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## **W.a.315: Receipt book of Dorothy Stone [manuscript].**

**front outside cover**

**front inside cover || [page i]**

any and they  
Iohn Iohn

than

Iohn Grub 1 day  
his son 3 days  
Tom 2 days  
Isak 3 days  
Iohn half a day  
Tom his son  
Tom 1 day  
Iohn Grub 1 day  
his son 1 day  
ho hn Iohn Grub 1 day  
his son 1 day  
Ieck

Iohn Grob 5 days  
his son 5 days  
tom 5 days  
Iæ sak 4 days

Iohn Gozna } ~~his hand~~  
Iohn Gozna }  
Iohn Gozna } of Breg-end in the parish of horbury

Iohn gozna }

Elizabeth

Doroghty  
D Doroty  
Doroty

Dorgh

## Doroght

/Bacon it an d/  
and and  
To roast Beef Beaf pooto ed  
of

To roast a Pike  
it must be Slit on both sides  
Then take grated white bread & eggs spice  
sweet herbs & make a pudding of *them*  
& stuff every one of *the* Slits *withthe* same  
& stuff *the* belly *withthe* same soe it up  
then take half a dosen Yelks of eggs  
beat them very well ... all  
over *with* it then for sauce  
take whites of eggs &  
sweet herbs & spice boil  
it together & then put  
in a bay leaf a bit of  
Rosemary & thicken it up.

...*the* yelks of *the* Eggs

...ice butter

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To dye Scarlot upon wosted

To one pound of wosted take one Ounce of Cotchaneal  
one ounce of double aquafortis to one ounce of  
Cream of Tarter, *Nota Bene* the aquafortis must be killd  
with puter Shavings. To one ounce one thimble full  
of Shavings set a puter Bason full of good washing  
water over a Charcole Fire in a Chafing Dish & when  
you have set the water upon the Fire put the Shavings  
into the Bottle of aquafortis when the water boils put  
put in all the Cream of Tarter and 1/2 the aquafortis  
stirring it well together then put in the wosted ~~and~~  
but wet it in soft water and keep it boiling two hours  
lift up the wosted now and then to give it air and put  
in a little cold water as it boils away and when it hath  
boiled two hours take out the wosted and put in all  
the Cotchaneel and the Remainder of the aquafortis  
Stirring it well together then put it in again and  
keep it boiling 1/4 of an hour then take it out and  
wrince it in boiling water and hang it up to dry  
.. it is finished observe you never lay it down but  
hang it up

To make Sattin Bisketts x

Take *the* white of Eggs and Beat them very well, than take  
double refin'd Sugar Cessed very fine and mix them well  
together, Butter a Plate thin, and Drop it in little drops  
Bake them in an Oven not to hot.

To make Moss

Take Drop Leake and gum Booge, Scuchineel and Smalt  
grind them very fine; Put smalt and Gumm Booge together  
to make a green on, than take gum dragon steeped in water  
all night, and double refin'd Sugar Cessed very well then  
take drop Leake and gum dragon and mix them together, *then*  
put double refin'd Sugar to them untill they will not stick to *your*

fingers; and so you must mix all your Collours; and for white you must mix gum & Sugars, and force them thorough a hair Sieve with a spoon and put them before *the* fire to dry

To make Lemon Cakes x

Take double refin'd Sugar and the white of an Egg, and the Iuice of a Lemon and Beat them alltogether, till it be very white, than Strew a Plate with Sugar and drop them on it, and sett them to the fire to dry.

To make Almonds

Take gum dragon and Amber grease of the same that you made your Puffs of, and mix them togather with Sugar and chocalett let it be of a right thickness to make the shape of an Almond than sett them before the fire to dry.

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To make Puffs

Take gum dragon steept all night in rose water than take musk and Amber greece, crush them; and tye them up severally in a muzlin cloth and lay them all night in the gum; than take double refin'd Sugar cessed very fine, and some of the gum and Musk, and mix them togather a good while, than take some of the same you made Moss of, and rowle them togather, so make them into Puffs and Bake them, some of them you may put allmonds knocked, Sugar and the white of an Egg mixt togather Lay the Puffs atop and so Bake them.

To make wafers

Take double refind Sugar and Iuice of lemons, mix them togather and sett them over the fire, but do not let it boyle; Take but a spoonfull at once when it begins to candy over the top, put it on a paper, and colour them with any of your Colours; grounded and mixt with Sugar and Iuice of Lemons, sett them by the fire to dry; but to colour them you must dipp your pin in the Colour, and so write on them what you please, and when you have written you must pin two corners of your paper togather, so as they lye round, and when they be dry, you may wett your finger in water, and just touch the paper, and so you may gett them of, but you must dry them after.

### To make Pastells

Take double refin'd Sugar Cessed very fine and of the same gum dragon that you made your Puffs of, some Amber greece and muske and Beat them all together very well, than make them into Pastells, and sett them to the fire to dry

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### To make snow Balls of any Fruit

# Take double refin'd Sugar cessed very fine 3 *quarters* of a pound, Pulp 1/2 pound strained; than warm the pulp in one thing and Sugar in another very hott, the white of two Eggs beaten to Froth and put into the Sugar and pulp and continue beating them 2 hours without ceasing, than make them of what shape you please and stove them

### To make raspberry Paist

Pick your Rasperrys from stales and little grubs, and put them into a Brass pan, Sett them over the fire, Beat them all to a pulp with a wooden Pestell, and than you must take *them* out and put them to a hair Sieve to drain for about an hour, than weigh your Pulp, and to one pound of Pulp; put 1<sup>l</sup>  $\frac{3}{4}$  1 of Sugar sifted, put your rasperrys into the pann when throughly hott, put your Sugar in; and when it doth just boile take it of, and put it in an Earthen pann, when cold lay it out to dry; If you boyle it too much it will take away the colour and make it tough.

### To make pippin Paist

Take Pippins and just Coddle them, than pulp them through a hair Sieve, and for 5 pounds of pulp you must have 6 pounds of Sugar, so clarifie your Sugar *with* the white of an Egg, and Boyle it: till it blows through the Scumme<sup>r</sup> like Feathers; it must be higher than your Images; than put in your pulp, and for your red paist, put Scutchineel in a ragg in dip it in water, so Squeeze the Colour out of it. Than put a little water into your pulp and so boyle

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it till it be clear, and put it into your stove to dry and for your green putt saffern into aragg; and some blue in another

and mix them together, and that is a green. some take spinidge and knocks it, and Iuice it, than sett over the fire, and when it comes like a crud on it. Take that Crud and knock it, and put that in for a green. Than for your lemon paiste take the ragg that has saffern in, and colour your pulp yellow with it, and so Boyle it as you do the other till it be clear; than Iuice Lemon into it, but you must not boyle it after the Iuice comes in, but so drop it, you may Grater some of the rine of Lemon and the tincture of Saffern to make it yellow, and you may Boyle that after *the* Lemons <sup>are</sup> in till it be clear; *then* drop it and sett it in the Stoave to dry.

#### To make Rock Candy

Take gum dragon and steep it in water all night than take double refin'd Sugar Cessed very fine, than beat the white of an Egg and your gum together, *with* the Sugar till it be sad Paist; and so make it into what shape you please, than dry them before the fire, and when they are dried thoroughly, Paint them *with* Gumboge, Vermilion and drop Leak, and smalt ground small, and mixt with a little water and Sugar; than take for 3 *quarters* of a pound of your painted mings 4 1/2 <sup>l</sup> of double refin'd Sugar, and clarifie it, and Boyle it untill it drops like a hair follows it, and so pour it boyling hott upon *them*, But before you boyl your Sugar, you must have a small mugg and some splinters of ~~furr~~ <sup>furr</sup> sticks laid in water, *when* you put your water from them, lay a row of sticks and a row

of your painted mings; and than 2 or 3 rows of sticks and another row of painted mings till you have done; than lay a trencher on the top of them to keep them downe, than put your Sugar boyling hot upon them and sett them near the fire, and when they are Rockandyed on the top all over, than take them up and let them dry

#### To make Images

Take double refin'd Sugar, and Clarifie it with the white of an Egg, and Boyle it till it flies like feathers when you slatt alittle out with your Scummer on the Floor, than have your moulds ready washt, and stick't *with* some course paist, you must put small sticks in the leggs and wings of you molds, and in the Bills of your birds, than rub your syrup to the sides of your pan with your Scummer, than fill your molds and when it is alittle cold take them out, and the next day you may paint them with the same you did your Rock Candys, frost them and giuld them with leaf silver and gold.

## To make Cowslip wine

Take 3 gallons of water and put into it 3 pound of white powder Sugar, Boyle your water and Sugar very well togeth and Scum of the Dross of the top of *the* water, put a Peck of pick't Cowslops into an Ale pot and pour your Liquor boyling hott upon your Cowslops and stirr them very well together than cover it very Close with a Cloth and let it stand 3 days, and than strain *the* Liquor from the Cowslops, and put <sup>it</sup> up in a pot that hath a Spiggot in it, than take a toast of

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Brown bread well toasted, and put good Ale Berm upon it and than put it into your Liquor, than Cover it very close, and let it stand a week or 10 days as the weather doth require it; if it be hot weather it will work sooner, Bottle it up when its ripe, and take care you do not fill your Bottles too full and to stop them very well.

## To make Damsin Wine

# Take 6 *quarts* of Damsins and put to them 8 quarts of cold water than let them stand till the Damsins work all to the top, but you must stirr them 2 or 3 times a day, than take them & strain them through ahair Seive, and boyle the liquor, and put to it one pound and half of Brown Sugar to a gallon of Liquor, Let them boyle and Scum them when they are cold, Bottle them and put apiece of loaf Sugar in every Bottle, and do not fill your Bottles too full but Cork them well.

## To make Saffern Biscakes

# Take 6 quarts of Flower, Carriwayseed, Coriander seed of each one ounce, you must knock them, than take half an ounce of Ginger, and one Nuttmegg, one Pound of Sugar, and as much Butter or rather more, one pint of Berm, half a pint of milk and 12<sup>d</sup> Saffern dryed and rub'd to powder, put it in 2<sup>d</sup> of Brandy; and 1<sup>d</sup> of Turmerick. put into your Milk, and than just melt your Butter, than Knead *them* alltogether but add to it half an ounce of Clove pepper.

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To make Pottatoe CheeseCakes

# Take 1<sup>l</sup> of Pottatoes, Boyle and Pill them, than take half a pound of Butter, and half a pint of Cream, and knock them very well in a Mortar all together, than take half a pint of Creame, some Sugar and some Currans, 2 Eggs and 3 Spoonfull of Sack, and as much rose water, one Nutmegg & 1<sup>d</sup> of Cinnamon and as much mace, and knock them very small, mix them alltogether and so Bake them.

{ To make a Cake in a pudding pye mugg  
Called Dutch Bread }

Take a pound of Flower, one pound of the worst brown Sugar a quarter of a pound of Allmonds, Blanch them and Cutt every one of them into 2 or 3 pieces, a little cinnamon and Ginger Cessed, than mix the rest with 5 beaten Eggs, till they be very well wrought into the Eggs; than pour it into a Mugg, and bake it well; though not in too hot an oven, and it will be very good Bread.

To make a great Cake x

Take 6 pound of flower 6 pound of Currans, mace, Nuttmegg of each half an ounce, 2 pound of Butter, 2 white Sugar half a pint of good Sack, 20 Eggs, as much Berm with Eggs as well melt the Flower, than with the Butter and as much good milke, as will make it very light to put in a Cake

To make Queen Cakes

Take a pound of *the* finest Flower dried, a pound of Sugar Cessed; mingle them together, and take a pound of Butter washed well in rose water; Rub in half your Flower and

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Sugar into your Butter, than break 6 Eggs, and put the x whites of four, and work them into it with the rest of the flower and Sugar and about a spoonfull of rose water and about 3 *quarters* of apound pound of Currans, with a Nutmegg grater'd. Butter the Coffins and fill them half full, and Strow fine Sugar over them, when they are sett in the Oven which must not be too hot.



To make Shrewsbury Cakes x

Take 3 *quarters* of a pound of a Flower, and a quarter of a pound of Cessed Sugar; Mix them well together, then put to them one Egg, then worke the Butter very well from the water, and Salt and Knead it up, you must mix a little Cinnamon grater'd in it.

{ To Make Dutch Bread }  
{or Ginger Bread }

# Take a pound of brown Sugar, and a pound of fine flower than take 8 Eggs and beat them very well, take 2<sup>d</sup> of white wine 1<sup>d</sup> of Ginger finely beaten, 2<sup>d</sup> Coriander seed beaten 2<sup>d</sup> Cinnamon an ounce symbol 2 Allmonds Blancht and Cutt in Slices, Mix alltogether, put half of it in a pan, or pudding pan well Butter'd, then Cutt in Candied Orange or Lemon pill or Cittern, or which of these you will, Strew them in pess into it, then pat the rest of your Cake upon it, and strew in more sweetmeats upon it, and put in the rest of your Cake. Bake in a soft Oven

To make cold wine for Summer

Take 1 1/2 Gallon of spring Water, Boyle it a little with two pound of Sugar, Scum it, take it of the fire, when it is cold Squeeze in 6 or 8 Lemons; Put in one Pill, Let it stand 2 or 3 days, than put to it half as much white wine as Liquor, so Bottle it, and Drink it when it hath stood a week or Fortnight, you may put into some of it the Iuce of Raspberrys or Currans instead of Iuce of Lemons.

To make Raisin Wine

Take 2 pound of Raisins in *the* Sun, Rub them with a Cloth, Cutt them in pieces, put them into an Earthen pot put to them a pound of Loaf Sugar, the Iuce of two Lemons the pill of one of them; take two Gallons of Spring water Let it boyle half an hour, than pour it into a deep mugg to the Raisins let it steep. cover it close and let it stand 2 or 3 days, stirr it once a day with a stick, than run it thorough ahair hair Sieve, and Bottle it, see your Corks be good, you my drink at a Fortnight's age, you may Boyle Cowslips if you please, Put the Liquor hot to the Raisins.

you may make Cowslips or Gillivers alike.

To make a Ginger bread Cake

# Take 3 pound of Treacle and the Yolk of 3 or 4 Eggs  
2 penny worth of Brandy, half a pound or rather more of  
Butter melted and an 3/3 of Candid Orange an 3 1/2 of

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Carriwayseed and Coriander beaten, one ounce of knock't  
Ginger, mix them alltogether with as much Flower as will  
make it sad enough to make into a Cake, you must Add  
2 ounce of Blanched Almonds and Cutt every Allmond in  
two pieces.

To make Allmond Cakes

Take one pound of Allmonds and Blanch them, and put  
them in water and Let them stand a good while in the water,  
than take them and knock them very small, and put a little rose  
water to them when you are knocking them, than take a  
pound of Loaf Sugar Cessed very well and 3 whites of Eggs  
and Beat them very well; than put in Sugar by degrees  
and Beat it a good while, and than mix the Allmonds with it,  
and make them upon Wafers, when they are ready to sett it  
the Oven Scrape Sugar on them.

To make Nable Biscakes

Take Seven pound and a half of Eggs and take 3 yolks  
out of them, grator a Nuttmegg in and beat them very well,  
than put in the same weight of powder Sugar Cessed very fine,  
continually beating them, then put in Six pound of Flower  
and stirr it well together than put them into your Cofings,  
and scrape Sugar on them, and when they be Baked drie  
them upon Wyars.

To make Bisket Cakes

# Take 4 pound of Eggs, and take out of them 3 Yolks and  
Beat them very well, than put 5 pound of (Sugar powder)

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Cessed, and beat them together very well than put 6

pound of Flower, a few Carriway and Coriander seed, and than drop them upon your plates, and scrape Sugar on them before you Scrape them.

#### To make Carriway Cake

Take 3 pound of Flower; 2 pound of Butter, Rub your Butter in the Flower; Than take the Yolks of 6 Eggs with 3 of the whites; 2 or 3 Spoonfull of Sugar, a pint of Berm a little rose water, mix them together, let them stand an hour to rise, than take a pound and half of Carriway Comfitts 3 2 of Lemon pill, or Cittern, Mix them well and so Bake it on a hoop.

#### 2<sup>d</sup> To make Shrewsbury Cakes

Take two pound of Loaf Sugar, knock't and Cessed very fine, then put as much sweet milk or new butter milk as will will wett the Sugar, then put 3 Spoonfulls of rose water to it and Stirr it very well; iust before you put the Flower in, than put 3 pound of Flower, to a pound and a half, good weight of Butter, than rub and Squeeze them well together in your hands, but you must not Knead them.

#### To make Queen Cakes

Take one pound of Flower and a pound of Loaf Sugar finely Cessed, Dry them very well by the fire, than take half a pound of Currans and wash them and dry them very well, then take a pound of Butter and wash it from the Salt, and put to it full half a quarter of an ounce of Mace knockt and 3 or 4 spoonfull of rose water and Six

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large Eggs, put in 3 of the Whites: than put your Flower and Sugar together, but they must not be too hott when you mix them and then put them to your Butter and Eggs. when you have stirr'd them well together, they will be white, than put in your Currans, and Butter your tin Coffins and fill them about half full, and Strow Sugar over them pretty thick they must be Baked in a Cool Oven.

#### To make Pottatoe Cheese Cakes

Take a pound of Pottatoes, Boyl them and Gill them,

than take half a pound of Butter, and half a pint of cream, and knock them in a Mortar very well together, than take half a pint of Creame more, and some Sugar and Currans, 2 Eggs and 3 Spoonful of Sack. and as much rose water, one Nuttmegg, one pennyworth of Cinnamon & as much mace knock the three Spices and mix them all together.

To preserve Oranges & Lemons

# Take the thickest Rhines and clearest from Spots that you can gett; put them into spring water for 2 or 3 Nights Shifting them every day; than take them out, and chipp *them* and take a piece out of the stail of the Orange. as you may put your finger in; to take out the seeds, but take care you breake not the Skin, than put them into a cloth and sett them on the Fire; and let them boyle, shift your water 5 or 6 times, or as oft as it Bitter into boyling water, Boyl them untill you can thrust a straw through them, than take them out of the Cloths, and put them into

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cold spring water. Than take to your Oranges double weight of Sugar, with half a pint of water to every pound of Sugar. than take the white of an Egg beaten with a spoonfull of water to Clarifie it, put in your Eggs when you sett it on the Fire and stirr them together, as your Sugar boyles up, put in a little water, and when it is clear put in your Oranges, and let them boyl untill they be clear and begin to sink in the Syrup, then take them when they are cold and put them in your pots, and the next day give them a Boyle or 2 and let them Coole before you cover them.

To make Orange paist

Take of oranges that is Broke in the water and put them thorough a Sieve, than take double weight of Sugar and Boyle it to Sugar again, than put in your Oranges and Boyle it till it be clear, than take it of and put in the meat of your Oranges that was not boyled, than put the, into your Glasses.

To Candy Oranges or Lemons

Take your 3 Oranges out of the Syrup and pop them into boyling water, than take them out and Lay them to

dry, and when they be dry enough take Sugar and the white of an Egg and a little water, and sett it over the Fire and as it boyles up, put a little water into it, and than Scum it very well, so keep it Boyling till it will Blow through a Scummer like tubells, than put in your oranges and boyl them till they will blow through again, so take

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them oft and strain the Syrup with the Skimmer to the side of the pan and than take them out.

#### To Candy Angilico

Take Angilico and lay it in water for two nights, but be sure to shift it often into fresh water, then take it out and put it into a pan of water, and cover it close, sett it over a coole fire to boyl softly, and *when* it is tender pill it, keep it cover'd close, puting it into the same warm water again to keep it green, as you do when you Coddle Apples, then take as much Sugar as will make a Syrup to Cover it, and Clarifie it with the white of an Egg. than take your Angilico and put it into your Syrup and give it a good Boyling, so lay it into the Syrup straight in an Earthen pot, keep it tied close till you have a mind to Candy it, and when you would Candy it take it out of the Syrup, and pop it into boyling water than take and tye it in knots, and platt it in what shape you please and lay it to dry, than take Sugar and clarifie it, and Boyle to candy height than put in your Angilico and Boyle it awhile than grain it, and take it out and lay them on awire to dry.

#### To preserve Green Apples whole

Take round green apples with small Stales, and Bore a hole with a Bodkin thorough the Eye, then put them into cold water and gently scall'd them keeping them  
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Close cover'd, Let your fire be very gentle and when they begin to turn the colour, take them of the fire, let them stand Cover'd till the Skin will come of, and put them into the same water again, and sett them over the fire again cover'd close, and gently let them scald, and when the water is scalding hott take them of an Let them

stand close cover'd and so do till they be as green as grass  
take them out and prick them full of holes to keep them  
from shrinking and wrinkling, than put them into  
clarified Sugar and let them stand 2 days, than boyle  
them gently for 2 or 3 times till they are tender green and  
clear. If you are minded to dry them from the Syrup  
Scrape some loaf Sugar over them and dry them in the  
Stove.

To preserve Gooseberrys

Take large green gooseberrys pick of all the Blossom  
and stalks and put them into water as you do them than  
take the same weight of Sugar as Gooseberrys, and some  
water than let them boyle till they be cleere, and begin to  
sink into the Syrup, but as they boyle Strow Sugar on  
them and when they begin to sink in the Syrup put them  
into your Glasses.

To make Gilly of Goosberrys

Take goosberrys and put as much water to them as  
will coddle them, then let them boyle a little time, and put  
them thorough a Sieve to let the Liquor run from them

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than take the same weight of Sugar as Liquor, and put as  
much water to the Sugar as will wett it and keep it stirring  
over the fire till it boyle to Sugar againe, than put in your  
liquor, and when it is iust at Boyling take it of and put  
some into glasses to be cleare Cakes, and sett them in the  
Stove to candy, the rest you may Boyl a little more for a  
Gilly.

