottle: then sweeten it with half a pownd

of ^ white suger: candy, and drink half a pinte in the morning

fasting, and as much at evening; or at any other time

when you are dry.

92 To Make french Bread L. Lidall

Take ten pound of fine flower four quartes of

Milk half new & half blew sum solt the yolkes

of two eggs ^ nere A quart of barme way youer floure

intwo A Larg bowle then measure youer milk

and sett one halfe of it on the fire two boyle -

Then measure youer barme and mix itt with

your Could milk & your yolke, of Eggs with A Little

Could milk: beat them well and put them into

your milk and barme mix sum solt in A Littell of

the milk and so mix all well together take the

milk hot of from the fire put it two the other

milk and mix all well together and put it hot

Two the flower through A ^wide har sive mix itt

Well with your hands: and beat itt ^ nere half An houre

Then put flower on the top of your peast and

set it two the fire two Rise but Cover itt

With A Linen and woolen Cloth that itt may

folio 42 verso || folio 43 recto

haue the heat of the fire and yet not harden

the peast A top: Whilst it is Rising sweep

your ouen and set up the stone to Let the heat

fall well two the floore then take up your

past work it not up at all with flower

but clap it into wooden dishes and Lett it

Raise and Jest as you set it into your ouen

Turn it out of your dishes on the peile and

so into the ouen itt must haue A brisk ouen

When it is beakt take it out and Rasp it

And put it in Againe Jest too Crisp itt /

Mrs

Han=

shaws

93 Sir ffrancis Pruieans Cordiall Water

Sage sellindine woormwoode balm

Burnet Scorzonery Scordium Cardus

Benedictis Dutamus Rue scabions clove=

July flowers yellow sanders Mary gould

flowers of each of these two handfulls

The Roots of piony Tormentill bistort

Scorzonera gentiam of Each one

ounce and halfe, The Roots of Angillica

Contraerua butterb?ore zebuary

of Each one ounce Angilleca: seed

Bruze the seeds well and washe the

Roots and cut them thin wash the herbs

And putt them into A cloth, and shake them

Till the water is well out of them, and put

out all the dead Lifes then Cut them,

slice the sanders in as Thin Chipps as you

Can, Then steepe all these things three days

In fiue gallons of the best and strongest

Cleare white wine and then distill them

put Lofe suger finly beaten in the glases

When you put them under the still halfe

A querter of A pound to quart glasse

Or As you Like it

94 To make paist Mrs Henshaw

Take A pound of fine flower & dry itt

very well & Rubb in as much fresh butter

as you think will serue & take two

eggs but one of the whites & A spoonfull

of suger finly searcht so grasp itt

two gether with Could water tell it is

peast but doo not mould it you must

put as Littell flower as you Can

when you Roule itt you must

Roule your peast as thin as you Can

And make youer pasteys of what you ple

shaw

sha

back outside cover

spine

PENELOPE

JEPHSON'S

COOKERY

BOOK

head

fore-edge

tail