To preserve cherrys

# Take your preserving cherrys, and Stone them, Strow some  
Sugar on them as you stone them, than take the same weight  
of Sugar as cherrys and some water, and Let your cherrys  
boyle in the Syrup a good while till they begin to sink and be  
cleare in the Syrup, If you would have them Gilly take a little  
of the Iuce of Currans, as you make your Gilly of Currans of,  
instead of water

To Candy Cherrys.

Take of your preserv'd cherrys and let the Syrup run from them, then put Boyling water on them but let them not stand it, than sett them in a Stove to dry, and when they are dry enough take Sugar and Boyle it to Candy height, and then put in your Cherrys, Let them boyle a little and than grain it, take them out lay them upon a wyar. If they be moist lay them to dry.

To make rasperrys Gilly

Take rasperrys and pick of all the Stails, and wormes that are somtimes amongst them, then put them in a Iugg and tye it up very close, and sett it in a pan of water over *the*

fire, with a little <sup>Strane</sup> about the Iugg to keep it Steady, and let it boyle till the Iuce comes out of them, and so pour it from them till you can gett no more, than take Currans and do so ly them take of each equall quantity and mix them togather, and take the same weight of Sugar as Iuces and Boyle them alltogather about half a quarter of an hour scumming it cleare, than take it of and put it into your Glasses.

To make Raspberry cakes

When you have made your Gilly of Rasperrys take the stoness that were left of the Gilly of rasperrys, and take the same weight of Sugar as Stoness, and Boyle the Sugar to Sugar again, then put in your Rasperrys and boyle them till they be cleare, then put them in your tins and sett them in your Stoves to dry

To make Raspberry Gem

Take Rasperrys and pick all the stalks out of them and wormes and put them in a Iugg, and Cover it close, then sett it in a pan of water as you did your other, and as they soften crush them with a Spoon, then take them off, Put the same weight of Sugar to them, and boyle them. till they begin to be clear, then put them into your Glasses.

To preserve Currans

Take the largest Bunches of Currans that you can gett stone them, and strow Sugar between every Row of Currans as you stone them, then take the same weight of Sugar as

Currans and some of the Iuce that is for the Gilly boyle them all till the Currans begin to sink in the Syrup, and put them into Glasses. If you have them lye in Syrup you must put water to them instead of Iuce.

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To make Gilly of Currans

Take Currans and Strip them of the Stails, and put them into a pitcher cover it close, and sett it in a pan of water over *the* Fire to boyle as the Iuce comes power it of, when you can gett no more take the same weight of Sugar, and so Boyle your Gilly till it be clear then put it in your Glasses.

To make Curran Iumballs

Take the Currans that was left of your Gilly and pulp them thorough a hair Sieve, then sett them over a Chaffingdish of fire to harden in Muggin dish it must not boyle, keep it stirring, and when it is very thick take it and Rowle it in Sugar, till it be sad enough to make into Iumballs, then dry them in the Stove.

To preserve Walnuts

Take your Walnuts when you can prick a pin through them then lay them in water all night, Boyle them and shift them, into boyling water as the water is bitter, and so boyle *them* till you can thrust a Straw through them, then take *them* and pill them and put them in water as you do them and shift them in 2 or 3 waters, and take cloves and Stick two in Every Nutt, then take double weight of Sugar and to every pound of Sugar, half a pint of water, when the Sugar is melted put your nutts in. Boyle them and Scum them a great while. till the Sugar be gott to the heart of the nutt, when they begin to sink take them, put them into a mugg tye them close.

To Candy erringo Rootes

Take Erringo roots and lay them in Spring water all night, then take spring water and put them over the fire, be sure you put them into the water whilst it is Cold and cover them close, then when they are boyled tender take them and



pill them with the point of a knife, flatten them so as you may see the heart and take it out, and as you do them, put them into water and let them lye in all night, then take *them* and with a thred tye both Ends, than run them thorough one End with a Needle and fine thread, Tye it so wide as you may gett your hand through the String, then take rose water and put it in a Broad Dish, and sett it over a Chaffing dish of Charcoale, than put double refin'd Sugar into it, but it must be knock't very fine, when your Sugar is melted put in your Erringo's and stirr *them* with a String for they must not boyle, as you turn them put more Sugar still, till they begin to Look clear in the Syrup, Then take them out, Twist them and tye them in what shape you please and lay them before the fire to dry.

#### To Candy raw Fruit

Take Currans or cherrys, and half weight of Sugar cessed, take some of it and a little water, and boyle it a little while, then dipp them in, and Rowle them in dry and lay *them* before the fire.

#### To preserve Barberry

Take the largest barberrys in bunches you can gett and stone them, then take of the Iuce that is for the Gilly and put to them, then take the same weight of Sugar or

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rather more, and a little water, and Boyle them ill they be clear, and begin to sink in the Syrup, then take them up and put them into your Glasses.

#### To preserve Damsins or French Ballers

Take damsins and Cutt a knick in the vein, then take the same weight of Sugar. To 2 pound of Sugar half a pint of water, then take them and sett them over a chaffing dish of fire and let them Simmer but not boyle for the Skin will strip of if you do, then shake round in the pan as you do them, so keep them simmering over a coole fire as you do them about an hour, then let them boyle faster till they begin to Look clear, and sink in *the* Syrup. To take of the Scum, lay a brown paper over *the* damsins claping it down with the back of a spoon, *then* taking the paper of will bring the Scum cleare without hurting the Damsins, then put them into your Glasses.

You may take some of your Syrup in the Glasses for Gilly. French Ballers are done the same way onely put more weight of Sugar than Bullers.

To make Gilly of Damsins

Take damsins abd put them in a pitcher and cover it close and put <sup>it</sup> in a pan of water over the fire, and as the Iuce comes pour it out when it can run no more take the same weight of Sugar as the Iuce and Boyle it to a Gilly

To make Barberry Marmalett

Take Barberrys and strip them of the Stalks and put them into a pitcher, set them in a pan over *the* fire  
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and put a little water into them and when they are very soft, force them through a Seive with the back of a spoon, than take more than weight of Sugar and beat it, and put it to your pulp, and boyle it till it be cleare then put it into your Glasses,

{ To make clear cakes of }  
{ Barberrys }

Take the same pulp you made your marmalett of and rather more then the same weight of Sugar; and boyle it to Sugar again then put in your pulp and let it boyle till it be clear then put them into your Glasses and sett them into your Stove to dry, you may try to dry some of your Gilly if you please.

To make Gilly of Barberrys

Take Barberrys and strip them and put in a Iug and sett them in a pan of water over the fire and put some water to them, and put the Iuce thorough a haire Seive & take more than weight of Sugar and put it to your Gilly and Boyle it a little while, and when it is a Gelly put it in Glasses.

To make Apple paist

Take green Codlings or green pippins Coddle them & green them, then take the green of the outside, and pulp thorough a Sieve and the weight and half of Sugar, and boyle it to Sugar again. then put in your apples to be gre.. and boyle it till it be clear, and put it into your tins, and sett in a stove to dry, then for your paist pulp the white of your Apple, and do the same as you did to the green. for your red paist take of the same that you

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do your white of, and some cochineal steep in the water and put some Allom to it, boyle it a little then colour *your* apples with it, and when it is a good red put to it its weight and half of Sugar, and boyle it to Sugar again so put in your Apples and boyle it till it begin to be clear then put them into your tins and Stoave them.

To preserve Apricocks

Tale 3 Apricocks and put out the Stones pare them and Strow Sugar between every Row of apricocks, but first weigh the same weight of Sugar, and put 2 or 3 spoonfull of water to them, then sett them over the fire and boyl them slowly and as they boyle strow Sugar on them and keep them turning till they begin to look clear and sink in the Syrup, but they will Boyle a good while before they be enough and when they be clear put them into your Glasses.} Another way to preserve Apricocks Take the apricocks and weigh them and then stone and pare them, and lay them in loaf Sugar knock't very small, then take the same weight of Sugar as Apricocks, and let them lye till all the Sugar be Dissolved, you must turn them 2 or 3 times a day then boyle them over a Charcoale fire untill they be very tender, then take them up and pour *the* Syrup on them.

To make Apricock paist

Take apricocks and pare them, and slice them into a pitcher then cover them close and sett them

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over the fire in a pan of water and when they are boyled all to pap take them of, and put them on a plate and sett them on a Chaffing Dish of Coles to dry

To make Apricock Gem x

Take apricocks Slice them and pare them and take the same weight of Sugar and a little water, and boyle them till they be clear and so put into your glasses

To make Marmalett of Bullars

Take Bullars and pick of the stales and put them in a pitcher then sett them in a pan of water over the fire and let them boyle till they be soft, then with a spoon force them through a Sieve, and take the same weight or rather more of Sugar and put it into your pulp, so Boyle it till it be clear keep it stirring all the time then put it into your glasses.

Another way to preserve Damsins

Take a pound of Damsins, and a pound of Sugar; with a knick in the vein and prick them with a pricker very thick as you prick them lay them in Sugar, and put to them a little water, then sett them over a soft fire till they warme through gouy then take them of and let them stand If they be very ripe you may boyle at 2 or 3 times or Else boyle them over the next day and let them stand to be Cold.

To make Gilly of Peppins

Take Peppins pare them and slice them then put them into a pan of water over the fire, so let let them till they be soft then strain them through a Cloth, and the same weight of loaf Sugar must be put to them as the Juice goovy

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Then boyle it about half a quarter of an hour, than take orange pill, boyle it and slice it very thin, and boyle it in you Gelly, and put it in your Glasses.

To preserve peppins

Take the best peppins you can gett, pare them, Quarter them and Cutt out the Caulk, than put them in water as you do them, then take the same weight of Loaf Sugar & about half apint of water to a pound of Sugar, then sett

them over the fire, but put not all your Sugar in at first then by degrees put the rest of your Sugar in as it boils and boyle them till the appls be clear, then put them into your glasses, take your Syrup and strain it through a cloth, then put orange pill to boyle and Slice it into your Syrup, Boyle it well and put it to your preserved peppins

To make Apple Gem

Take the apples that are broken in preserving and break them to pieces and put a little of the Syrup to it and let it boyle a little, then take it of and put some Juice of oranges or Lemons to it so put it in your Glasses.

To preserve Quinces red.

Take of the Yellowest Quinces you can gett pare them and Cutt them in Quarters, putting them in water as you do *them* those you would preserve whole, after they are pare'd scrape out the Coure of them, then weigh rather more *then* weight of Sugar, and about half a pint of water to a pound of Sugar, and one peppin par'd and Quarter'd to 6 Quinces then put them into your pan first a Row of Quinces than a Row of Sugar, till you have put them all in, than

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put in your water and cover them close and sett them over a slow fire, so that they may but just Simmer, you must now and than turn them if they be whole ones, so let them stand over a cool fire till they be very red, then take up the *Quinces* and breake them with your Spoon to make marmalett of so boyle it alittle while and put it in your Boxes, but you may Let your whole Quinces boyle Longer than your Marmalett when it is enough put them into pots and let them be overwhelm'd in Syrup.

To preserve Quinces white

# Take of the best yellow Quines pare them and put them into water, and Scrape the Coree out of them that is to preserve whole, you may weigh the Same weight of Sugar, and about half a pint of water to a pound of Sugar, and to 3 whole Quinces you must Slice one apple and one Quince, and boyle them very fast, and as you boyle them Strow Sugar on them, so let them boyle till the Syrup begin to reddin, then take them of the fire, and put them into your pots, you may for your marmalett take the Quarters and boyle them very

fast, but you must put in more Apples to that than you did to the red, so let it boyle very fast till it begin to redden, then breake them with your Spoon and boyle them awhile after so put them into your Boxes.

To make Frockes Mr Per.....ls

Take one pound of double refin'd Sugar and 1<sup>d</sup> of gum dragon, steept in 2<sup>d</sup> of fumitary, 1<sup>d</sup> of powder of Liquorice flower of Brimstone, and allecompane of each one half pennyworth, take and beat them well together Rowle and Cutt

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them in small pieces, and let them stand all night before the fire to dry.

To make Lemon Wine Margt M

Take two Gallons of Spring water two pounds of powdered Sugar Put just the Yellow pill of 4 Lemons into it then let it boyle a while, and put in the Juce of 5 Lemons and let it stand 2 or 3 days then strain it through a woollen cloth and Bottle it up putting in every Bottle a Clove and a lump of Sugar.

To make Balm wine in June

Take 9 Gallons of waterr 13 <sup>1</sup> 1/2 of the best powder Sugar, Boyle the water and Sugar to gather gently 2 hours in a pan or Iron pot, Scum it well then pour it into Coolers to Coole it, till it be of the temper of whort when Berm is put to it, then have ready two pound and a half of Balm Leaves stripped of the stalks, only the tops Crop of with your finger, then put it in Crushing the Leaves and tops a little to pieces in your hands, then put it into the hole of your Rundlett, and pur upon the Balm 1<sup>d</sup> of Berm then pour the Liquor on them stirring them well together, and let it lye unstop't 24 hours, stirring it up once in 3 or 4 hours then stop it up close and let it stand 2 weeks then Bottle it with a lump of Sugar in every Bottle, but before you bottle it, you must strain it through a piece of Flannen.

To pickle Cucumbers

Take as much water as will cover the Quantity of Cucumbers you have and make one part of it strong When it has stood a fortnight draw it of into a clean Caslk and put im 1/2<sup>l</sup> 3 of Ising glass & let it stand a fortnight.

enough with salt to bear an Egg then put the other half to it and sett it over the fire, and when it is Scalding hot, pour it in the Vessell on the girkins, and so stop it up close till it be quite cold then heat the Liquor again and so repeat it 3 or 4 times, then take Vinegar and heat it scalding hott and pour it over them, and leave it, till it be quite cold, then heat it again, with cloves mace and most pepper, your gerkins being laid in a wooden Vessell one by one in Roes and between each put some bay leaves, and a little Dill but very little for it makes them sweet, so pour your vinegar and spices scalding hot upon them, then let it be cover'd as before till it be cold so keep them for your use, and once in 3 or 4 months heat the vinegar adding more to it, and pour it on them, but first wash them in Liquor, and let it settle leaving the dreggs behind. If your Vinegar be not good it will Speckle

{ To make Hamms as good }  
{ as Westphaly }

Take a ham and put one pound and half of brown Sugar on it and Rub the hams with the Sugar 3 or 4 times a Day for 48 hours then take the 4 Salts Bay salt, salt peter, peter salt, common table salt of each half a pint and lay them likewise on the ham and Rub them as you did with the Sugar 3 or 4 times a day as before, then let it lye for a fortnight, then hang it in a Canvas bagg in your chimney for a month at Least

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To make an Orange Pudding

Take 14 Eggs half whites and beat them, one quarter of pound of orange pill candid, Cutt it small and put it to your Eggs with half a pound of white Sugar, and half a pound of melted butter, put all together, and put it into the Dish with thin puff paist at the bottom as thin as you can Rowle it, and cover it with the same, and let stand above half an hour in the Oven.

### To Coller Beef

Take a Sirloinu or flank of beef and bone it, and lay it flatt in a Mugin Dripping pan, with as much pump water as will cover it, Season it with 4 ounce of Salt peter 5 or 6 handfulls of white salt, let it lye in this 3 or 4 days, than take it out, rub the inside *with* cloaves, mace nutmegg and a few coriander seed beaten instead of herbs then Rowle it up and bind it close with course tape, Bake it in the same pickele; when it is baked, put it into a nett and hang it up to drain, when it is cold unbind it and take of the Cloth, and bind it over again with *the* tape, when the pickele is cold strain it thorough a hair Sieve, and then put in the beef cover it close and keep it for use.

### To Coller Piggs

Take a fat pigg and dress it as you do for Rousting than cutt of the head and feet, cutt down the back and belly to make two Rowls of it, then take out all the bones and Season it, with white pepper and Salt and two pennyworth of mace and a few cloves and a

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nuttmegg and half, the 4 Spices must be knockt with a little dryed Sage, then Rowle them up fast with a cloth and bind them with Course tape, then take all the bones and knock them, and put in the water you boyle your Coller in, and when your water boils put in some pepper and salt and half a pint of vinegar, when your pickle boils put in your Coller and let it boyle till it be very tender then take them up, and the pickle be strain'd and cold before you put them in.

### To make Lemon Cream

Take 3 pints of Cream and the Rhines of two Lemons and a half and boyle them for one hour, then let it stand and coole a little, then squeeze the Juce of two Lemns & a half and season it with Sugar to your taste and when the cream is cold enough put to the Juce and Suagr *then* take some of the Lemon pill and cutt it very small in long pieces and lay it on your Cream.



To make Ginger bread

Take half a pound of Allmonds blanched and beaten very fine, a pound of double refin'd Sugar sifted and with the Sugar mingle sifted ginger in it to your taste, Mingle with all this a little gum dragon steeped beat all together in a stone mortar to a stiff paist, then rowle it thin in little pieces, and put them on paper as it will dry.

To make Irish saffern cake

Take 24 pound of flower 6 pound of the best sweet butter; and 3 pints of honey, melt the honey and butter

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together, and then mix with the flower 3 *quarters* of an ounce of cloves, as much cinnamon, as much nutmegg and as much mace, all beaten fine, one ounce of Saffern dried, and powder'd, wett with strong ale, and 2 Quarts of good ale Yest, and so knead it exceeding well together, and let it lye cover'd with a warm cloth near the fire to rise a while and so make it into cakes as big as a trencher the thickness of your finger, be sure to prick it very well, before you bake it.

To make Cherry Wine

Take the best English Cherrys, pick of the stalks clean, and bruise them very well, and then strain *them* through a hair Sieve, and put it up after a little working into a Vessell proportionable, and there let it stand for a Fortnight, then draw it out into bottles, and as you find it you must sweeten it, to your Pallit, If it prove tart, you must put in more Sugar, you may keep this for half a year to drink very well.

To make Goosberry wine

Take your Gooseberrys very ripe, pick them very clean so Bruze them in a marble mortar with a wooden pestill, and for every gallond of fruit, take a gallon of spring water well boyld and scum'd, put the fruit and water into an Earthen pot, and let them stand close cover'd 4 hours to infuse, then let them be drain'd through a hair Sieve, and to the clear Liquor put for each

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gallon of fruit 2 pound of good loaf Sugar, so put the liquor and Sugar into an earthen pot, close covered and sett them into a sellar for a month, then open it and take of the Scum, and bottle so much of it as is clear, and to every quart bottle put 2 ounces of Sugar. Cork and tye them close up and sett them in a sellar, the wine being brisk and good at 2 Months, and will keep for a year, this Receipt will serve as well for raspberrys, Currans Straw= berries ar any other fruit

To make asweet water }  
to Burne }

Take half a Bushell of damask roses and 3 handfull of Lavander tops, before they be blown, and dry them 10 days at least, then put them into 3 pints of Muskadine, 1 pint of damask rose water, then Bruze one ounce of cloves and one ounce of orris and half a lemon pill, put all these in a gally pot stirring them every day for 4 days then still it in an ordinary still

To make another burning  
Water

Take a lay of damask rose leaves, then strow finely over it, some powder'd benjamin, and Storax, and so roses and powder till your still be full, and let it drop through a Rugg with musk and Ambergreece into your bottle

To make powder for Linnen

Take storax and Benjamin 2 ounce Lignum Rhodium  
2 oz Yellow Sandere § 1 orris § 2 Callimus half an

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ounce sweet Marjorum 4 ounce RoseLeafs dried &c  
powder'd 4 ounce 2 ounce of Lavander flowers

To make moss powder

Take the flaggy broad white Moss, wash it clean in Succory water, then lay it in steep in rose water, & shift every other day in fresh rose water for 8 or 10 days till you think it sweet enough, then Ring it clean out of the rose water, and dry it in a Sieve over the fire

with Benjamin, till it be so dry, that you may beat it in a mortar to powder, when it is beaten Cess it in a fine Sieve, then take that powder and mix it with some amber greece and muske, according as you please to have it Sented, and take a little Civit amongst your powder to sent it well.

#### To make burning Cloves

Take half a pound of loaf Sugar well beaten and Cessed: the quantity of 2 thimble full of cloves well beaten and Cessed; then take willow boughs and burne them to Charcoale, then beat them and Cess them to the quantity of two thimblefulls, then mingle these with your Sugar, then take some gum dragon being the day before soaken in water, then take the thickest of it and Rowl it with your Sugar up to a paist and so make them up into cloves.

#### To make Orange Butter

Take 6 Oranges pill them, and Cutt them in halves and put them in a little sive of silk, and Squeeze them

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very well untill you gett all the Juce out, then put in somes cream and the Yolks of 2 Eggs, a little rose water, some Sugar some fresh water, and stirr them over the fire untill they are thick then put them in a glass, and serve them at the table with orange comfitts stuck in them.

#### To make Orange Marmalett

Take the biggest Barmoodus Oranges, rasp them all over with a rasp, then Cutt them in half, and squeeze all the Iuce into a glass, and throw the pitts into spring water and so let them lye 3 days, shifting them night and morning, then boyle them in 9 or 10 waters till they be very tender and all the bitterness gone, then squeeze each half between two trenchers, scrape out all the strings, then cutt the yellow and the white very small *then* weigh it, and put it into your pan, then weigh your Iuces and put to it, and take the weight of both in fine Sugar and put to it, stirr it a little together, and sett it on a very quick fire, stirring it constantly till it part from the pan, then have ready Squeezed Iuce of Lemons and put it into the Marmalett just as you take it of the fire and so

glass it, but do not cover it till next day it should not be eaten till it be two months old at least.

#### To make Quince Chips

First pare your Quinces very well then Slice them into a dish, and put Candid Syrup to them scalding hot, and let them stand all night, then lay them on plates and

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strow Sugar on them, and turn them every day, and scrape <sup>more</sup> Sugar on them till they be dry. If you would have them look clear, heat them in Syrup, and let *them* boyle, keep them in a warm place.

#### To make Cherry marmalett

Take 4 pound of stoned Cherrys, and put them into a Tray or Bason, and with your hands monsh them, and pour most of the liquor from them, then beat a pound of loaf Sugar very fine, and mix it with your Cherrys, and sett it over a quick fire, and let *them* boyle apace, and scum them very well, and when they are 3 quarters boyled, put into them half a pint of quiding of Currans with the weight in Sugar then boyle it apace till it Quiding <sup>x</sup> which you may see by putting a little in a spoon and when it is allmost cold put it up.

#### To make a great seed Cake

Take 6 pound of flower, and 1 pound and half of butter, one pint of the thickest ale Yest, and as much cream as will wett them, boyle the cream and let it coole a while, rub the butter into the ~~water~~ flower and than mingle the flower and milk together with a little salt, lay the paist by the fire whils't your oven heats then you must have a pound of Carriway comfitts & 3 quarters of a pound of Sugar, knead it well into your Cake and let it stand one hour in the oven.

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#### To make Mead

Take 8 Gallons of water and sett it over a clear fire in a Kettle, and when it is warm put into it Sixteen pounds of the best honey, stirr it well together till it be all mixt, and when it boyls scum it, and put into it two large nutmeggs bruised and so let it boyle at least an hour then take it of and put into it 2 handfull of grun malt, so with a stick keep beating of it togather till it be allmost cold then strain it through a hair Sieve into a tub; and put into it a pint of ale Yest and stirr them well together, *when* it hath workt and is cold you may if you please put it in a Vessell fitt for it and when it hath done working stop it very close up and let it stand 3 weeks or a month in the winter before you drink it or bottle it in summer less time will serve.

To make very good  
Cheese Cakes

Take 6 quarts of milk, and run it as you do a cheese pretty cold when it is tender come, draw it form the Whey in a strainer, then hang it up till all the wey be drain'd from it, then press and change it in dry cloths till it wett the cloth no longer, then beat it in a stone Mortar till it be like butter, then strain it through a thin Strainer, and mingle it with a pound and a half of butter with your hands. Take one pound of Allmonds blanch them and beat them with rose water till they are like the crud, then mingle them with the Yolks of

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twenty eggs, and a quart of good cream two good nuttmeggs one pound of Sugar and put them to the crud, make the crust good with butter yolks of eggs mingle it with milk, and having made it up in the fashion of little tarts or any shape you think fitt, fill them up with Bran and if you fear they will not keep your fashion you may include them in rings of paper fitted to your bigness *then* sett them in a quick oven, and when they are hardened take them out but remember to prick the bottoms before they go in. Brush out the Bran with a clean brush & sett your <sup>^</sup>cheese Cakes in a oven hott enough to Bake a pudding pye, but be sure to sett up your oven Lidd till the Scorching be over, Less than half an hour will bake *them* but you must not put your rundic into the milk than your milk is no more than blood warme.

To make an Orange Cake

Take orange pills and cutt out all the whites and put *them* in water, the thin Yellow pills and boyle all the bitterness out of them, changeing the water often, till they are tender than take your pills and dry them in a Cloth, then take fine Sugar sifted, and take weight for weight, then put the pill in a mortar and beat them an hour or two as you beat them, strow in the Sugar till all be in still continuing beating till it come to paist, then spread it upon a thin plat of thin of what thickness you please, then put it into a warm oven, let them stand till they be dry

on one side, than cutt them out in what Fashion you pleas and turn the wett side uppermost till they are quite dry.

#### To make a Clear Cake

Take apound of Sugar and having dissolved it with a spoonfull of water, sett it on the fire, and boyle it till it comes to Sugar again, then pour in a pint of any Juce of the Fruit that will Gilly, sett it over the fire again, stirring it till it be hott but not boyle, then put in upon silver or glass plates, when they are cold cutt them in what shapes you pleases and lay them on Glasses, scrape Sugar on them and sett them in a Stove, and scrape Sugar on them every day till they be dry.

#### To make Sack Cream

Take 2 good lemons and grate the pill of & take as much of it as will lye upon 6 groates, put to it the Juce of half a Lemon, take half a pound of fine Sugar, beat it and melt it with a little water, then boyle it till it be candy height, *then* put in the lemon pill and let it not boyle at all, but take it of; put it upon Pey plates, dropping it according to the bigness that you would have your Cakes to be of, take them of when they are cold and lay them up carefully.

#### To make a Pith Pudding

Take a good quantity of the pith of Oxen let it lye in water all night to soak out the blood, the next morning strip it out of the skin, beat it with the back of a spoon till it be as fine as pap, you must beat a little rose water with it, then take 3 pints of good thick cream boil it with a nutmegg gratered in it, with 3 or 4 Blades

of large mace, a stick of cinnamon, then take half a pound of the best Allmonds Blanched in Rose water they must lye in water all night, then beat them in a mortar with some of the Cream, and as they grow dry still put in more cream, and when they be very well beaten, strain the cream from the Allmonds into the pith, then beat them still till the cream be drown'd & strain it still to the dish, than take the Yolks of 10 Eggs with the whites of two, beat them very well, and put them into the former ingredients then take one spoonfull of graterd bread, mingle all these together with half a pound of white Sugar, and the marrow of 6 or 7 Bones and some salt, so fill your puddings, they will be much the better if you put some muske or ambergrease in them.

To make Carriway Cake Mrs L

Take 4 pound of flower, and a pound and a half of butter half a pound of Carriway Comfitts, a quarter of apound of loaf Sugar, but first sett your Flower by the Fire to dry and than take your butter and rub into your Flower till it lookes like grater'd bread, then take a pint of Berm & a pint of a Cream, and sett them over the fire till they be blood warme, then putt in your Flower and lett it stand half an hour to rise, then put in your Comfitts and Sugar and make it up to bake in a hoop.

To make Elder Wine Mr. Szch.

Take 20 pound of Malligo Raisins pick't and rubbed but not washed, Shred them, and put to them 9 Gallons

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of spring water, let them stand 10 days, then strain the liquor thorough a hair Sieve, have in readiness 6 pints of Iuce of Elderberrys, the Berries being boiled in a Iug in a kettle of water, like Currans for Ielly; when it is coole put it into the Liquor and stirr it well together, then tunn it into a Vessell and let stand 6 weeks or 2 Months than bottle it.) In 3 weeks or a Months time it will be fitt to drink, but it will keep above a Year.

To make Samphier Pye Ditto

First pick your Samphier very clean from the Knots then lay it in water for 24 Hours, changeing the water 2 or 3 times, Shred it small, then take 2 or 4 Eggs beaten and a little graterd bread, some Sugar, some clouted

creame, Cittern, some Raisins, and Currans, and some Sack, mix all these together with the Samphier & so make the pye.

#### To Make Vinegar

Take 20 pound of Malligo Raisins Pick and rub them, but noet shred them, and put 10 Gallons of spring water to them, and let them stand 10 Days then tunn it, but you must not strain out the Reasings, then have ready a little Cask to tunn it in and cover it with a Slate, and sett it in the sun in May and let it stand 4 Months in the Sun, then it will be good Vinegar

#### To make Slitt Coal Cheese Lady Shakerty s Receipt

Take new Afterings from the Cow and Serthe into an

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an Earthen pan, but as little run it as you can so *your* be enough to turn the milke. when it is come, put it into your Fatts with a spoon as fast as you can, and still as they fall fill fill them up, then turn them, and send them diligently to turn them often, whrense the bottom of your fatt in clean water, and dry them as often as you turn them, and in two days they will leave the fatts. Cover them under and over with Strawberry leaves, this you must be sure to do 10 Trune them over with fresh Leaves. In nine days time they are fitt for eating. before you put on the leaves, sprinkle a little salt on both sides.

#### To make the Golden Water. Mrs Moo

Take an ounce of spirit of Saffern, one dram of oyle of cloves, one dram of the best sented Alkermes one pound of the double best refin'd Sugar beaten very fine. 2 quarts of good nants Brandy, first put the Sugar into an Earthen pot, that maybe cover'd very close, than put the Saffern, cloves, & Alkermes into the Sugar, and with a Spoon mix them all together, then put in the Brandy stirr it very well alltogether (all one way) then cover it very close and then put it into Bottles clear from the settlings, you may put more Brandy to the Settlings which will be good tho not so strong.



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If you please add leaf gold to it broken with a little Sugar and put to it in the Bottles.

To make Lemmon Wine

Take to 5 gallons of water 4 pounds and a half of loaf Sugar or ponder and boyle them well together one hour and scum it as it rises, then put it in a clean vessell till it is cold, then have nine good lemons pill'd and the pulp all bruized very well, then put them in the liquor with all the pill, and put it in a pot or Caske and let it stand 3 days close cover'd, then draw it of, and if it comes not very clear, run it thorough a fine Cloth and clean the Caske and put it in againe, and let it stand other 3 days then bottle it, its ready to drink in a weeks times.

To make a seed Cake

Take a pound of fine flower well dried, 3<sup>l</sup> of good loaf Sugar well Cessed, mix them both well together, than take 4 pound of fresh Butter well washed, and 36 Eggs leaving out 16 whites, worke the Eggs and Butter well together, till the Butter have drank up all the Eggs, it will take up one hour or two in makeing them, put in your Sugar and Flower by degrees, and keep it beating all the while, very well with a wooden spoon, when all is beaten in, put in 6 spoonfull of orange flower water, in which must be stept one ounce of cinnamon stick and taken out again, and for want of orange water take brandy, then put in a quarter of apound of Carriway

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seed, butter your pen, and put it in as fast as you can but prick to the bottom, and let it stand 3 hours the oven not too hot.

To make Gilly flower wine

Take 3 gallons of water 12<sup>l</sup> of best powder Sugar, boyle them an hour together and Scum it very well and clean, then take it of the fire, and put it to Coole, than put it in 2 Pecks of Clove gilly flowers Cutt of the whites then put two or three spoonfull Yeast and 4 quarts

of Ranish wine, so let it stand 3 or 4 days, stirring it 3 or 4 times aday, then draw it of from the flowers, put it in a Vessell fitt to hold it, stop it close and let it stand three weeks then Bottle it and drink it when you please.

To make Cowslop wine

Take 7 gallons of spring water and 12<sup>l</sup> of good powder Sugar or loaf, boyle them together one hour and Scum it carefully, then take two heapt pecks of pick't flowers put them into a sweet Vessell that will hold the quantity of the Liquor, which after the hours boyleing pour upon the Flowers, Stirr it well and let it stand till its cold enough for Berm, then take a Crust of brown bread & toast it hard, then spread it on every side with good Berm, and stirr it for a day or two while it workes, than stop it close and let it stand 12 days, then bottle it & it will be ready to drink in a Month or 5 weeks time

To preserve the great Mussle Plumb  
or any other Plumb

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Take any of these and prick them in 3 or 4 places and scald them in fair water till they be very tender, then sett them a dropping till they be cold, then put them in a preserving pan with as much Sugar as will Cover them, and so warm them 4 or 5 times, but let them be cold after every warm=  
=ing, at the last heating pour them into a Sieve and let the Syrup run from them, then put in fresh Syrup & let them het en twice the second Syrup, boyle them 3 whalms and take the Scum cleare of them, then let them stand till they are cold, and you may pot them all the Year.

To make the Queen of  
Hungary water

# Take one gallon of spirit of wine, two pounds and a half of the tops of rosemary flowers, and the green heads but not the Leaves then steep them 48 hours and Distill *them* in a Lymback, you may have 3 quarts or a bottle more of this water leting the water stand 3 days, than take to every quart of water; half a pound of rosemary flowers clean pick't without any green, then let them steep 24 hours and Distill them in a Glass, you may have 2 *quarts* of very good water of this quantity.

2<sup>d</sup> To make an Orange pudding Mrs W eon

Take the pills of three Candid Orange and mince them very small or pound them, and take the yolks of 12 Eggs and beat them very well, be sure you take the cockstrids from them, then take one pound of fresh butter and beat it very thick, and half a pound of Sugar, and

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beat it very fine, then mix them all together and make a Sugar paist of flower and Eggs and Sugar & put it on the bottom of the Dish, you must butter the Dish and the bottom, you must cover the Dish with puff paist, half an hour Bakes it.

To hang a Goose

Take a very fatt goose and draw it, let it be very clean within, then take a handfull of Bay Salt, and as much white salt, as you think will make it pretty Salt, then take as much Salt Peter as will make it pretty red, then let it lye till you think it is Salt, I think 4 or 5 days is Enough, then take it and rub it all over with Brann, then cover it over with brown paper, and hang it up in the Chimney for about two months, then take it down and Scrape of the Brans and Boyle it with Sprouts as comes out of Cabbidge.

To make a Carrot pudding x

# Take 3 or 4 Raw Carrots and grater them very fine than take a penny white loaf and grater it than take 8 or nine Eggs and half whites and near 2 quarts of good milk and a little rose water, and some grater'd nut=  
-megg and mix them alltogether, and butter your Dish at the bottom, you must melt some butter & pour it on the pudding when it is in the oven 3 quarters of an hour will bake it, you may put puff paist about the Rim of the Dish.

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To make Sack Pancakes

Take half a pint of Sack & warm it, and a quart of Cream and warm it, and 6 Eggs and warme it well beaten and some butter melted, and some grater'd Nutmegg, and Cinnamon and rose water two Spoonfull of flower they must fryed without butter, you must rub your pan with Egg Shells and so fry them.

Take make a cold Hash

Take the heart of a red Cabbage, and mince it as small as you can, then take a piece of lean hang beef & boyle it, & when it is Cold Scrape it with a knife & mix it together with Oyle and vinegar and lemon & a little pepper and so serve it.

To make a Gillimofercy x

Take 4 or 5 Salt herrings out of the pickle and mince it very small, take out the bones and take 4 apples & mince them, and take a Couple of Lemons and mince them Pill and all 3 or 4 onions minced, and Pepper Oyles and Vinegar and so Eate it.

To make Cakes

Take 2 quarts of Flower, and a pound of Butter & rub them together and a little fine Ginger and 3 *quarters* of a pound of Currans, a quarter of apound of Sugar a pint of Berm, with aSpoonfull of Cream or two mix them alltogether, bake them but not prick them.

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To make Mince Pyes

Take a Neach tongue and mince it very small but it must be pretty well boyled, you must take twice the weight of beef & Suit, mince them very small and mix them together, then take twice the weight of Currans, and about a pound of stoned Raisins, Cloves, Mace & Nutmegg Pounded about half an ounce mix them all together then put some Stoned Pruins and Apples' mince them as Small as you can, Put some Sack and some vinegar Sugar salt Cittern Candid Lemons this will make up mince Pyes.

### To make Cheese Cakes

Take 2 quarts of sweet milk, and 30 Eggs well beaten, when the Milk boyls put them to it and let them boyle till they be a pretty tender Crud, then hang them up in a Straining Bagg, till all the whey be run out, then take them and put them in a Mortar in about half a pound of Butter Pounded together for an hour or two, then take the yolks of 6 or 8 Eggs, and some Cream, Cinnamon, and half a pound of Currans Mix them all together, and make them up in Puft paist. Jane Winden Receipts End.

### To make French bread

Take 4 pound of flower and 5 Eggs beat them very well, and put it into your Flower with a pint

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of good Berm then take sweet milk and boyle it and let it coole, till it be Luke warme, and so put it so it doth leave them without sticking to 'em, be sure when you put in your milk make it very light and let it stand awhile to rise by the fire, before you

### To make Curran Wine P'S

Take 3 pounds of Currans, a pound of Sugar and a quart of water and Squeeze the Currans and Stalks together with the water, and Straine it through the Sieve, then put it up, & it will worke of itself and when it hath done workeing stop it up.

### To make Curran Wine M:C

Take red Currans and Squeeze them in your hands Stails and alltogether, then take water and boyle It ~~them~~ very well and let it coole a little then measure your Currans and put to a Gallon of Squeezed Currans two Gallons of water and cover it close, you must let it stand all night then in the morning Straine it out, and Shift it into two or three things leaveing the Settleing still behind, then Tunn it and put 3<sup>l</sup> of powder Sugar to every gallon of Currans & let it stand unstopped 3 or 4 days then stop it close and let it stand a Quarter of a year than you

may rack it into another Caske or Bottle it of,  
you must put some syrup of Elderberies to Colour it

To make an wine.<sup>M T</sup>

Take Currans Strip them and Crush them and to every measure of Currans put 12<sup>l</sup> of black cherry & Squeeze them, then put them both in a hair bagg and hang them up, to every Gallon of Liquor put 2 quarts of water and 4 pounds of Sugar and Mix them together and let it stand 8 or 9 days and *then..* put it up, this Receipt hath rather too little Sugar

M:H x To make Cowslopwine

Take to every Gallon of water two pound of loaf Sugar, and boyle it two hours in a pot or pan then take your Cowslops Cutt them and put them into your water and Sugar that is boyling over the fire & be sure to keep them down with a Slice while they are Boyleing take it of and put it into a Pot and let it stand two days and Strain it through a hair Sieve, and then put it in a Rundlett with a Crust of Bread and Berm Spread on it, let it be close Stopped that no air gett in it, & let it stand two weeks then strain it through a Cloth, and bottle it for to keep all the Year & put a lump of Sugar in Each Bottle.

To make a Sack Possit Mrs W.

Take a pint of Sack and half a pint of Ale and sett them on a chaffing Dish of Coales, and put Sugar to it till it be sweet, and a Blade of Mace, and so let it stand, till it boyles, keep it Stirring, then take 3 pints of thick cream and Sett it over the Fire to boyle, and put Sugar to it, and a Nuttmegg Cut into it, then take it of and put to your Sack the Yolks of 16 Eggs, and one or two whites and Stirr it all together: till it e as thick as a thick Cordiall, then take your Cream and pour it on and Stirr it all together for a Quarter of an hour then cover it, and let it stand near an hour, you must be sure that it doth not Boyle after it is Covered but it must be very hott, you must have a Care when you put the Eggs to the Sack that it Cruddles not.

### To Die Black

Take 1 Dosen of Stockins, and a pound of Gauilo boyle them two hours, then take them out and put in 4<sup>l</sup> of Copperas and boyle them one hour, take them out and Coole them, and put them in againe for half an hour, and if they be not black put a little more Copperas

### To Pickle Mushrooms Mrs T

Take the bottoms and pill them, wash them very clean boyle them in Tin or Silver with water and Salt, then drain them very dry, and place them in a Glass with cloves, mace, pepper and bay leaves and a little Salt than

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cover them with the best white wine Vinegar, and keep *the* Pott cover'd with a Blether and Leather.

### Paist Royall

Mix a little nutmeg and Cinnamon in two Pound of Flower, and two ounce of Sugar, than rub in half a Pound of Butter, break in two Eggs and make it into Paist with Cherry Sack and Cream and Rub in a pound of Butter more if you think fitt, you may only rub a Pound at first and it will do as well. ~~Some~~

### White Puff Paist

Rub a quarter of a pound of Butter into two pounds of Flower, then put in the White of 3 Eggs whip them to Snow make it into a Paist with cold water, and Rowle in a Pound of Butter more.

### Hartshorne Gilly

Take 2 Gallons of water to a pound of Harts horne, boyle it till it comes to 3 pints, a quart of white wine a pound of double refin'd Sugar, half an ounce of Spice the Juce of 6 Lemmons the whites of 8 Eggs

## Ribb in Gathes

Take 4 Calves feet that are clean boyled, take out the great bones, and put them in a pot with ten Quarts of water, 2 ounces of Harts horne, as much Izing Glass a little whole mace, pepper and Cinnamon, and let it boyle till it come to 2 Quarts, then Strain it through a Flannen Bagg, Let it stand till it be Cold, set it

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on the fire again, just as it boyles, put in the whites of 6 Eggs a little beaten, Let it boyle a little then Strain it of again, and put in a pint of Sherry, Amber greece, musk, Civitt with fine Sugar, Let it be hott and strain it out again, then run your <sup>^Colours into</sup> Glasses about the thickness of a Crown piece, as fast as one Colour doth Coole run in another Colour blue with Syrup of Violets, the Gilly sometimes by it self. Colour red with Cochineal Green with Juce of Spinidge, Yellow with Saffern, white with Milk.

## To Pickle Oysters

Take as much white wine Vinegar and the Liquor of the Oysters as will cover them, then put into the pickle a little Mace Nuttmegg, and Slice it, a little whole pepper and Salt, when the pickle boyles put in the Oysters, let them boyle a little and take them out again till the pickle is Cold, then put them in the Pickle again, and Cover them Close with a Leather

## To Pickle Kidney Beans

Gather them before they have Strings, and lay them in water and Salt 9 days, then boyle them tender in water make a pickle of reap vinegar or white wine, some whole Spices, drain them very dry, and pour the vinegar boyling hott upon them, Cover them Close, and let them lye 3 or 4 days, then boyle the Pickle again, in doing so 3 or 4 times they will be very Green, you may do Purs=  
=lain Stalks the Same way, only let them lye in water and Salt 24 hours.



### To pickle Samphier

Pick it and put it into water, with a little Salt 24 hours, take it out, drain it dry, put it in a pot with two Quarts of vinegar, one of water, stop it up close Sett it on the fire, make it just boyle, take it of sett it by till cold, then take out the Samphier, Let the Pickle stand to Settle, then put the clear into *the* Samphier, make it boyling hott again, be sure to cover it very close, then take it and sett it by till Cold, *then* put it in Earthen pots, and Change the Pickele once a month to keep it from Muther.

### To Pickle Broom Buds

Gather them dry, driveing out the dust, pick them clean, lay them in a Pot, with a little Salt, then boyle white wine vinegar and pour it on them, and let them stand 3 or 4 days, then boyle it again, then boyle it again. doso 3 or 4 times, the last time give them a little boyle with vinegar and they will be very green

### To pickle Clove Gilly flowers

Cut the white and lay the red in a pot with a Row of Flowers and a laying of Sugar, so lay it till you have laid it all, then pour white wine vinegar boyling hott, so keep them, you may pickele up the Flowers you make Syrup if you please

### Paste for a Pasty

Rub 5<sup>l</sup> of butter into 14<sup>l</sup> of flower, break in 10 or 12 Eggs & make it into a paist with cold water & it is fitt for use.

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### a Carrot Pye

Take Carrots Parrboyle them Pill and Slice them in two then lay a laying of them into your Pye, then strew on a little Mace, Nuttmegg. Cinnamon, and Salt, then lay on some bread figgs, Yolks of Eggs boyl'd hard and Quarter'd, some Grapes, goosberrys, Cand Lemon or dates a little Sugar, so lay one a top of another, till the Pye is

half a pound of Butter on the top; Lid it and Bake it when it comes out of the oven put in it half a pint of Sack as much Cream

#### To Stue Oysters

Take 1 quart of Oysters a little of the Liquor a pint of white wine, two Anchovies a Blade or two of Mace a little whole pepper, Salt, the Juice of a Lemon a Bunch of sweet herbs. Let all these Stew together a quarter of an hour then put in a piece of Fresh butter, Serve then in with Sippits Barberries and Lemon pill Sliced

#### A Marrow Pudding

Cutt off the Crust of a penny Loaf, then Slice the soft very thin, and put it in a Skellit with a pint of Creame, let it boyle just up, then break the bread very small and beat 6 Eggs and put in it, Blanch half a pound of Allmonds and beat them in a Stone Mortar, with 3 or 4 Spoonfull of rose water, put in your Cream with a glass of Sack half a Pound of Sugar, as much Currans and half

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Pound of Candid Lemon and Cittern Sliced Season it with a Quarter of an ounce of Cloves & Mace, 2 ounce of Cinnamon mix all these very well together, than breake into it a Pound of Marrow and Butter your dish before you put it in.

#### To Pot Venison

Cutt it in Slices so thick as your hand, Lard it with Bakon as big as your finger, then Season it very high with Nuttmegg pepper and Salt, then put it in a pot with Slices of Sewet between, then put it in so much butter as will cover it, when it is potted Bake it very tender, when it comes out of the oven Cleare out the Gravy and fill it up with Butter or Beef, you must Clarifie your Butter

#### A Calves Florendine

Parr Boyle the head & Cutt it in pieces as small as an oyster, Season it with Cloves, Mace, pepper and Salt, put in your dish a little Shalot and two Anchovies some oysters and balls of Forcemeat, a few Slices of

Lemon, half a pint of white wine, as much fair water  
Cover it with puft paist and bake it.

#### Artificial Sturgeon

Lay a Torbet in Salt and Vinegar 24 hours then  
Rowle it up with a good Store of Salt, Lay it round with  
Balls, make your Pickle with two Quarts of Vinegar  
one of water, a good handfull of herbs, all Sorts of whole  
Spice, when the pickle boyles, put in your Fish when  
it is boyled Enough take it out, when cold put it in *the*  
same pickle adding more vinegar to it

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#### To make Iumbells

To half a pound of Sugar take 1 pound of Flower, 3  
Eggs, taking out one white, a spoonfull of rose water,  
a quarter of a pound of Butter a little Carriwayseed

#### An Excellent Cordiall water

Take Angilico Carduus benedictus, Paulo Betony,  
Juniper Berries, of Each one handfull , of wormwood two  
handfull, Mix them and put them in a wide mouth'd bottle  
and pour upon them as much Spirit of wine, as will Cover  
them an Inch over, Stop the Bottle close, and Digest it so  
14 Days then pour of the Spirit and keep it for your use  
The Dose is ten or 12 Drops or more if there be occasion  
in a Glass of white wine, It is good in all Distempers of  
the Stomach against worms and all gripeings and ad=  
=mirable against all Infections, It cannot be given Amiss.

#### A great Cordiall Water

Take Sage, Salendine, Rosemary, Rue, Wormwood,  
mugworth Pimpernelle, Dragons, Scabios, agrimundo.  
Balm Rosa Solis, Scordium, Carduus Benedict, Centaury  
Bettony St Johns Wort, Marygolds of Each one handfull  
Roots of Gentian, angillico, tormentill, zedory, Pata=  
=cides, Peonia, Liquorish of Each 3 quarters of an  
ounce, wash the herbs well, and Shake them in a  
dry cloth, then shred them small, the Roots must be  
Scraped and Shred, then mix all these well together &

put them into an Earthen pot, and pour upon them 3 or 4 gallons of white wine, Let these stand well Stopped 3 or 4 days, Stirring them once or twice a day, than Distill this with an ordinary Still, with a Gentle Fire keeping the Cover of the Still close with a gentle wett cloth upon it often Rigging it and renewing it with fresh water, Let your Still be well Luted with Rye Flower white of Eggs and Vinegar you may have ended your Distillation in two days and a night and of this Quantity you may have 4 or 5 quarts of water which Divided into 2 or 3 Severall Glasses, the weakest is chiefly for Children, you may use the water on all occasions, where Cordiall is required, and perticularly in Surfitts and to strengthen the Stomach and to Comfort weak persons

To Paist for Tarts or Mrs L

To Mince Pyes

To a Peck of Flower two Pound of Butter when the Liquor boyls, put in the Butter & make the Paist indifferent Stiff.

To make paist for all Sorts of Great Pyes

Take a Peck of Flower 3 yolks of Eggs, when the Liquor boyles, put in two two Pounds of Butter & a quarter of a pound of Clarified Suit then make indifferent Stiff

Puff Paste

To 3 pounds of Flower, 4 Eggs and Save 3 yolks then make it into Paste with cold water, and Rowle it into one Pound of Butter 8 "9" or 10 times and give it a small coat of Flower betwixt every Rowleing.

Paist for a Custard

To 3 Pounds of Flower, 3 yolks of Eggs, then make it very Stiff with Boyling into Paist.

### To Season an Egg Pye

Boyle 12 Eggs hard, Shred small with one pound of Marrow, or good beef Suit, Season it with Cinnamon Nuttmegg and Sugar, one pound of Currans half a Pound of Raisins, some Rose water with 2 or 3 Spoonfull of Sack with alittle Cream mixt alltogether, and Cover it with puff paist.

### To Season Mince Pye

Take Netes tongue and parr boyle it, and Shred it very smalll, with the weight of it in good beef Suit, Season it with Cloves, Mace, Nuttmegg, some Sugar with a Glass of Sack and good Store of Currans and some rose water, afew Coriander Seed, some Candid orange and Cittern Shred small, mix alltogether and fill the Pye for use.

### To Season a Carp Tench Pye

Take a fair large Carp Tench. The Scales wash & dry Season it with pepper Salt and Nuttmegg thene

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lay in the Pye some Raisins of the Sun Stoned Sprinkle upon it a little vargis, and the Iuce of two Oranges put it in Butter Close it Bake it.

### To season a Hartichoak Pye

Boyle them and take away the Bottoms and Cutt them In Slices, Season them with Cinnamon and Store of Mace Sugar, Rose water, Lemon Pill and Dates shred small fill the Pye.

### To Season a Turkey Pye

Take a Turkey and bone it and Stick his Breast with cloves, Season it with pepper, Salt and Mace & Lard, then Season a Duck to put in the Turkeys belly then lay it in the Pye. fill the Corners with force meat balls, put in good Store of butter Close it and bake it

### To Season a Chicken

Bruise the bones of some and Ioynt the rest, season them with Cloves, Mace, Nuttmegg & salt, some sweet Marjorum shred very small, some lemon Sliced very thin fill the Pye and Close it when it is baked Dissolve two Anchovies, half a pint of white wine and shellet put it in the pye hott.

### To Season a Veal Pye

Cutt the Veal in thin Slices, Season it with a little Salt, cloves, Mace, Nuttmegg, and some dry herbs as Pennyroyall, Time, Sage. Rub the meat with *them* and fill the Pye and betwixt every Lay, put in

Sliced Lemon, not the Pill. Cloze the Pye with a Dish of butter and Bake it moderately.

### To Season a Hare Pye

Parr Boyle the hair & take out the bones, and beat the Flesh in a Mortar with some fatt Bacon or Porke then Soak it in Clarret wine all night, the next day take it out and Season it with pepper, Salt, and Nutmegg, then lay the Chine bone of the Hare in the middle of the Pye, and the flesh about it, Cloze it and Bake it

### Orange Pudding

Take a white Loaf Cutt in thin pieces, boyle it in a quart of Cream, then let Close, & take half a pint of Sack and break in it 10 Eggs save out 5 whites, putt in Nuttmegg Cinnamon and Mace, some Sugar Six Chiny Oranges, pair them and Beat them in a Mortar with a little Sack strain them into Sack and Eggs, put in a Quarter of a pound of Grater'd Biscake, Mix it with the Creame and bread than fill your Garnish't Dish to Bake.

### Cheese Cakes

Take your Cruds and hang them in a Strainer to Let the Whey run from them take 2 Quarts of Cruds 1 quart of Cream a pound of Butter 12 Eggs , one pound and a half

of Currans, Season it with Cinnamon, Nuttmegg, and Mace  
some Sugar, and a little Sack and Rose water.

### Filling for Custards

Take a quart of Cream or new Milk, put to it whole mace

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Cinnamon and Nuttmegg, then boyle it and when it is  
Cold put to it 12 yolks of Eggs, and 4 whites and a  
little rose water. some sugar and Straine it, hard in *your*  
cofferings and fill them in the Oven.

### To Collor Beef

Take a Sirloyn or Flank of beef and bone it and lay  
it in pump water as much as will Cover it, put in 4 oʒ  
of Salt peter or Bay Salt 5 or 6 handfulls of white Salt Let  
it lye in 3 days, then take it out and Season the Inside of  
it with Cloves, Mace, Nuttmegg and pepper, a few Corian:  
:der seed; bind it up very close with a Course tape  
Bake it in the same pickle, when it is Baked take it  
out, and put it into a Nett; and hang it up to drain  
when it is cold Straine it, and put in the Beef so keep  
it Cover'd in a coole place for use.

To pickle Cucumbers Elder buds  
Ash Keys or purslain stalks  
Broom buds.

Gather them in a dry day take 3 quarts of white wine  
Vinegar and two quarts of water, put to it an ounce of  
whole pepper, as much whole Ginger, a hand full of Salt  
Sett it over the fire and put in a hand full of Dill and 12  
Bay Leaves, Let it boyle till the Strength of it be gone  
then take an Earthen pot and lay in the Bottom a little  
green Dill: and some bay Leaves, then put the things in  
you Intend to pickle, and put the pickle to them  
Scalding hot, then cover them very close *with* Leather

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or a Bladder, three days after cover them with a Slate  
and put in two or 3 Spoonfull of sweet Oyle, and that will  
keep it without Mudder, keeping them close Cover'd.

### To Pickle all Sorts of Flowers

Gather them in a day, take a pint of white wine Vinegar as much water, put to it 3 handfull of Sugar 2 handfull of Salt, Set this over the fire, when it boyls put in the Flowers do but Scalld them and take them out again, so keep them keep Close Cover'd for use.

### √ To Pickle Mushrooms

Take them of a nights growth, pill them upon both sides boyle them in water & Salt one hour, then lay them out to coole and make pickle for them with white wine, and white wine Vinegar, and boyle in it whole pepper, cloves, mace, & Salt, when it boyles put them in, and keep it for Use.

### To Pickle Oyster

Take a Quart of Oysters fresh Open'd, put to the Liquor half a pint of white wine Vinegar, some whole pepper, or a Blade or two of Mace, and a little whole Ginger, some salt, set them over the fire, Let them boyle and put in the Oysters Let them have one or more boylings but not too much take them out, and put them in again, when the pickle is cold, so keep them close Cover'd for Use.

### Sauce for all Sorts of Roast meats

Take Anchovies, a Glass of Clarret wine, some Nuttmegs and a little strong Broth or Gravy shallot, stew these together

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and thicken it, with grater'd white bread.

### Sauce for Cods head

Take a pint of white wine, Lemon Sliced, half a pint of Shrimps, a pint of Oysters with the Liquor, 6 Anchovies, a few Barberrys, a little large Mace and Nuttmegg let these Stew together and thicken it with two pound of Butter, 6 yolks of Eggs, Boyle the Cods head in Salt and water, some Lemon pills, sweet herbs, garnish the Dish with shrimps Oysters and Barberrys.



### To Stue Carps

√ Let them bleed at the Lower Fin Stue them in their blood with Clarrit wine, put in Nuttmegg, pepper, & Salt, horse Raddish and Sweet herbs, serve it up with butter, 2 Anchovies, some pickled Oysters, some french bread toasted.

### Sauce for Land Fowls

Take Sliced onyons with fair water, a little bread Crums, some pepper, Nuttmegg, 3 Spoonfull of white wine some Lemon pill minced, then being allmost boyld put in the Iuce of Lemon and Orange.

### Sauce for red Deer

Take Gravy and sweet herbs shred small and boyl'd together, or Gravy only with the Iuce of Orange and Lemon

### To make Strong Broth

Take 12 Quarts of water, 3 knockles of Veal a

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Hough of beef, two pair of Calves feet, Chickens, and Rappit a faggott of sweet herbs, two onyons, a little large mace and pepper, lemon pill, let this boyle together till it come to be 6 Quarts, then Strain them, and they are fitt for all Sauces, and Pottages.

### To make French bread

Take 3 pounds and a half of flower, put to it two Eggs, half a pint of Berm, than make it into Dough very tender with Milke and water warm'd, a little butter as much as an Egg, then sett it by the fire to rise an hour, and let your Oven be ready make them in little Loaves and Bake *them*.

### To make Force meat Balls

Take some Veal and Beef Sewet and Chop it very small,

season it with pepper, Cloves and Mace and put to it 2 Eggs  
a pint of Flower to bind it, then make it up into Balls and  
fry them for Use

To make pottage

To 4 Quarts Strong Broth, put to it 4 Loaves of  
French bread, Cutt in Slices, put in 20 force meat  
Ball, a little large mace, a Clove or two, a pint of Clarret  
wine, some time and Spinidge to make it Stew Green, some  
lemon Sliced with the Rue Let these stew together  
and beat up 4 yolks of Eggs, with a little Sack, put in  
the Stew pans and Strain it well together, & dish it up  
Garnish with Lemon and force meat Balls.

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To make Scotch Scollops

Take a legg of veal and Cutt it in thin Slices, Carbonate on  
the sides with the back of a knife, Season it with Cloves  
pepper, mace, and Salt, a handfull of sweet herbs shred  
small, a hand full of grater'd white bread, fry them indifferent  
tender, then drain the butter from them, and put them into a  
Stew pan, put in a pint of white wine and a pint of strong  
Broth, put in 12 Balls of force meat a Lemon Sliced, 3  
Anchouies, 2 Shellots, Let these Stew together and beat  
up 4 Yolks of Eggs with a little white wine, put all in a  
Stew pan and Stir it well together, Dish it up, garnish  
the Dish with Sliced Lemmon and force meal balls and serve it

To make a Frigasie

Take chickens and Rappits, Cutt them in pieces, Season  
it with pepper, Salt, Cloves, Mace and Nuttmegg a  
handfull of sweet herbs shred small, a handfull of gra  
terd white bread, fry them in sweet butter; Indifferent  
tender, then Drain from them; and put them into a Stew  
pan, put in a pint of Clarret wine, as much Strong broth  
12 Balls of force meat, 3 Anchovies, 2 Shellots, some  
lemon Sliced, Stue these together and beat up four  
Yolks of Eggs with little Clarret wine, put all together  
and Stirr it well together, and Dish it up, garnish the  
Dish with force meat balls, Lemon, Orange & Salt.

To make a Cake

Take 3 pounds & a half of Flower, put to it a little salt

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Cloves, mace, Nutmegg, rub these in the flower and wett it with two pounds of Butter Dissolv'd, a pint of Cream and half a pint of Berm 10 Eggs, save 3 whites, with a glass of Sack and rose water, work these together, and sett it by the Fire to rise an hour, then worke in 3 Pounds of Currants 4 ounces of Candid Orange & Cittern, half a pound of Sugar, then put in a hoop and Bake it an hour & a Quarter, in a quick Oven then beat up three whites of Eggs with a wisk untill it looks like Snow, Thicken it with two pound of double refin'd Sugar, beat it in by degrees, put in now and then a drop of rose water, then draw the Cake Ize it over and sett it in again to harden.

To Stue Apples

Pare them and Core them and put them in a Stue pan & put to them a little Sider or Fair water, some whole Cinnamon and whole Cloves, some Lemon pill, Shred fine, some Sugar, Stue them over a quick Fire, till they be very thick, To Colour them take Cochincel bruized and tyed up in a Cloth, dipt in fair water, and Strain it on the Apples, to make them Yellow take Saffern, and doe it the same way, to make them green take Iuce of Spinidge and put to them.

To make a Calves head hash

Parr Boyle it, and take the bones out of one half and Cutt the Flesh in pieces, Lard the Tongue with Bacon or Porke, the root Cut of, and Season it

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with mace, Nuttmegg and Salt, then put it into a Stue pan, put to it a pint of white wine, and a pint of strong Broth, a pint of Oysters with their Liquor, half a pint of Capers, 3 or 4 violets or pimrose Leaves, sweet Marjorum and time shred small Strove them up on the half head and Gridle it upon the grid Iron, then beat up 5 Yolks of Eggs with a little white wine, put alltogether, with the half head in the middle of your dish, and Garnish the Dish with Lemon Oysters and Capers to serve it in

## Irish Tea

Rx Sign: Saneti ʒx Sassafrax ʒx China Serseporill,  
of each ʒss Puble Roots ʒss hartshorn raspt ʒii  
Mint and Rosemary Flowers about ʒ Pugells, Sage  
half a handfull, mix them and put as much as you think  
fitt to make a potfull of Tea.

## Purging Pills for M.T.

Rx Pil: Stomach: gum: Rutfi ʒii Spec: Hica  
Pic: ʒii *Extract* Gentian ʒii Spec: Diarrhod: Abb ʒs Elix  
Propr: gutt x .als: Peruv: q S f Pill 30

## good Receipt To make a Plumb Cake Mr Clay

Put 3 pounds of Flower in a bason, and make a hole  
in the midst, beat 10 Yolks of Eggs 3 whites, and halfe:  
a pound of sugar well together, and then put a Gill of  
rose water and a Gill of Ale Yest to them, then sett over  
a pound of butter, a pint of Creame to melt, then mingle

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all these together and Strain them through a napkin  
alltogether ~~through~~ <sup>into</sup> the Flower, then Strove over half an  
Ounce of Mace and a little Flower, and sett it before *the*  
Fire to rise, and whilst it is a rising, butter your  
paper for the bottom and hoop, then take it and worke  
it with your hands upward till it leave your hands, mix  
it in as you worke it 3 pound of Currans picked and  
half a pound of Raisins picked and Stoned, then have  
ready a pretty quick oven, in which let it stand an hour,  
in which time prepare the Izing, If you please you  
may put in Muske, Amber greece, Suckit, and Cittern it  
makes it a very good Cake

## To make Cheese Cakes Mrs Jackson

# Take a Gallon of Milke, and sett it as you do for cheese  
and wey it very well, and beat the Crud in a Marble  
or Stone Mortar, till it be very fine, then put to it half  
a pound of Fresh Butter and beat it together till it be  
well mixed, then beat 5 Eggs and Strain them, and a penny  
loaf grater'd, 3 or 4 Spoonfull of rose water, one nutt  
megg grater'd, and as much Cream as will make it of a

good thickness, mix all these together, and sweeten it to your taste with a few Currans, you may Add a quarter of a pound of Allmonds beaten very fine, with rose water to keep them from oyleing, and if your bread be not very good its better to have napple Biscakes Instead of it, and what ever your crust be, Either t...or cold butter paist, let it be made either raised in pittty pans very thin  
Either Either either Eith

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To Tin Sauce pans.

Scoure your pann very clean, then take a piece of Flannen rowle it very strett about the bigness of a pare at the End of a stick or take it with a pare of pincers, Sett your pan on the Fire, and take a little Salt Armo=  
=nick a bitt of a pewter Spoon & a bitt of a Candle. *when* your pan is hott, put <sup>^</sup>it in and Rub it well with the Flannen, then turne another side and when it is hott putt in a bitt more and Rub it, do so till it be all done you must put but a little in at once because it will soon be cold.

Plaster for *the* Tooth ach

Take white masstick Olibinum, Frankincense Bole Armonick of Each half an ounce, 2 Drams of Bees wax, as much Turpentine as a great nuttmegg, just melt them together, then pour it out into a little clean water, and make it up in Rowle like Salve, The use of this medicine. You must cutt plasters of black silk of a round Compass to lye upon the bone of the neck or behind the Ear & spread it with the Salve, lay on both sides if there be paine.

Another ditto

Take an Ounce of the best beaten Ginger, and temper it with the white of an Egg, like a pultice, and spread it on a Cloth, and Apply it to your bone as oft as you have Occasion.

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Another Ditto.

Take a slice of Accarus Roots, in English Gluddin  
or Gallingull it groweth in water or Marshes, lay it  
green upon the Tooth or tooke the root of Tormentill.

To Candy Erringos

# Take one pound of smooth Erringo Roots free from  
Knots then take them and boyle them with Spring water till  
they will pill, but you must put them in the water when  
it is cold and cover it close after they are boyl'd pill *them*  
and take the heart out of them, and so put them into cold  
water, and Let them stand all night, then take them out  
and Squeeze them in your hands from the water, then  
Lay those that are of a Length together and tye them  
with abitt of fine thred at one end, then shred them  
all with a needle upon a thick thred, than tye the thred  
together that you may put. your hand <sup>^</sup> in it, than take  
3 quarters of a pound of double refin'd Sugar finely  
bruized putting about a Quarter of it at once in a dish  
and sett upon a Slow Chorcoale fire, putting a little  
Spring water and Rose water to Dissolve the sugar  
when it is Dissolved put them into your Sugar holding  
the String in your hand, and keep them turning for  
they must not lye to boyle, when they have taken up  
all the Sugar then put the rest of the Sugar in at  
twice with Spring water and rose water as before, the  
last time the syrup must be thickest, and boyle it  
Samuell

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till the Roots be clear, keeping them turning all the  
while, let the Sugar be Candy height, then take *them* out  
and lay them upon a Wyer & turn them into what  
shape you please.

To make Marchmentize

Take 1 pound of sweet Allmonds, and blanch them into  
cold water; let them stand a while, then take them out  
& knock them very fine in a Marble mortar, If you find  
them Oylly put them in a thin white paper and Squeeze  
the Oyle out, while you knock the Allmonds put a  
little rose water to them then take 3 quarters of a pound  
of double refin'd Sugar, knock it and Cess it very fine  
and put it into the Allmonds, and beat them together,

and so make Marchmentize of what shape you please  
harden them by the fire, wett them with gum dragon &  
gild them with Silver and Gold.

To make Plumb Cakes

Take a pound of new butter wash it well with rose  
water, put away the water Take 6 Eggs and put away  
two of their whites, beat them very well, and put them to  
the Butter, and with your hand worke them alltogether.  
take a pound of Flower well dryed, a pound of Sugar, put  
them to the Eggs and work them with your hands an  
hour and a half or better, then take a pound of Currans  
well washed and dryed and Stow them into the butter  
and mingle it well together, butter some tin pans and

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fill them half full, Scrape Sugar on the top very thin, be  
very carefull in Bakeing them this will make 3 Dosen and  
a half of Cakes

To make a Cordiall water.

Take 3 *quarts* of Sack in an Earthen pot, Steep in it two  
handfulls of balm, Spare mint & rosemary, an ounce of Cloves  
2 ounces of nutmeggs, 3 ounces of Cinnamon, beat the spices  
but not too small, Steep these two nights and a Day in the  
Sack, then put it in a still peest very close; save a quart  
of the first running it will be strongest, a quart of *the*  
Second and so of the third, then put about two pounds  
of Loaf Sugar into the bottles as soon as it is stilled, you  
must do it with a gentle fire, you may mix the two  
first quarts together and keep the other apart which  
is best for children, keep the Bottle close stopt.

To make Stomach Water.

Take 2 *quarts* of brandy, put it into an Earthen pot, half  
a pound of figs Sliced thin, half a pound of Raisins in  
the Sun Crushed, half an Ounce of Annyseeds,  
Liquorish Scraped and Sliced thin, Coriander seed  
Carriwayseed of Each half an ounce, 2 or 3 handfulls  
of damask rose leavues, 1<sup>d</sup> of Saffern, let them all  
lye in the Brandy 40 days, stirring it once aday  
then Strain it and put it in Bottles, you must bruize  
your Seed, and you may hang a grain of Muske  
in a Bagg.

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## To make Cracknells

Take a Gallon of Flower one pound of butter, 10 Eggs  
2 whites, half a pound of Sugar, one Spoonfull of Yest  
mace or pepper, wett them with Creame very stiff than  
dish them and boyle them, Prick them and bake *them*.

## To make Surfitt water

Take a gallon of Aqua Vitæ in an Earthen pan, 1  
pint of damask rose water, one pound of white Sugar  
candy beaten a pint of red poppy water, half a pound of  
Figgs Sliced, a pound and a half of Raisins of the  
Sun Stoned and Sliced thin, an Ounce of Mace half  
an Ounce of Nuttmegg Sliced thin, an ounce of Liquo  
rish Sliced, an ounce of Anniseed Cleansed, half a  
peck of red poppy Leaues, a little hand full of balm  
and Angilico, let it stand 9 days stirring it twice  
a day, Straine it and put it in the same pan againe  
to Settle, the next day bottle and Stop it close, you  
may put in of Muske & Ambergreece of Each 2 *grains*

## To make Cock pease pottage

Take a legg of beef for strong broth, Cutt into  
small pieces, and boyled for hours, or any other  
Strong Broth, then boyle two or three Quarts  
of Pease by themselves to a pulp with a little  
piece of bacon to give them a Relish boyld init  
when the pease and Broth is ready take 2 or

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3 handfull of Sorrill Chop't and a handfull of  
Parcilly and 2 or 3 Leaves of spare mint, and put *them*  
into Stue pan with half a pound of Fresh butter &  
a pint of Strong Broth to *prevent* the butter going to oyl  
Stue it for quarter of an hour, with a whole onion  
or two Shollots, then pour in some of the pulp of *the*  
Pease, and some more Strong Broth to make it as  
thick as you please, and let it stand alltogether  
a quarter of an hour, put in some slices of white  
Bread & about a quarter of a pound of Butter &  
a little pepper Stirred together and Seasoned  
with Salt, the Pease must be strain'd thorough



a Calendar, in the Summer put in the pease whole and thicken the pottage with 6 or 7 Yolks of Egge Iust as the broth is ready to be dished, boyle in *the* strong Broth, a hand full of sweet herbs or put *them* in a stew pot shred or Cutt small.

To Ease Womans Travell

# Take of the Iuce of Kermis one Ounce, Syrup of Gilliflowers 2 ounces, Syrup of Rasberrys 2 Ounce. mix them, and let the woman take of this one Spoonfull Every morning fasting, 6 weeks before the Travail of the first Child, and 3 Weeks before the next Child.

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To make Birch Wine

Take a gallon of Birch water, one pound and a half of the best Loaf Sugar a little Orange and Lemon pill and a few Cloves, boyle them an hour Scuming it then take it of and when it is coole, work it with a little ale Yest till the Yest begin to settle, then put it into bottles, Corkeing it but gently for 3 or 4 days then pour what comes clear in another bottle and Corke it close up.

To make a great Cake

Take 7 pound of Flower, dry it well before the fire than put into it a pound of white Sugar, with a grain of musk in it, 3 Nuttmeggs and as much mace powder'd, Take a quart and half a pint of Cream, Cutt into it 3 pound of Butter, Let it only be so hott as to melt it, have in readiness 20 Eggs half the whites left out, beat them very well, then put into your Flower. a Quart of Ale Yest & your Eggs, Creame, and Butter, and a quarter of a pint of Sack, with as much rose water, beat these all well together with both your hands, and let it stand while the Oven is heating by the Fire to rise cover'd with a Cloth, when your Oven is hott put in 7 pounds of Currans picked and dried, and two pound of Raisins Stoned & Shred half a pound of Cittern, while your Oven is

sweeping mix these in, and put it into a hoop Bake it 3 hours the Oven must have Soaking heat in it.

### Izing for a great Cake

Take 1 pound and a half of double refin'd Sugar beaten and Sifted, the whites of 3 new laid Eggs, a little orange, Flower, water, Musk, and Ambergreece, Strow the Sugar into this and beat it in a stone Mortar, with a wooden pestill till it be white as Snow, which will by that time the Cake is baked, when the Cake has baked 2 hours and a half you must draw it to the mouth of the Oven and drop on the Izing in what Forme you please & let it stand a little to harden.

Levand

### To make Vindepiree

Take 18 Standard Quarts of Fresh water, 5 pounds of Malligo Raisins pick't and Cutt, 6 pound of the best powder Sugar, boyle the water & Sugar together for one hour, when it is ready to be tooke, Squeeze a Lemon into it, and pour the Liquor into a pot to your *pro* the Fire a month stirring it once a day, and when it begins to Cream about the Slice that you Stirr with; then straine it thorough a Cloth, and put in an Ale pott to wicken, and Cutt a Lemon in Quarters & put it in with 3 or 4 Spoonfull of good Berm and

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let it quicken and when its Settled bottle it of and cork it, and tye them over with Leather.

### To make Wiggs

Take one pound and a half of Flower, half a pound of butter rub'd in it, half a pint of berm and 3 Eggs a little warm water, beat them well together and sett them before the fire to heave, then take half a pound of powder Sugar and a few Carriway seeds mix them & so make them.

### To make Gooseberry Wine

Take 20 Quarts of ripe Gooseberrys clean washed and pick'd, 17 Quarts of water, boyle your water awhile with a Sprigg of sweet Marjarum in it when it is allmost cold put it to the Goodeberrys being well bruzed, stirr them well and let them stand for 44

hours, strain it and take to Every 3 Quarts of this Liquor  
2 pound and a half of powder Sugar, Stop it up close  
in an ale pot or Firkin, let it stand half a Year,  
bottle it with a Lump of Loaf Sugar in every Bottle  
It should be two Year before it be drunk

To make an Orange pudding

Take 1 pound of Sugar finely flower'd 1<sup>l</sup> butter  
3ii Candid Orange, 2 ounce of Candid Lemon  
20 Yolks of Eggs, harden up on a Chaffingdish

To make Ginger bread

Take two pound of Flower and a pound of butter work  
it well in your hand, then Crumble it as Small as you  
can into your Flower, then take one Ounce of Sugar  
one ounce of Carua Seed, one ounce of Coriander Seed &  
one ounce of Ginger, Mix them to your Flower and  
take two pound of Treakle and mix it in by degrees,  
do not work it too much, then rowle it out as you woud  
have it and Cutt it with Lay it upon Flower'd  
papers so Bake it.

To make Snow

Take 4 Apples and Roast them in the Oven but let *them*  
not be burnt, and take from them the Skins and  
Cores, and run them through a hair Sieve, and take  
two whites of new beat Eggs and double refin'd Sugar  
finely Cessed and beat the Sugar and Eggs together  
very well, then put the Apples to that, and beat it  
till it be well mixt and light, you may put ras  
berry Jelly or Currans or Marmalett to it instead of  
Apples you may put a few drops of 1 water  
when you put your Apples in.

To make Jelly of Lemons

Take 4 Lemons and Squeeze them and to Every lemon  
4 Spoonfull of water and 1/2<sup>l</sup> of double refin'd Sugar

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and the whites of three new Laid Eggs, beat them

a little and Stirr them over a fire of Charcoal till they be thick, they must neer boyle, and then strain them through woolen bagg, you must do it in a Silver porringer or else it will be Sower.

#### To make Jelly of Peppins

Take 20 peppins and pare them into water, then take and Cutt them into Slices, and take half of them over a brisk fire with some of the same water that they lay in, you may put in full 3 pints of water and let it boyle very fast, til the Apples be soft and then mortar strain them thorough a hair Sieve, and then take *the* other half of the Apples, and put them into the same Liquor that you strained from the other apples, and boyle them very fast till they be soft enough and Straine them thorough a hair Seive, and put to that the Iuce of a Lemon and the same weight of double refin'd Sugar, and one part you may boyle softly for white Jelly, then take one Orange pill that has been Canded o're, else one that you may boyle as if you would preserve it, and Cutt some of it in mortor thin Slices, and boyle in some of the Iuce that you would have of another Colour till it be

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Jelly and to make the red Jelly take 2<sup>d</sup> of Cochineal & grind it and put to it a little drop of water, but you must tye the Cochineal in a Muzlin Ragg with a little lump of Allom with it, then Colour your Iuce with it and boyle alittle Lemon pill in it to give it a Taste, let it boyle but a little while to Jelly, and strain thro= rough a Flannen Bagg then must be all straind but that which has the orange in, and that they must put the Orange in to the Glasses and all.

#### To make Hartshorn Jelly clear

Take half a pound of Hartshorn 1/4 <sup>1</sup> of Ivory 5 pints of fair Spring water, put all together in a Mugg, and sett it in a pot over the fire with hay and water, and Let it boyle till it be a Jelly, then take it of and run it through a large woolen Bagg two double, then put the Jelly into a pann over a Charcoale fire with Sugar and Rennish to your own pallet and Cover it close, then breake 7 or 8 Eggs and beat the whites and shells in a Bason, beat them till they are in a white Froth, with a Sprigg of

Rosemary, then when your Jelly is hott put in your Eggs and put the Juice of two Lemons Squeez'd upon it, and Stirr it about then cover it close and let it boyle up

To make an allmond Pudding

Take half a pound of Allmonds and Blanch them putting them into cold water for 5 or 6 hours, then pound them ~~intoeoldwater~~ small in a Stone or marble

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Mortar, take 10 Eggs, 8 of the whites being taken away, melt one pound of butter takeing both top and bottom of the butter away, about half a pound of powder Sugar, a Custard pot of Cream, beath them all well to=  
=gather, butter the dish well putting puff paist about the Dish, but not long before it is put in the Oven

To Pickle red Cabbage

Take a red Cabbage and slice it and put it in a pann of cold water, and Cover it and let it Simmer till it be tender it must not boyle, then take it off & lay it on a board, and Strow Salt on it and let it cool, then take Vinegar and 1<sup>d</sup> of redwood with a bitt of Allom knock't to strike a Colour and boyle *them* in the Vinegar till they be a good Colour, then strain it, and boyle hard Spice in it, but you must not put Salt In the Liquor, and pour it boyling hot into the Pitcher and Cover it close, with your Cabbage pickle you may colour Turnops or Radishes.

To make Ginger wine

Take 28 Quarts of Spring water and 5<sup>l</sup> of the best powder Sugar, boyle them well for half an hour, Scum it very well, then put into it 3/4 of an ounce of Ginger or rather more, you must bruize it and it must boyle a little after it, then sett it too cool untill it be the heat of whort then put in four

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Spoonfull of good Berm, Stirring it once or twice a day then close it up and let it stand 5 days, then bottle it and a Fortnights time you may drink it.

### To make Iumballs

Take a pound of dried flower and a pound of washed butter, breake your butter in pretty big lumps into your Flower, and then beat the white of two Eggs, and put in two Spoonfull of Berm, and Squeeze them all together, then take a little loaf Sugar cessed through a Course hair Sieve, and Rowle them in it as you make them up, and so make them in what shape you please, and Scrape Sugar over them, when they are baked.

### To make Allmond Butter

Take two ounces of Allmonds, blanch them and knock them and put to them a Quarter of a pint of water and grind them together, then Strain them thorough a cloth, then take the Allmonds, and knock them again, and put the same you strain'd out of them to them again, and Strain them again, and so do for 3 or 4 times, then have ready half a pint of Cream mix it with the Milk that comes from the Allmonds, and boyle them together over the Fire, Sweeten them with double refin'd Sugar according to your Taste, then have ready 4 Spoonfull

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of Sack, and one of the Juice of Lemons, sweeten them with a little double refin'd Sugar, putting in a little of the Sack by degrees, as the Sack boyls up till it be all in, you must boyle it so thick as it seems to be Cracking you must be sure to keep it Stirring all the while, you must put in the Juice of Lemons just before you take it of the fire, *then* you must have ready a piece of diaper Cloth double and put the milk out of the pan into Cloth and tye it up, and so let it hang a little distance from the fire till next Morning, then take it out of the Cloth in the Morning and Salver it up.

### A Dyet drink for Children

Take Roots Solamons Seal Asparagrass Buchers broome, Male Fern, polipod of the Oak Eringo Licorish Sarsapirila of Each one Ounce Bark of Tamareens and Roots of Capers of Each 3 Drams Cleanse them, and Cutt them small and boyle

them in 3 gallons of Middle wort without hopp  
then strain and Coole it, and work it as you do  
other drink, when it is put into the Vessell  
hang it in a Bagg with the Follwoing Ingredi=  
=ents Sinna 3ss Liverworts, Argrimona  
Maiden hair, Colts foot, of Each a handfull

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Anniseed 1/2 an ounce Raisins Stoned 1/2<sup>l</sup> put them  
in a bagg with a Stone to keep it downe.

To milke of Snail water

Take burreg flowers, Colts foot, Mugwort,  
buglase flowers Maden hair of Each two handfull  
Ringo roots half a pound, plantin and Gumfry  
flowers, Sallodin, Clove Gilliflowers of Each two  
handfulls, Rosemary Flowers 1 Quart, pinks two  
handfulls, barbary bark, Liverwort, harts tounng  
& single wall, flowers of the wall, Arkangle  
Flowers of Each two handfull, Cowslop Flowers  
and Agrimony one handfull, a large peck of snails  
Earthworms slitt and wash't 3<sup>l</sup> Deats, Dock roots  
raisins of the Sun Ston'd English Liquorish of  
Each half a pound, red rose leaves sparrowgrass  
2 handfulls of Each Disstill all the Aforesaid  
things in two Gallons and a half of new milk from  
a red Cow.

To make Mary gold Wine

Take 1 Gallon of water 2<sup>l</sup> of Sugar and boyle it  
half an hour, Scumm it as long as any will rise  
or white Stuff will come of it, take it of the fire  
and put it Abroad to Cool, and when it is cold set  
it as you do your Ale for working, Take one

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*the* Cowslop & Mary gold is  
all one way

Spoonfull of the Syrup of Cittern or Lemons &  
four Spoonfull of Yest and mix it together, and put  
into it two Quarts of Mary golds bruized in a Mortar  
and let it work together till the next day, then strain  
it out into a Vessell, and when it hath done working  
stop it up close and let it stand 3 or 4 weeks then  
bottle it up it will keep two years of you please

To make Black berry wine

Let your Black berrys be gather'd in a dry Season and to one pound of them, pour one Quart of boyling water, let them stand 12 hours, then draw of the Liquor, and to Every Quart of Liquor put half a pound of powder Sugar, be sure you Crush your black berrys before you pour on the boyling water when the Sugar is very well Dissolved, put all into a barrell, but dont stop up the Vent hole till you Discern it has done working, you may keep it after you have stop't the Vent a Quarter or half a Year; and then bottle it up with a little lump of Sugar If you think requisites

To make a Segoe Pudding

Take a Quarter of a pound of Segoe and wash it in 3 or 4 waters and sett it on the fire with three Gallons of water, and when it is boyled to a red

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Gilly, and pretty thick then take it up when you think it is Enough and sett it to cool, and when it is cold shred a lemon Rhine; and mix to it a pint of Cream and two Ounces of Candid Orange and one of Lemon cut in thin slices 2<sup>d</sup> of rose water and 2<sup>d</sup> of Orange flower water, half a Quarter of a pound of Biscake knock't small, one large Nuttmegg grater'd 9 ounce of Iordan Allmonds and Cutt in Slices, and sweeten it to your taste and put in some salt, take 6 or 7 large Eggs, take out half of the whites and mix all these in the Gelly and if you think it not think Enough you may put in a little cream, but make it not too stiff then butter the dish bottom and pour it in a Quarter of an hour will bake it, and Against you draw it have ready for Sauce water, Sugar, and Butter

To make Braggot

Take 10 Gallons best wort 6 powder Sugar 3i white Ginger 3 1/2 Cloves 3i Nuttmeggs 3i Cinnamon a little orris shav'd boyle these in 3 Quarts of water about half an hour, when it is Cold Tunn it up with your Ale.



To make Birch water<sup>Wine</sup>

Take 6 Gallons birch water, 12<sup>l</sup> powder Sugar

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and boyle them together a little above an hour, and Scumm it well as long as any white arises, and when it is all most cold put to it a little bagg with two Nuttmegs Slitt and two Races of white Ginger scrap't and Slic't a little Mace and Cinnamon broke, a Rhine of a Lemon and when it is new milk warm put to it 8 or 10 Spoonfull of good new Berm and let it work 3 or 4<sup>0</sup> days Stirr it twice a day and then Tunn it up and put in two pound of Loaf Sugar in lumps into your Vessell, then close it and let it be 3 Months before you bottle it and when you bottle it put into Each bottle a lump of Refin'd Sugar. you may drink it in a Month.

To make a Ginger bread Cake.

Take a pound of Flower well dried and half an ounce of ground Ginger or rather more according to your taste and an ounce of Carriway seeds knock't and Sifted, but throw away the Coars for they must not be Sifted too near and 2 or 3 spoon full of brown Sugar, and mix these well all together, then take a pound of Treakle and a quarter of a pound of butter mellted, and take away the dross, and 4 or 5 Spoonfalls of ale made warm, beat these well together with a wooden Slice, & then put in 3 or 4 Spoonfulls of berm, and a little brandy, and Mix your Flower and

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alltogether and beat them very well, and add to it two ounce of blanched of Allmonds, cutting Every Allmond in two, and two ounces of Candid Sucket then butter your hoop or Mugg that you will Bake it in.

Another

Take 1<sup>l</sup> of flower 1 1/2 Treakle 1/2<sup>l</sup> Butter  
213 6 Eggs 1/2  $\frac{3}{4}$  Cinnamon 1/2<sup>d</sup> of Clove pepper 1/2<sup>d</sup>  
of Carriway Seed  $\frac{3}{4}$  2 Ginger  $\frac{3}{4}$  2 Allmonds  
 $\frac{3}{4}$  10 1/2 of Citron  $\frac{3}{4}$  10 1/2 Orange pill  $\frac{3}{4}$  10 1/2 lemon  
pill 1/2<sup>l</sup> Sugar.

These Receipts following are known  
and approv'd to be good

#### To make an Orange Pudding

Take 6 or 7 large oranges pare of the Rhine, lye them to steep to take of the bitterness, put them into a pann of boyling water boyle them till they be half Enough, shift your water to take out the bitterness, take them out and Rowl them in a boyle or beat them in a Mortar, then take them out and mix them with a pint of Cream, 7 or 8 Eggs taking out half of the whites, beat them with 6<sup>d</sup> of orange flower water 2 long Biscakes half a pound of Carlified butter ten ounce of Candid

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Orange finely Shred sweeten it with loaf Sugar to your taste, mix them alltogether, and butter the bottom of your dish so bake it with a Border of puff paist about it, against you draw it have Sauce ready of the Iuce of Orange Sugar and Butter to pour on it when it comes

#### To make paist Iumballs

Take half a pound of fine flower well dryed a Quarter of Starch finely cess't, a pound of loaf Sugar finely cess't 1/4<sup>l</sup> fresh butter rub it in your Flower and Sugar, Carriway Seeds Nuttmegg and Cinnamon, ^ the white of one or two large Eggs & 2 Yolks make up your paste with a spoonfull of Sack then beat them up with Cream work them well & make it into long lengths, then tye thim in Knots Dridge your paper and bake them in a slow oven and dry them pretty well

#### To Collar Eells or Trouts

Lay them to Steep in Vinegar, water, and Salt all night, be sure you lett it be sharp of the Vinegar In the morning take them out and wipe them season them with Nuttmegg mace pepper and salt a little lemon pill. to one part of it lay whole leaves of sweet Marjorum, to another nip a few leaves

of Parcilly, to another strow lemon time, to another cutt long ranges of lemon Rhine, so roll it up very hard, and lye up both Ends, rowll it as you do for your Veal, then boyle it and the same pickle will serve for this as the Veal

#### To make a Carrot Pudding

Take 1<sup>d</sup> or 1 1/2<sup>d</sup> worth of the Yellowest Carrots you can get boyle them till they be tender then take them up and Rowle them, and grater in a little old bread 2 long Biscakes a pint of thick Cream, mix to it 2<sup>d</sup> of rose water 1<sup>d</sup> of Cinnamon 1 Lemon pill shred fine 3/4<sup>l</sup> of Clarified butter 3 ounce of Allmonds Sliced & 7 or 8 Eggs taking out some of the whites, sweeten it with Sugar to your taste, as much milk as will make it of aright Stiffness. Mix all these together and let them stand an hour, butter the bottom of your dish and bake it with a paste about it

#### To make a Frigazie of Chickens

Take your Chickens Cutt them in pieces Hack *them* and Stew them in water and Salt till they be pretty tender, pour your Broth from them and fry them in Butter, and Order your sauce for them as you do for Rabbitts, and so you may keep them for your use

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#### To make Friqasie of Chickens another way

Take 6 midling Chickens flay them, and Cutt them in Quarters, hack them with the back of a Cleaver, then sett on as much water as will cover them, and when it boyles, put it in and a Bunch of sweet herbs, most sweet Margerum and onyon stuck with Mace and Cloves, a little salt but not too much, when you think they are Enough that the Broth is boiled away put in as much as will make your Sauce, take *them* up and Spread them abroad and grater a little Nuttmegg then take the yolk of Eggs and do them over with a feather and fry them a little brown, sett on your broth to make Sauce, and when it boyles thicken it with #

a little flower, put in an anchovie and a few oysters  
cutt in thin Slices and a little pickle or Cockle pickle  
whether you have, a little white wine and a handfull  
of Mushrooms shred, a little lemon pill Shred, when you  
think they are well boyled together put in a pint of  
thick Cream to make your Sauce look white, shred in  
a little Mace, and thicken in half a pound of Butter  
then put in again your Chickens and Sauce and balls  
and Shake them all well together, Serve it up with  
Sipits and Slices of Lemon, and Oysters on the top  
of the water, and so garnish your Dish, for

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your balls take 2 or 3 Eggs hard boyled, sweet breads  
and a little scrap't Veal, take out 2 or 3 of your whites  
put to it as much Suet Shred as will make it light  
enough then mix them together, and take one or two  
whites of raw Eggs and old grater'd bread, a few Capers  
shred a little lemon pill, some mace, nuttmegg and Salt  
make them up into balls, and fry them a little brown *then*  
take them out of your Butter and Stew them with *your*  
Meat and Sauce not forgetting to take out your  
herbs and onyon to keep it

To make a French Raggu

Take a large breast of Veal, take out the bones  
and most of the skins, Scure it up round then stop it  
and for the Stopping take a sweet bread or two that  
is parrboyled and shred them very fine, mix them  
to a little lemon pill and two anchovies 1<sup>d</sup> of Capers  
a little Nuttmegg and Mace, some Mushrooms  
Cockles and pickled Oysters, shred fine beef suet  
and Seasoned, mix all these Ingredients together  
and Stuff the thick of your Veal, then take a  
pound or a pound and a half of Lean Scrape it from  
the Skin, and to one part beef take two parts  
Suet finely Stred, then mix as much Nuttmegg  
Mace Cloves pepper and Salt, a little lemon pill

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two raw Eggs old grater'd bread, Mix a few  
savory herbs finely shred, mix all these Ingredients  
together, Rowll old bread and four hard Eggs Yolks  
boyled, fryed in butter while they be Crisp then  
take 6 or 7 Sheep tongues and Rowll them while  
they be Blanch't, rowll them untill they be tender  
slitt them down the middle, season them and rub

them over with an Eggs Yolk, setts them before *the* fire to broyle, then parrboyle 5 or 6 sweet breads and Cleave them, rub then over as you did the other Take 2 or 3 Calves brains parrboyle them and bruze them, when they are Cold mix to it 3 Eggs old grater'd bread, a little lemon pill a little seasoning the same you season'd the balls with a few Savory hers a little sage mix all these toga=  
=gather, and when you think they are light melt some butter in a pann, drop them in and fry them till they be brown, when they are ready have the large Stewing pan that your breast of veal may lye in, then dish up your meat & lye your meat in the middle of the dish, Stick your tongues that is boyled and Cakes of brains and Eggs that is Cutt in halves, and lye puff paist Sipits about and Slices of Lemon and

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whole pickled oysters, pour your Sauce upon the top of your meat and garnish your Dish with pickels and Serve it up.

To Collar a Pigg

Take him, dress him Cutt of his head, and Cutt him into four Quarters and when you have boned him lay him to steep in blue milk and water, then take it out and lye it to steep in clear blue milk all night. In the morning take him out and lay him to drain wipe it with a cloth than Season it, sprinkle it over with a little Salt on both sides then season your Quarters with Nuttmegg Mace pepper and Salt, one Quarter lay on sweet Margerum leaves and another lay on lemon thyme and a little parcelly leaves together, to the third Quarter parcilly leaves only, to the last Quarter lay some rosemary leaves or a little bay, when they have lay'n in Seasoning about an hour or two, then rowl them and sprinkle your cloths over with Salt, sow up your cloths close and tye them up at both Ends, than rowl them very hard with broad tape, than have a pann with boyling water and salt and a little Alligor, boyle them till you see the cloths shrink, than take up the cloths and Rowl them harder, and tye them close at both Ends and put them in again put to it a blade Mace 2 or 3 cloves

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two or three whole peppers and a little salt and make it

as you woud have it of a right sharpness with vinegar  
a sprigg of sweet Margerum boyled in the pickele  
when you think these has had a sharp boyle or two  
let it lye in the pickle in the cloths till it be cold,  
than take of the Cloths and put into a Streight mouth'd  
pot, pour your pickle and take of the Fatt, and you  
must boyle your head in a Cloth, and if you would  
have your pigg more for Colour than taste, boyle  
it in milke and water, and keep it in blue milk &  
shift it once in two days so keep it for your Use.

#### To Collar Neats Tongues

Take large tongues and Cutt the Root of pretty  
close and lay them to steep all night in water In  
the morning salt them with a little salt peter and  
salt as much as will strike it, then blanch your  
tongues as you do for Roasting then Cleave your  
tongue down the middle the broad way and make *them*  
to rowl in two Rowls. If you think they be not  
strucken Enough you may let them lye all night  
the next day wash it of and season it with the  
same seasoning you did the pigg than Cutt lemon  
in long ranges, and lay them on over thwart and

when they are taken of the seasoning, you may rowl  
up with that in it, and so boyle it and make the  
same Pickle you did for the Pigg.

#### To Collar a flank *Piese* of Beef.

Take it, bone it and skin it salt it with a little  
salt peter, then let it lye two or three days till it  
be struck red, than pour all the Brine from it, put  
to it as much Clarret as will Cover it, then take it  
out and Season it with Nuttmegg, mace, Cloves, pepper &  
salt, you may Either Season it with Savory herbs,  
or Lemon pill without savory herbs, lye your Lemon  
in Slices, or if you will you may lay in a few whole  
Margerom Leaves, or you may rowl it without them  
then rowl it and lye it up Close with tape as you do  
for Veal or Bake it in an Oven in a pott so may keep  
it for your Use.

#### To make puff paist

Take a pound of flower finely Cess'd one pound of butter

wrought like wax 5 whites of Eggs beat to froth  
in a little water nip a little of your butter in the  
Flower, then pour in your Eggs and make up the  
paist, work it well and dust on Flower, then  
Cutt it out Square, butter your paste and

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To order your Apples for puffs

Take 12 or 14 large apples, pare them and Cutt them  
into Quarters, and put them into boyleing water and  
let them boyle very fast, then take them up when  
they are soft enough, bruize them very well and divide  
them into four parts, then sett over the fire a pound &  
a half of Sugar, put to it a Jill of water, beat  
the white of an Egg and put it in, and Clarifie your  
syrup very well, than take up 3 or 4 Spoonfull  
for the white, than divide your Syrup into three parts  
then put one part of your Syrup into the pan, and  
one part of your Apples, and put in a little saffern  
water as it boyles as much as will make it a good  
colour like Apricock, when you have Scummed it well  
put in in 1<sup>d</sup> of Cinnamon broken in pieces, when it is  
half boyled put in some lemon pill finely Shred &  
some Juce of Lemon, boyle it till it be very Stiff *then*  
take it up, then put in another part of your apples  
and another part of your Syrup and some of the apple  
water, then mix a little Gumbage and water and a  
little powder blue, when you have made them green  
*with* that keep Scimming them till they be Clear than  
put in as much Cinnamon as you do unto the other  
and when it is allmost boyled Enough, put in some

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Lemon pill, and make it pretty sharp with the Iuce of  
Lemon, but you must dust dry your powder blue and Cess  
it through a Muzlin Ragg or Else it will be greety  
when it is boyled stiff Enough, pour it out and make  
your pan ready for the red, then put in your other two  
parts of your apples and Sugar, and a little water and  
as much Cochineal as will make the Colour deep  
enough, when it is boyled and Scummed as the other put  
in the same Quantity of Cinnamon and than put in your  
lemon pill as before when it is Stiff Enough and Cold  
put in 2<sup>d</sup> of rosewater or 2<sup>d</sup> of orange flower water  
divided amongst them all.

To order your Cochineal

Take your Cochineal, bruize and mix to it a little rock Allom and a little loaf Sugar, and tye it up in a bitt of Muzlin and lay it to steep in water 2 or 3 days before you Use it, for Apricock Colour take a little Saffern and tye it up in a bitt of Muzlin and lay it to steep in Water, for Green you must take a little Gumbuge and Steep it and mix it to your blue, If you woud have a deep greene put more blue

To make a pasty Paist

Take betwixt a Quarter and half a peck of fine Flower to two pound of butter lay it in cold water

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all night to harden and in the Morning work it out the salt, then take your Flower and rub the butter into the Flower, take 7 Egg whites and beat them to a froth, put in 3 Yolks, beat them very well, then Knead up your paste in the mean Season. Take a Loyn of Mutton bone it, strow a little pepper on it, lett it lye an hour, then make up your Pasty. In the mean<sup>^</sup> time Season with pepper and Salt, lay long ranges of Butter over.

To make Chees=cakes

Take a quart of Cream, and a pint of new Milk sett it in a clean Scoured pann, then take 8 Egg Yolks 4 whittes take out the stream, beat your Eggs very well with 2 or 3 Spoonfull of Cream, and put them into your milk when it is cold. then sett it on a quick fire and keep it with Stirring till you see the Crud breake, then put in the middle of it a spoonfull of Vinegar but not too much for making your Curd hard, when you think the Wey is well parted, pour it into a Cloth, tye it up and hang it up to drain untill the Whey be drained from it, then take it down while it is warm and Rowll in it 3 quarters of a pound of Fresh butter as you rowll it Season it with a little Nuttmegg & Cinnamon when your Crud is throughly cold divide it into two parts, into one part put a Quarter of a pound of



Allmonds that is Blanch'd and shred a little suet, two pennyworth of orange flower water, and a pint of cream Sweetened to your taste, then take two long Biscakes grater'd and dryed and divide it into 3 parts put two parts of it into the Crud that hath Allmonds in. Then breake 7 Eggs taking out all the whites and the Streames, and beat them very well and put two parts of the Eggs to the Allmonds, mix all these well together an hour or two before you fill them, to the other part of your Crud mix  $\frac{1}{2}$  or  $\frac{3}{4}$ <sup>l</sup> of Currans as you like it of fullness, and the other part of your biscakes and Eggs and as much Cream as you think will make it of a right Stiffness to lye on Lidds or to bake it on Tinns and a little Sack, and sweeten it with Sugar to your taste and put into Either of them a little Salt.

How to make or Stew Apples red

#### Errata

Pare your Apples and Cutt them at both Ends and bore a hole through them with a punch, and throw them into water as you do them, then have Gills of water 3 *quarters* of a pound of Loaf Sugar and boyle with it a Stick or two of Cinnamon, when you have boyled and Scimmed it till it be Clear put in 5 or 6 Middle Sized Apples and Let it boyle at the first as fast as you Can and keep them with turning

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that they breake not, then take 4<sup>d</sup> of Cochineal that is bruized, a little bitt of rock Allom and a little fine Sugar then tye it up in a bitt of Muzlin and boyle it in your Syrup and a piece of Lemon pill but do not boyle your apples too much at the first but Stoave them over *the* fire 2 or 3 times a day then Cover them up and let *them* stand all night in the morning take out, the Cinnamon, sometimes in the boyling take your apples out, & boyle and Scum your Syrup, then put in a Quarter of a pound of Loaf Sugar and a little Rose water and  $\frac{3}{2}$  of Candid orange or Lemon Cutt in thin Slices, then when your Syrup begins to grow thick, then put in your apples and let them have a Stew and let *them* Stand in the Syrup till you dish them up.

To make a Garth Cake.

Take four pound of fine flower well dryed at the fire and Cold, shred a lemon Rhine, one pound and a Quarter of loaf Sugar, then take a quarter of an Ounce of Mace 2 Nuttmeggs, one Ounce of Cinnamon as many Cloves as you think Convenient a little white Ginger, thanearipe one pound and a half of butter, betwixt a Gill & a pint of Cream and sett it over the fire again, than take 10 Eggs taking out four of the whites beat

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them very well with 4<sup>d</sup> of orange flower water a lill of Sack then mix to it a pint of Cream, barm half of it *Errata* to your Seasoning the other half unto your flower then mix your butter, milk and Eggs alltogether, let not your milk be too hott. Then make a hole in the middle of your Flower and sett it to the fire to rise and *when* it is risen, mix it *with* your hand and as you mix it Strow in half a pound of Currans that is washed dryed & picked 2  $\frac{3}{4}$  of Candid orange 2  $\frac{3}{4}$  of Candid Lemon 2 of Cittern in lumps sometimes, for a Change you may mix in an Ounce or two of Allmonds or dates, but over many makes your Cake sad, when you drawe it Ize it before the fire for it will make it look whiter.

To make *your* Izeing

Take 6 whites of Eggs and beat them as you would do for Lemon drops, and so let them stand till the Oyle part from them, and put to them 3 *quarts.* of double refin'd Sugar 2 or 3 drops of Orange flower water beat them very well, than take a Wood cock wing & sett your Cake before the fire when you have done it over once let it dry and then do it a pretty thickness and lay over it a paper or two to keep it from baw<sup>w</sup>ning

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To make a Gravy Soop

Take a good legg of beef wash it very well a neck of Mutton and any off all meat you leave, sett it on all night to boyle, and let it boyle till it be all mash't, then run it thorough a hair Sieve, be Sure you don't let it boyle too much away, then have a good deal of lean beef, and beat it well *with* a rowling

pin to mash it, then have a large frying pan with half a pound of Butter or ii<sup>l</sup> and let it brown, at twice drop in your beef, and fill not your pan too full, let it be in the butter till it be brown, till all the butter be dried up, then take your strong Broth and put them into a pan, with a Bunch of Savory herbs 2 onyons, some whole pepper, and salt, then rub it with the Ladle back till all the Brown be gone into the Gravie, and when all the Goodness is gone out of the beef thorough a Cullinder, then sett it on the other butter and do in like manner till you have gather'd as much as two dishes will hold, sett it by all night: in the morning take of the top and bottom, then sett a pot over the fire, and put in the other Broth to it to make as much as will make a good dish, and if you think you have too much Strong broth, save some of it to make gravy Sauce, you must take it out before

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you mix the other to it; then sett your Broth on a slow fire, grater a good deal of old bread, and dry it at the fire, and when it is dry put in the Soop to Err. a thicken it, have 2 or 3 space of veal parboyle them pretty tender, when they are Cold Slice them thin and Cutt them into little pieces, and put them in. If you think the Soop be not thick Enough, yo9u may take a little Clarret and fine Flower, mix them together and put; them into it, and be sure it be not too thick, for *that* is as ill as if it were too thin, Slice some Mace Nuttmeg and Anchovie, take out the bone, and Season it well to your taste, then have Savory balls fryed a little before you dish it up, put them in, let them not be too soft, make them not too big, nor too strong of herbs, bet well tasted of the herbs and Seasoning, Cutt some old bread in Squares, fry them not to burn take them out and put them in the Soop, before you send it up there's a thing that's most proper for soop but it is hard to gett, the name of it is Parmon Ielly) there is 3 Sorts of it the one is broad and Curled like Izeing Glass the 2<sup>d</sup> long and small scall'd it till it be tender, and take them out, and put them into your Soop, If you have them not you must take bread as aforesaid. To order your Butter

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Have Mutton or Veal finely shred and Scrupt like Sausage meat, to one part meat put two parts Suet mix them well together, then grater a little bread, and mix to it some Eggs, a few savory herbs, season it with

pepper, and salt, Nuttmegg, mace, and Cloves so make them up for your Use. To Garnish your dish, Sett on some hoggs lard and let it be Scalding hott, and put in some green parcilly, till it be Crisp, than take some Box and dip in it till the Leaves arise then dip in some more box, and dip it in Yolks of Eggs & sprinkle some salt over it, and let it be Crisp in the Lard, make little Fritters and dip them, your Fritter must be made with milk Flower and Eggs alittle Nuttmegg and Salt, Garnish dish with shred Parcilly and Balls

To draw Gravy for Gravy Sauce

Take two Pound of Buttock beef cutt in thin slices & beat it with a Rowling pin to mash, take a quarter of a pound of Butter or rather more sett it over the fire in a frying pan, let it brown, then drop in your beef fill not your pan too full, then let it stew in the butter on one Side before you turn it when itis brown turn the other side, then let it Stew untill all the Butter be dried up, then have something strong made

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of bitts of meate, when it is Strong, put it to the beef with a Bunch of Savory herbs, and an onyon Stuck with cloves and Mace, and alittle whole pepper and Salt, then with the back of a Ladle rub of the brownness into it, and thicken it with a little bitt of Flower, when you think the goodness is come out of your beef run it thorough a hair Sieve, then do so by another panfull or as much as you design to drain, let it stand all night, next morning take the fatt of the top ofit then clear it from the Settlings, then sett it on again with a bitt of Lemon pill & an Anchovie a bitt or two of Mace and let it boyle well, and then put it into a pott and keep it for your Use If you would make the Sauce for a Turkey that is forced you must mix to it a little Clarrett, An onyon, An Anchovy. To make a Savory hair Sauce take some of the Gravy mix to it some Clarrett mix in the body of the hair some Savory herbs An onyon when it is Enough take it out and shred it mix some Clarrett and some Lemon, you may use this Gravy with thickened butter or to any other Sauce

To Stew a Carp

Take a large Carp, and dress it, Stuff in the  
Body a few Cloves and Mace, Set on the pan and

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Put in a Quart of Clarrett and a Lill of Water 2  
large bay leaves and a little lemon pill, sweet Margerum  
a little lemon Thyme and a piece of Onyon, when your  
Carp is allmost Enough take it up, Cover it Close by  
the fire, then thicken your Sauce, but be sure you  
do not make it too light, shred a few Mushro<sup>o</sup>ms and  
a few large Oysters, and a little Oyster Liquor, shred a  
little Mace and Nuttmeg thickned in a Lump of *your*  
butter, shake them well to=gather, then put in your  
Carp and let it heat throughly, then dish it up and  
let your Sauce be warm, and pour it on the top, Garnish  
your dish with pickled oysters Cockles and pickled  
Mushrooms, a little Lemon, and a few green pickles  
so dish it up hott.

To make a French Pallateen

Take a large young Turkey or a Capon, and take *the*  
Carcass out whole, and the Gutts, then Cleave it straight  
down the back, and Levill the leggs and the breast to  
make it flatt, or you may bone a less fowl to lye in *the*  
neather part of it, then lay it in a tin dripping  
pan, and mix *with* it as much vinegar, and a little  
salt as will Cover it, than let them stand all  
night. In the morning take them out and wipe  
them on a Cloth, then Season it with Nuttmeg

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Mace pepper and Salt, and lay ranges of lemon pill  
before you Season it, rubb it over with a little Oyster  
pickle with a Feather then Season it. Than shred a  
few Capers and Sprinkle over them, then take a large  
Neats toungue that lies in pickle that's pretty red, and  
boyle it till it be allmost fitt for eating Either Cutt it  
in Slices or Scrape a hole in the middle of it as you  
can put a piece of a Calves in them, take a piece of  
the Straightest of the Grizley of a Calf Foot, but you  
must season your Turkey *with* the same Seasoning you  
did for the meat, then Rowl it up hard and tye it up  
at both Ends *with* a Cloth, as you do for the Collaring  
of a breast of veal, then take 4 or 5 fowls bone them  
and take out the Gutts, then season them *with* Mace  
Nuttmeegg pepper and Salt, and a little sweet Margorum

and Lemon Thyme, and when it has layn in the seasoning half an hour, rub it over *with* a little Oyster pickle, then turn your Fowl, Parrboyle 2 or 3 sweet breads *with* a little lemon pill, and put on the Breast some whole pickled Oysters and sow up *Errata* the neck of them and tye them up: & Plump them *with* two Scures, then sett on some water and salt *with* a little Alligor and boyle them till till they be allmost Enough, then take them up, and Lean the breast downward, and lay on the breast any

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Ranges of Lemon pill, then have 3 Ducks, wild ones and roast them till they be half Enough and very brown then take them up and Stew them in a pan, that they can, lye flatt on *with* the breast downward, and put to it as much Broth and brown Gravy, Clarrett and Anchovie and Onion as you think will Cover them and Stew them well together, and when it is well tasted of the Onions take it out before it be too Strong then sett on a pan that your Chickens and Pullets can lye flatt in then sett on a pan with a little veal Broth and a piece of An Anchovie and a little blue milk, and *when* it boyles put in your Chickens *with* the breast downward and *when* they have boyled a Quarter of an hour put in a piece of lemon pill, and a little Oyster pickle and a blade or two of Mace, and a few Mushrooms shred, and *when* you think they are Enough put in a little white wine and when it boyles thicken it *with* a little butter & dust in a little flower and when it is boyled well, Mix to it your Sauce that your Chickens were Stewed in and mix as much thick Cream as will make it white Enough then dish up your Rowl and lay your Pallat<sup>s</sup> round about, and put your brown Sauce into little dishes, and lay your fowls about your Pallats

then pour on your white Sauce, and brown Sauce into little dishes before you dish them up, lay whole pickled Oysters upon your Fowls and Stick amongst them Fritters and a little lemon pill, then Garnish your dish *with* Fritters and some of your balls. To make your Fritters take 3 Eggs and a little Milk then mix to it as much fine flower as will make it as thick as Pan=Cake Batter then put into it a little Nuttmegg and a little lemon pill, then have a pound or 1/2<sup>l</sup> of hoggs Lard in a pan and when it is scalding hott, do as you do for Fritter of Apples, then put in a Spoonfull at once, then drop them and Sett them before the fire to keep hott as you do Others, and when you have dropped the

half of your batter then put in a little parilly. To order your Balls take 2 or 3 sweet breads, parboyle them, and one part beef Suet & 2 parts meat finely shred then Season your Meat with a little pepper and Salt & Lemon pill, Nuttmegg & Mace then fry your balls till they be a little brown forgetting not to parboyle your sweet breads and dip them in Egg, frye them & Serve them up.

To make a green pease Soup

Take Young Pease, boyle them as you do for Buttering, when they are boyled take some of *them*

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up whole, and the rest pulp thorough a hair Sieve then take a large Neck of Mutton, and Chop it all to Mash, and sett it on to make Broth, when all *the* good is come out, Strain the Broth from the Meat, and take of all the fatt, then mix the Broth to the Pulp of your pease, then sett it over the fire to stew, and when it hath had a boyle or two then take Spinage and Lettice and a little parilly, Rowl them in a bowl, then Squeeze as much of the Juice of it as will make it green Enough, then sett on a pan *when* it boyles put in a few Young Spinidge leaves and Lettice leaves and put it into the water, when it boyles put them in and lett them have a sharp boyle, or two, then take them up and drain them from *the* water, If you think it be not thick Enough mix a little Flower to a little water or Broth, and mix it to it to make it loyne, be sure you make it not too thick, as it boyles put in the green pease that you left out, and thicken in a little Lump of Butter, but put not in too much for taking of the Colour of the green, forgett not to put in two or three green Spriggs of Mint, and Salt it to your taste, then dish it up with a Crust of French bread, broke in Lumps as you Serve

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it to the table. In Lent you may make it of green dryed pease, Boyle them as you do the white and pulp them thorough a Sieve, pulp them over night, mix a little Mace, Salt, sweet Margerom and a little dryed mint, Mix them to your pulp over night in the Morning sett it over the fire with a little Mutton broth, then gett all Sorts of mild herbs, and Strain

as much of the Luce as you Can to make it green  
if you think it be too thick still, you must  
put in a little Flower and water, if too thick  
a little water, then Scald a few herbs, and put  
them in as you did before, and put in a little  
Cream and a little butter, but not to make it look  
white, then you must fry some old bread Crisp  
in butter, and drain it from the butter, then put  
it into your Soop, and make it taste pretty  
well of the Salt and of the mint, so serve it  
up hott. If you be for them that keep Lent  
you must mix a little water, and white wine or  
old March bear Instead of Broth mix to it  
your pulp

To Pot beef like Venison

Take 8 pound of buttock beef, skin it and  
slash it, then take two ounce of black pepper

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and knock it <sup>not</sup> too small, then Season your beef  
very well with it, let it lye in the Seasoning 2  
days and turn it once or twice a day, as it lyes on the  
third day in the morning, wash all the pepper of it  
*with* a Course Cloth, then Season it *with* pepper and salt  
as you woud do for Eating, then at night send it to  
the Oven *with* 2 pound and a half of butter or 3<sup>l</sup> as  
your Butter is of goodness, tye it up and let it  
stand in the Oven all night, and Bake it pretty  
tender, In the Morning pour the Butter from  
them and press it between two Trenchers, till all  
the gravy be press't out, then put it in a wooden  
Bason and breake it *with* your hands or Chop it.  
when it is pretty small, pour a little of your butter  
that is on the top of your Gravie amongst it.  
Then rub your pot you design to lay them on  
round *with* the Butter, then put in half of your  
beef, than Sprinkle in a little of your butter *then*  
put in the other part of your Meat, then press  
it Close down *with* your hand, and pour your butter  
on the top, and Scum it *with* a Feather and Sett  
it in a place where it will not Shake.

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## To make a Dish of Puffings

Bone your Chickens a hole, and take the bones and Gutts out, then Season your Chickens, with Nuttmegg, Mace, Pepper, and Salt, a lemon pill a few savory herbs, let them lye in Seasoning two hours then have a good deal of parilly a little lemon pill shred them very fine, Divide them into so many parts as you have fowls, then put them in at the Neck, and lay them toward the back part for fear of making them black, then tye the neck up with a threed and plump them up with a Scure, then have in readiness a pan with some water, boyling Alliger & Salt, *when* you think they are Plump't take them up then have a Stew pan that they can lye Even it n then have some Strong Broth and a little blue Milk when it boyles Skim it well and put in an Anchovie, and lay the breast downward, when you think they are allmost Stewed Enough turn them, boyle in it a piece of lemon pill a blade or two of Mace, and as they boyle thicken in a little fine Flower, and keep them with Scuming when you think they are allmost Enough put in a little white wine, a little Oyster

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Cockle Pickle, and whole oysters, then thicken in some butter and a little Cream, then take a piece of a legg of Veal, and shred it very fine, and put to it as much beef suet, as you think will make it fatt Enough but you must not make it so fatt as you do for balls a handfull of Capers and 2 Anchovies, a little Old grater'd bread, a little lemon pill. 2 Raw Eggs & beat all these in a Mortar together very well, then make it into a great thick Rowl as thick as your arm, and then fry it till it be Brown, then make it into little balls and Lay your Puffings in the Middle of your dish than Cutt your Rowls in Slices, and lay on the top Slices of Lemon pill and whole pickled Oysters than lay them on the top & garnish your Dish with Pickles & Oysters so Serve it up

## To Make a Marrow Pudding

Take a large old penny loaf, grater out all the Crum, then take the Inside of the Crust, Slice it thin, and sett it over the fire with a pint of Cream, a quarter

of a pound of butter, let it Stew till it be very thick when it is Stiff and the Lumps Dissolved take it of, and take twelve Eggs, taking out 4 or 5 of the whites, beat them very well with Some salt

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Mix to *the* Crum, half a pound of Raisins of the Sun Stoned & Cutt in halves, Mix in three ounce of Iordan Allmonds Cutt in thin Slices, and put in two long biscakes two ounce of Candid Lemon, 2 ounce of Candid orange Cutt in Slices 3 *quarters* of a pound of Marrow half shred & half Cutt in Slices, one pennyworth of Cinnamon finely Cessed, some Sack or gooseberry wine, sweeten it with fine Sugar to your taste Mix all these together and butter the bottom of your dish, and put it in, and Bake it with a Border of puff paist, Serve it up hot, forgett not to put in a little French bread that is old Cutt in Slices. to the bread that was Stewed over the fire besure to Mix as much Cream and New Milk as will make it of a right Stiffness

To make a Marrow Pudding another way

Take a little old French bread Cutt in thin Slices dip it in Sack, and lay on Marrow in the bottom of the dish, and lay on some Slices of bread and some Slices of Candid Lemon and Candid orange and Cittern on the top, then lay on the Marrow on the top and more candid Lemon and Cittern, Continue so doing 4 or 5 times, then send it to the oven, and against the Erra Marrow be well Dissolved, have a Custard to pour on, boyle your Cream very well and when it is Cold, boyle some Milk, Nuttmegg, lemon

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and a little Cinnamon in the Stick, a blade or two of Mace, when it is well tasted of the Seasoning take it out against your Milk be Cold, beat as many Eggs as will make it Stiff with Sack or orange flower water, when it is Cold Mix your Eggs to it & Slice in two ounces of Iordan Allmonds

{ To make a Gooseberry pudding of }  
Bottled Gooseberrys or green ones }

Coddle your Berrys untill they be soft, when they are Cold rub them thorough a hair Seive, than rub the pulp thorough and let it stand till it be Cold. *then*

take 6 Eggs taking out two of the whites, beat *them* well and mix them with a little gooseberry wine one Iill and a half of thick Cream, then mix your pulp or Gooseberrys well with the Cream, If you have a pint of pulp, you may put in a Quarter of a Pound of 3 ounce of Biscake, and Sweeten it with loaf Sugar to your taste, 2 or 3 Spoonfull of Clarified butter, and beat it for an hour, butter your Dish, and put it in and bake it. Against you draw it make Sauce for it of Gooseberry wine Sugar and Butter

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### 3<sup>d</sup>To Make Shrewsbury Cakes

Take 2 Pound of flower 1 pound of Sugar 1 pound & a Quarter of Butter 2 pennyworth of rose water three whites of Eggs 2 Yolks, rub the Butter into the Flower, and leave some of the Flower to dust with, knock a Nuttmeg with your Sugar

### To Make Saffern Biscakes

Take one pound and a Quarter of fine Flower, half a pound of Sugar, a lemon quartered, a little Nutmegg 2 pennyworth of Saffern, three whites of Eggs two Yolks, when you Sett them in the Oven, do them over with the white of an Egg, and beat it to a froth and dust on your Sugar as you sett them in forgett not to put in 6 Ounce of Butter.

### To Make Biskett Cakes In Tinns

Take 5 Eggs Yolks one white and a piece, put to them 3 Spoonfull of rose water, beat them well together and take out the head, then put in 9 ounce of Sugar and beat them together, till it be white as Cream then grater in a piece of Lemon put in by degrees, half a pound of Flower, and when you have put in

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all your Flower, put in three or four Spoonfull of Cla=  
=rified butter, and beat it very well, then butter Tinns that is Low ones and fill them but half full, and as you Sett them into the Oven dust on Sugar.

To make Sugar Cakes in Tinns

Take a pound of London Flower, rubb into it three Quarters of a pound of butter, three Quarters of a pound of Sugar & 2 ounce, a little Nuttmegg in your Flower then take four whites of Eggs, 6 Yolks beat them with a good pennyworth of rose water, then mix up your paste, and beat it very well till you think all the Butter is mixed in. then butter low Tinns or Cardes and dust over Sugar as you sett them into the Oven

To make little Gingerbread Cakes.

One pound and a half of Treakle 2 pennyworth of Cinnamon  $\frac{1}{2}^d$  of Iamaica pepper,  $1^d$  of Carriway seed and Corianders, beat all these and Cess an ounce of Ginger, you may put in Ginger to your taste, half a pound of Sugar dried, and half a pound of butter Clarified, and allmost cold, a little Brandy. Mix all these togather, then stirr in as much dried flower as will make it a Stiff paist, you may dry  $3^l$  of fflower and take *what* you

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need, then make it in little Cakes or all in one <sup>^ to</sup> Slice

To make Gingerbread in Tinns

To a pound and a half of Treakle, put half an ounce of Cinnamon and  $\frac{1}{2}^d$  of Clove pepper  $\frac{1}{2}^l$  of Sugar  $\frac{1}{2}^d$  of Carriway Seeds &  $\frac{1}{2}^d$  of Coriander Seeds 5 Egg Yolks three whites half a pound and two ounce of Clarified butter, a little Sack 2 ounce of Orange and Lemon togather, and half an ounce of Cittern, and as much Ginger as you think Convenient for the taste, some= times and ounce or o $\frac{3}{4}$   $1 \frac{1}{2}$ , as you like the taste Mix all these togather very well, then Stirr in a pound of Flower that is dried at the Fire, and cold, but when you dry your flower, you must sett a pound and a half to dry, than divide it into 3 parts and take two parts, and take two parts of it and some of the other you may rubb out the pann with beat it very well for half an hour, then fill your Tinns about half full, and when you have filled about half of it, Then put in 2 ounce of Allmonds shred

small in the other part, and put in Another Egg, and Mix it well, and fill them and Cake them asoon as you can fill them

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#### To Make Cittern Cakes

Take 2 pound of butter without Salt, two pound of Flower well dried and Cold. 16 Eggs taking out <sup>half</sup> the whites and the treads. put to them a Spoonfull of rose water or orange water, beat your Eggs with it very well, then put in your Butter, but you must work it well from the butter milk, then work in all your butter, till almost the Eggs is taken into the butter Then put in two Spoonfull of Sack and a little shred Mace, and half of a Nuttmegg knock't in your Sugar and Cessed, then breake your Sugar and put it in, with the butter, with your hands then put in your Flower by degrees till all the butter be dissolved, when you have put in all your Flower, take out your hand, and beat it with a slice, and when you have beated it about half an hour, divide <sup>it</sup> into two parts, to the one you must put 3 ounce of Iordan Allmonds Sliced and shred, but they must be Steeped in cold water all night, to the other part about an ounce and a half of green Cittern, but it must be very thin, and in little pieces, then fill your Tinns, and butter them, but fill them about half full

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#### Make a Carraway Cake in a Garth or Tinn

Take 18 Eggs take out half of the whites and stream and beat them, then have two pound of butter, work out the butter Milk and Salt, and then put to it a little rose water, wash your butter very well, then take out the butter and mix it with your Eggs, till all the Eggs be taken up to the butter, then mix in about 1<sup>d</sup> of Brandy or a Spoonfull or two of Sack grater into your Eggs a Lemon Rhine; then put in by degrees a Spoonfull at a time 2 pound of flower and a pound and a half of Sugar that is dried at the fire and Cold, and when you have mixed it very well with your hand, take a Slice and beat it very well for half an hour, till all Look white

then mix to it a few Seeds a Quarter or 6 ounce of Smooth perfumed Carriway Comfitts, and some Cittern Cutt in Slices, and Candid Orange, then beat it well and butter your Garth, and bake it in a good Soken oven.

#### To Make Allmond Iumballs

Take a Quarter of a pound of Iordan Allmonds and Steep them in water all night, then blanch them and beat them with a Spoonfull of

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Gum dragon, steeped to a thin lilly with rose water, and when you have beat them to a fine paste, take them up and mix them to a pound and a Quarter of double refin'd Sugar, beat the whites of three Eggs to a Froth with a little rose water, when you have whicked them to a Froth, let them stand a little, that the Oily part may Settle, then take as much of the Froth as will make into a right Stiffness to Squirt them on white paper, and bake them in a Slow Oven.

#### To Make Lemon drops

Take a pound Loaf Sugar, beat it and Cess it very fine, and take the Rhine of one Lemon & shred it very fine, and put it into your Sugar, take the whites of three Eggs and whisk it to a froth *then* let it stand till the Oyle be parted, then Mix your Sugar with some of your froth, Squeeze in some of your Lemon Iuce to your taste, then beat it for half an hour, then drop them upon papers and dry your papers before you drop them. If you would have them yellow you must take 1<sup>d</sup> of Gumbuge and Steep it in rose water allnight then mix it to some of your paste and beat it

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very well, put a little dry Sugar, and mix the white and yellow together to your fansye, and bake them in a slow Oven.

## To make Sturgeon of a Turkey

Take a large Turkey that is very fleshy, bone it whole and a large hen, or Capon, and 2 or 3 Claves feet and boyle the feet about half Enough, then take the best part of them and rub them Over with Sturgeon pickle, and as so the Inside of the Fowls, and let them be so for an hour, then take a pint of 3 Gills of vinegar, and mix with it a little Salt, and then lay the fowls in it with the breast downwards on a Clean deep dish, or in a dripping pan all night, In the Morning take them out and fling a little Salt on them, and rub them all with Sturgeon pickle very well, then lay the Calves feet towards the middle of the fowls, but you must lay the small Ends of the Fowls towards the Middle, and lett the breasts lye towards Either End, then tye them up in a Cloth round, and lap them on around lap or tye them in Bassis like Sturgeon, then have pan that will hold them well, when the water boyles put in a little Salt, and that they was steeped in all night, and boyle it till you think

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it be enough, then take it up and harden the Cloths and let it stand in that it was boyled in till it be cold, then take it out, and put it in Sturgeon pickle if the Sturgeon pickle be thick and good, and if you have not Enough of it, you must sett on some white wine, or half white wine, and a little old March Bear, and so when it boyles, put in the pickle, and let them have a sharp boyle or two, then take it out, and let it stand till it be Cold, then put in the Fowl, and keep it Cover'd, It's better to have Sturgeon Pickle.

O my Dear To my

## To make a Carriway Cake

Take 3 Pound of fine Flower dryed at the fire & let it stand till it be Cold, and rub in it 3 Quarters of a pound of butter, then Mix into it half a pound of Loaf Sugar Sess't a little Salt, 8 Eggs taking out half of the whites, and take out all the Streams, and Mix to your Eggs 3 or 4<sup>d</sup> of Orange flower water, alittle Mace that is knock't Nutt=  
=megg and Cinnamon, and a little Glass of Sack, 6 or 7 Spoonfull of new Ale Yest that is Strong

then take a pint of Cream, and a Quarter of  
a pound of butter melt in the Milk and let

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your Cream be no hotter then new Milk, when you  
mix it to your Eggs, mix your Berm and Milk together  
Mix it to the Flowe, and sett it to the fire not  
forgetting to grater a Nuttmegg into your Flower  
when you think your oven is ready, and it is well  
risen take it from the fire, and mix in it a pound &  
a Quarter of Carriway Comfitts, Candid Lemon  
Cittorn and orange, and Mix all these together  
butter your Tinn bake it, and so keep it

To make a Garth Cake

Take 4 pound of fine Flower well dryed at the  
fire, when cold, shred a Lemon Rhine, one pound  
and a Quarter of Loaf Sugar, and then take a *Quarter* of  
an ounce of Mace 2 Nuttmeggs and a Quarter of  
an ounce of Cinnamon, and as many Cloves as you  
think Convenient, a little white Ginger, then  
Clarifie one pound and a half of Butter and  
betwixt a Gill and a pint of Cream and sett it over  
the fire again, then take ten Eggs, taking it  
four of the whites, beat them well with 4<sup>d</sup> of  
Orange flower water, and a Gill of Sack, then mix  
to it a pint of berm, half of it to your Seasoning  
the other half to your Flower, then Mix your  
butter, Eggs and milk alltogether, let not your milk

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be too hot, then make a hole in the middle of your  
flower, and sett it to the fire to rise, and when it is  
well risen, mix it with your hand, and as you mix it,  
Strow in 1 pound of Currans, that is washed dryed &  
picked, 2 ounce of Candid orange, 2 ounce of  
Candid Lemon and Citron in Lumps, sometimes for  
change you mix in an ounce or more of Allmonds  
or dates, but over many makes your Cake sad, when  
you draw it, Ize it before the ffire, for it will make  
it Look whiter  
James Ion

To Make a Citron Pudding



Take 6 Eggs, take out the streams, and beat them very well and mix two or three Spoonfull of Sack half a pound of Loaf Sugar, finely Cessed, and  $1/2^l$  of butter finely Clarified, and wrought in your hands till it be Stiff like honey, and a  $^l$  of Citron Cutt W in thin Slices or little pieces in beat in a Mortar to a pulp, two ounce and a half of long Biskett dried and rowled very fine, beat all these well together with your hand, for half an hour, then butter your dish and bake it with a paste about it.

To Make a Lemon pudding

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Take large Lemons, pare them and boyle them till they be tender take them up and beat them in a Mortar or Marble, and drop in a little Gumbuge, being Steeped in a little Cream, and mix 3 or 4<sup>d</sup> of Lemon water  $1/2^l$  of Clarified butter, 2 ounce of Candid Lemone Cutt in thin Slices: knock in a Mortar a Quarter of a pound of Biskett very well and is dry'd at the fire, & as much loaf Sugar as will make it sweet Enough 6 or 7 large Eggs taking out half of the whites and as much thick Cream as you think will make it of a right Stiffness, and if you woud have it taste Sharp of Lemon you must mix it to your pulp and Biskett, and mix *the* Cream in last for fear you should it, then Mix all these well for a Quarter of an hour, then butter your dish and bake it with a Border of puff paist

To Make a Segó Pudding

Take 2 ounce of Segó wash it in 2 or 3 waters & Sett it on to boyle in a pint of Water, and when you think it is boyled Enough take it up and Sett it to Cool, then mix into it half a pound of Lemon Rhine shred, and grater in it half of a Nuttmegg, then Mix 2 oz of Iordan Allmonds

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blanched and sliced, three Ounce of Biskett dried and knock't small alittle rose water and about a Iill of Cream then take 6 Eggs taking out 2 of the Whites and beat them very well, Mix

all these together, butter your dish and bake  
it with a Border of puff paist

#### To Stue Pidgeons

Take Young Pidgeons, and Clean them from the  
blood, and Stuff the Bodys of them with a few  
savory herbs, Lemon pill Nuttmegg Mace pepper &  
salt, and tye the Neck up with a thred, and Sett  
them on to Stew in Strong Broth, with the breast  
downwards, with Lemon pill and a few Mushroom,  
slice some Nuttmegg, Salt it to your taste, Mix  
in a little white wine and flower, and make them  
not too thick, when your pidgeons are Enough thicken  
some Butter, then put your Sauce to it and so  
dish it up

#### To make a Frigazie of Rabbitts

Take 3 Couple of Rabbitts, and Clean them  
well from the blood, Cutt 'em to pieces and  
hack them with a knife, Sett them on with a

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good deal of water, Let them boyle with a few  
Savory herbs, a little Lemon pill, a little Shallot &  
an Anchovy, some shred Nuttmeggs, and 3 Egg  
Yolks, thicken in a Quarter of apound of butter &  
Mix it with your Sauce, and shake it well toge-  
ther over *the* fire and so dish them up with Sipits  
about, and garnish your dish with green Sipits  
Lemons and Salt. If you would have your Sauce  
look brown, have some brown Gravy as you do for  
Soop, a pint of Cleared Oyster Liquor, the same  
Ingredients as *the* Other only in *the* wine and Broth.  
forgett not to fry your Rabbitts when you take  
them out of *the* Butter, before you put them  
into the Sauce

#### To Make a Frigasie

of Rabbitts. another way  
Take your Rabbitts and wash them lightly and  
Cutt them in pieces, then Season them with  
Savory herbs Nuttmegg pepper and Salt, and

fry them in Butter till they be brown then  
take 'em out of the Butter, and put them in  
a little Strong Broth, and Clarret and An

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Anchovy a few Capers and Lemon pills, and a  
little Oyster Liquor, and thicken in a little  
Butter, and Shake them together, and so Serve  
them up

Note that those Receipts  
which have this Mark Opposite  
to them In the Margent are  
known & Approv'd to be <sup>as</sup> good as  
any now Extant

Dorothy  
they all give thie r Service

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To Make Cowslip Wine

Take to every Gallon of Water 3 pound of Sugar boyl it very well for 1/2 an hour  
*then* let Your Cowslips be pickt & beaten in a Stone Mortar & pour *the*  
Water hott upon 'em To six Gallons of Water take 3 pecks of pickt Cowslips  
let 'em stand all Night in an earthen pott *the* next Morning strain it  
& put in One quart of Sack & as much white wine & Make 3 great toasts  
of Brown bread & spread *them* on both sides with Ale Yeast put them into *the*  
Liquor & let it work two days & One Night *then* tun it up & let it stand a  
Month then bottle it  
When You put in *the* toasts you must squeeze  
in *the* Iuice of 8 Lemons & put in *the* Rines  
You may Clarifye it  
*with*the whites of six Eggs.

To Make a Comport

Take 12 Chickens or Pigeons and Truss 'em as for Boyling fill  
'em with Forct Meat (or you may do 'em *with* out) fry 'em a gentle  
brown *then* Make some Gravey *with* White wine a little Lemon pill  
and a little mace and let *them* Stew in it untill they be tender  
You must have a peece of Bacon boyled very tender take of *the*  
Lard stick it *with* Cloves and broyle it thick ...

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## To Make Elder Wine

Take 20<sup>lb</sup> of Malago raisons 20 Quarts of Spring Water  
 boyle it & *when the* raisons are rubb'd & chopt small,  
 pour *the* Water on them hott, stirr them twice a day  
 lett them stand 10 days. then squeeze *the* raisons out  
 & put it 3 quarts of *the* Iuice of Elder & barrell is up. let  
 it stand 2 Months then bottle it up - It will keep  
*the* longer if you make a thin Syrrup of *the* Iuice.

## To Pickle Walnuts

Take green Walnuts run *them* all thro' *the* Middle with a forke lay  
 them in Salt & water Let them lye 3 or 4 days then shift  
*them* into fresh Salt & water & let *them* lye 3 or 4 days longer -  
 Then take *them* out rub *them* with a Cloth & put *them* in fair Water  
 without Salt & scald *them* over a slow fire, don't let *them* boyle  
 For *Your* Pickle good sharp Aligar or Vinegar with whole  
 pepper & Mace When ti's cold put in some bruised Mustard  
 Seed & some whole Cloves of Garlick *then* put in *Your* Walnuts.

...

## To Make Goodberry Wine

Take two pecks of goosberrys well pick'd, & stamp them very well, and  
 take to every quart of Goosberrys a quart of water boil'd but let it stand  
 till cold before you mix it; Put them into a sweet wooden Vessel, and  
 take fourteen pound of sugar put six pound in when you Mix *the*  
 Water and Goosberrys & cover it very close down for twelve hours; but  
 stir it up sometimes; Then take a hair Seive & strain *the* Goosberry's  
 very well; then put in the remaining Eight pound of sugar and let  
 it stand other twelve hours close cover'd, keeping it stirring  
 very often as before; Then take a vessel and tun it, leaving out  
 the quantity of a gallon, over and above *whatthe* Vessel will hold; Let  
 it work 3 or 4 days, as you think fitt; Stop up your Vessel close  
 after it's done working, and let it stand a Month; and then  
 rack it off and take *the* remaining Gallon (*which* you must  
 preserve in bottles) and fill up *the* Vessel being racked off,  
 and tun it a second time, and let it stand till Goosberry  
 time come again, and then bottle it.

To make Goosberry Wine

Slaie

Take two pecks

P 4 4

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To make Wine of Rosasolas

Take 20<sup>li</sup> of rasins chop them and put them into  
a clean earthen Vessel Boil a Kettle of Conduit water  
3 quarters of an hour then put a Quart of water to every  
pound of Rasins cover it down close stir it well every  
day 10 days together then strain it out clean and  
fill a vessel with the Liquor. put in a pound of ffine  
Sugar, Stop the vessel close and let it stand nine  
weeks: Then boyle 2 or 3 penneworth of Iseinglass  
and put it into the vessel stirring it well together  
Then Stop it up close and let it stand 3 weeks  
Then bottle it

You must keep out a quart of the  
wine to boil the Iseeinglass in

4

4 4

4

4 4 4

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To make Carrott Pudding

Take half a pound of grated bread and as much  
grated Carrott 4 Eggs beaten well & half a nutt  
and little Salt, 2 Spoonfull of Sack and 2 of  
Sugar A quarter of a pound of Melted Butter  
and i Spoonfull of fflower

To preserve Rasberrys whole

Take a pound of Rasberrys and a quarter of a pint  
of Luce of Currans put a pound and a quarter  
of Sugar Sett them on the fire and Boyle them as fast  
as you Can keep them Covered and it will keep them  
from growing hard, att first lay a layer of Sugar &  
a Layer of Rasberrys letting them meet gently at first  
before you Cover them, do not Scum nor take them  
of the fire till they be enough Tis thought a Silver Tankerd  
is best to do this in and putt half a pound at a time.

I putt White rasberrys amongst them and amongst *the* Currons

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#### How to pickle Oysters

Take the largest oysters you can get save the liquor and strain it ad thereto some white wine and white wine vinegar, a little salt lett them lye togeather a little while Then put in some mace whole cloves pepper a little ginger sliced a quarter of a nutmeg with a few bay leaves when the liquor is almost boyled enough put in your oysters and plump them then lay them out to cool putt them in a pott or Barrell and when the liquor is cold pour it over them & keep them from the air.

#### Another way to pickle them

When you have opened your oysters put them in a pan set it over *the* fire and when it boyles skim it very well and after a good boyle take out your oysters put in a good quantity of mace cloves and white pepper a little salt a little white ginger sliced a pint of white a pint of white or more according to the liquor you have when tis cold you may put in your oysters and keep them as long as you please

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#### How to pickle pigeons

Bone your pigeons put them into warm milk lett them lye 3 or 4 houre then lay them in a dry Cloth sew up the vents with the leg holes and wing holes with a ffine needle and thred Then take time marjoram Savoury parsly Lemmon pill a little of each shred them very small add thereto a little cloves mace Nutmeg pepper and Salt mix all these togeather and put half a spoonfull into every pigeon then sew or tye up the neck very Close boyle them in white wine and water with a little Salt and vinegar with sweet Herbs and that will doe for a pickle if you keep them long you must have fresh pickle and when tis Cold put in your pigeon they will keep a fortnight.

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#### To pickle Mushrooms

Take your mushroome and pill them throw them into salt and water once or twice then hang them over the fire with a bunch of sweet herbs shift your water once or twice then hang them over the

fire with a bunch of herbs and a little water Cloves mace Nutmeg and a little salt let them boyle a quarter of an hour then put them into a Cullender take some white wine & vinegar Cloves Mace and little of the vinegar Liquor with a few herbs boyle these together and when cold put it to your Mushrooms the next day run them over with rendered suet and you may keep them a year.

#### How to pickle Cucumbers

When your Cucumbers are small gather them in a dry day put them into a pott of Salt and water lett them stand 7 days then sift shift them into fresh water and Salt lett them stand 7 days and after that shift them and lett them stand 8 and besure to keep them with skimming every day then drain them from the salt and water putt them into a pott that will cover very Close with some vinegar salt and a peice of Allmond allom. let them boyle Slowly over a fire look at them often and when they are of a good green take them out and Stop them very Close in a pitcher Then boyle the pickle again with a little more salt and some topps of dill and when tis Cold putt it to your Cucumbers then lett them Stand open and if your pickle begin to Speck boyle it and when tis Cold put it to them again

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#### How to pickle Cabbage

The night before you use it cut of the hard from the Cabbage pretty thin and in little peices putt it into vinegar with Cloves mace and ginger and it will eat as well as if it had been longer in pickle

#### How to pickle Sampire

Pick it Clean, wash it, lay upon deall boards to dry when tis very sey lay it upon , a Lare of wVine leaves att the bottom of a pott then a lare of dill then another of Sampire So to the top of the pott then fill it up with Cold vinegar hang it over the fire a quarter hight lett it simmer o're the fire and when the topps begin to slip tis enough so take it out and lay it in lares in a pipkin so put your pickle to it. Cover it with pewter When tis Cold uncover it

#### How to pickle turneps

Take them and pare them cut them in thin Slices then

put them into a pott take some white wine Vinegar and other Vinegar boyle it with Cloves mace Nutmeg pepper and Ginger when they have boyled them ~~them~~ a little putt them to the turneps and they will keep a long time if you wou'd have them red put them in Clove or Eldar Vinegar or if blue put them only in white Wine Vinegar and they will keep as well as the other.

#### How to pickle salletting green

Put your Salletting into a pott with a little salt let them stand 2 or 3 months if you please. And when you have a mind to green them put them in a stew pan with a Little salt water and allom cover them very Close on the fire when

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The begin to boyle take them and Sett them to coole then hang it over again and continue so doing till they be green to your mind Then make a pickle of Vinegar Cloves mace ginger and whole pepper boyle it and when tis Cold put it to your salletting lett the pickle Cover it or twill not keep Tye down the pott Close with a paper.

#### How to pickle Collyflower

Cut it and wash it <sup>in</sup> warme water then put it into an Earthen pot put to it boyleing water cover it Close when tis Cold put in more so continue doing till it be tender Then draine it well from the water and make a pickle for it of Vinegar whole pepper mace Cloves and a little Salt boyle all these pretty well together when tis Cold putt them together in a pott the pickle must Cover them.

#### How to keep kidney beans to boyl in Winter

To ke

Take your beans and string them then break them as you do to boyle putt them into an Earthen pott and lay a Lare of Salt and a Lare of Beans so do till your pott be full then Cover them Close with a board made fitt for your pott sett them in a Coole Place and when you boyle them shift them into severall Waters or they will be too Salt.



## How to keep Barberrys

Take and put them into a pipkin and lay a Lare of Barberrys and a Lare of Salt so do till your pott be full then pour in as much small beer as you think will keep them so tye them down Close,

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## How to make Westphalia Bacon

Take a young pig for pork feed him fat with paste made of fflower then take the gammons from the fore quarters salt them with Bay salt then hang them to smoak a quarter of a year it must not hang to hot when you think tis dry enough rap it in hay Boyle it in Spring water till you can run a Straw into it.

## To make Westphalia Ham of Mutton

Take an hinder quarter of Mutton Cutt out hot round of the bones of the loyne then take 2 ounces of Salt peter beat it very ffyne and rub it all over very well lett it lye 2 or 3 days and 2 nights then take as much brown sugar as ordinary salt rub it all over very well If it be a great ham lett it lye a month if a small one 8 weeks Flap the Liquor often over it and at the end of the time hang it up all night to draine then take gunpowder beaten and Steep it in Vinegar rub it all over very well then drain it and hang it in the smoak a month to dry.

## To keep Bacon from Reesting

Take few or none of the bones out of your fflitches Salt *them* with 2 or 3 ounces of Salt peter 2 drams of Nitre 2 pound of Bay Salt at 2 days end Cover them all over with salt after they have lain a Considerable time hang them up.

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## To make Scotch Collops

Take a leg or shoulder of Veal cutt it in thin Slices  
hack it well on both sides then take some Lemon  
Time Chop it very small grate a nutmeg & add a  
Little Salt mix these together and therewith rub  
both sides of the meat Then take a little fresh butter  
and fry it Take *the* yolks of 8 eggs and the whites  
of 4 beat them very well and strain them then put  
to them a pint of sweet Cream and stir them  
together when your meat is enough pour these  
upon it shake it till it be very thick so tis done.

#### To Make a Goose Pye

Bone your Goose splitt it down the back take out the breast  
bone break the Wings and the thighbone & Carbonade the  
Inside of the breast season it with one ounce of White  
pepper and some Salt For the paste take one peck of  
fflower 2 pound of butter lay some in the bottom of the  
pye then fill it and bake it 5 hours or thereabouts.

#### To Make a Collar of Beef

Take the thin end of the double round, bone it and  
season it with bay Salt Cloves Mace pepper and a  
Nutmeg roll it up hard and bind it with a ffillit let it  
lye 44 hours then Bake it in an Iron pott put some  
butter on the Top of the Meat Then Cover it with Barly  
paste, Lett your Oven be made very hot bake it 4 hours

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If you intend to keep it put it in to another pott  
when tis Cold Cover it with melted butter and twill  
keep a ffortnight.

#### To Stew Eles

Cut your Eles in Short peices set them to Stew in as  
much wine and water as will Cover them then take  
Cives pennyriall Time and Savoury chopped small  
with a blade of mace when they are enough put in  
good Store of Butter and shake it up.

#### To stew a Hare

Case her Chop her in peices in her blood unwashed  
put her into a pan with a quart or more of ale one

onyon one Anchovis a sufficient quantity of pepper  
and Salt half a pound of Butter lett it stew softly,  
twill take better than 2 hours Stewing over a Slow  
fire.

To rost a Shoulder of Mutton in  
the blood.

Take half a penny loaf grated soak it your blood  
... Then take sweet herbs as savoury  
Time Marjoram an equall quantity of each  
shred them <sup>very small with suet</sup> put them <sup>with one egg</sup> into your blood with a little  
flower to bind itt and a pretty deal of Nutmeg  
and some salt shift your mutton in every place  
and rub it all over with it then bind it in the Cell  
and rub it with blood it will take 3 hours roasting  
Then make very strong Anchovis Sauce when roasted cut  
of the Cell froth it up and send it in.

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Onyon an apple some fat Bacon shred there very small  
then putt in one nutmeg one Anchovis the Crumbs of  
half a penny Loaf as much butter as is as big as  
an egg all put together mixt like past and so stuff  
the hinder parts of the Hare & fill it and what is left  
put into the belly Bast it *with* milk till it be allmost  
rosted then drudge it and baste it with butter and when

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To make sauce for ffish

Take a little water and put in a peice of ffresh beefe one onyon  
with a bunch of sweet herbs let them stew till there be but a  
little liquor left then strain it and put it into a little Ale  
with an Anchovis and some gravey if you have any and some  
oysters srimps and Cockles with a spoonfull of Vinegar and  
one Yolk of an egg with some Nutmeg grated cut in some pickles  
& shake up thick with butter shakeing in a little flower.

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To Make a hash of Rabbetts

Cut them in small peices and lay them in warm water to take out the blood then dry them in a Cloth and put them in a ffrying pan with a pretty deal of water a bunch of sweet herbs an onyon a good peice of butter so let them stew till it be almost enough then put in an Anchovis a handfull of grated bread and a little ale shake this up with butter and strew in a handfull of parsley shred small put in a Little salt and some grated Nutmeg beaten up with the Yolk of an egg shake it a pretty while and when the sauce is thick send it in

To make a Friggasy of Rabbetts

When cased and w<sup>ah</sup> shed chop them in Peices put them in a Stew pan with as much water as will Cover them chop small a bunch of Sweet herbs a little pepper and Salt an onyon or two a little parsley 2 or 3 Anchovis all shred small put these in when it boyles with a spoon full or two of Vinegar let it boy till you think it be enough thicken it with flower put in a good peice of Butter so tis done.

To make a hash of Mutton or Lamb

Take a Shoulder or leg of either lay it to rost till it be 3 quarters enough then take it up and slice it in peices then put it in a stew pan takeing a pint of Ale a ladle full of Strong broth a spoonfull or two of Vinegar a little pepper

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And Salt to your pallet a little parsley 2 or 3 anchovis 2 or three onyons shred small or Sliced put these in and let them stew a quarter of an hour take the yolks of 6 and the whites of 3 eggs beat them very well with a little of the liquor put good peices of butter into your hash then put in your eggs shake it well and sarve it up

To Make a dish of Beef Stakes

Cut in thin slices some tender beef hack it on both sides with a knife Then put it into your frying pan with as much Table beer as will stew them with a little whole ^ bunch of sweet herbs an onyo n a ^ little whole pepper some salt one Anchovis lett all these stew togeather till they be a little more then hot through then they are enough take them out and putt to the Liquor in the pan a Spoonfull or two of Vinegar a peice of Butter

must be putt in the pan to the beef and if you find it is not enough put in more shake in a little flower to thicken it then putt in the meat again and shake it all together and sarve it up.

To make an Almond pudding

Take a pound of Almonds Blanch them and beat *them* very small with Sack or orange fflower water boil Cream with a blade of mace and half a Nutmeg when tis boyled take it Clean from the spice then take a quarter of a penny Loaf Grate it and sift it through a Cullender and then putt it in your milk and

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Lett it stand till it be pretty Coole then put in your Almonds and the Yolks of 6 eggs with salt and Sugar what you think fitt and good store of Beef suet shred very small lay Puff past in your dish and *about* the edges.

To Make a Quakeing Pudding

Take a pint or more of thick Cream and ten eggs putt put in the whites of 3 beat them with 2 spoonfulls of Rose water Mix with your Cream 3 Sponefulls of fflower putt it alltogether & Season it to your pallet.

To make a green Pudding

Take some white bread and Crust it steep it in boyled cream then break it small with a spoon Then put in the Yolks of 5 eggs and 2 whites beat them very well Then shred some time Savoury pennyryall & sweet Marjoram very small and putt them into it and a Nutmeg grated with Sugar and Salt Then stamp some Spinage or Turnep Topps and put the Iuice in your pudding till you think it green enough Then put in a Little wheat flower to stiffen it and some bitts of Butter Then Boyle itt in a Bag one hour

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### To make a Carrott pudding

Take a pint of Cream boyle it and steep it in it as much grated Nutmeg bread as you think fitt & grate as much Carratt as will give it a Tast grate in a Nutmeg putt in some small peices of Butter & eggs & 3 whites put in Sugar and Salt Then put it in a pewter dish & bake it

### To Make a Chaldron Pudding

When your Chaldron is dressed & boyled Then Chop it very small mix it with as much Cream as you think fitt and half as much grated Bread as meat & some Beet suet 4 eggs and as much Rose water as will give it a Tast grate some Nutmeg put in three spoonfulls of meal to bind it with Currants & Rasons as for another pudding and mix it as thin put in some sugar and Salt with a peice of Butter and stirr it well Butter and drudge with flower the Cloth tis boyled in Itt must boyle as a plumb pudding your Sauce must be sack Sugar and Butter.

### To Make white Hoggs Pudding

Take a sufficient Quantity of white bread grate it and Steep it all night in Boyl'd Milk Then take Currants Cloves mace Sugar and nutmeg and mix with the bread with beef suet Chop'd small with a little Salt mix these well together so fill your Pudding

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### To make a cream Cawdle

Take a quart of Strong ale Crust a penny Loaf and Stire it so put it in with a Nutmeg grated boyl it a quarter of and an hour keep it with Stirring all the while then sweeten it to your pallett Then put in a pint of thick Cream let it boyl a Little then send it in.

### To make a Sack possett

Take the Yolks and whites of 18 eggs put to them three quarterns of a pound of white sugar beat them very well then strain them into a great Bason or a Deep Dish set it over a Chafing dish of Coales then putt in 12 spoonfulls

of sack keep it with stirring half an hour whilst this is on the fire get 3 quarts of Cream and lett it just boyle Then Stirr it till it be almost Cold Then pour in the Cream holding it as high as you Can keeping it with stirring all the while after that is in lett it stand Covered Stirring it now and then from the bottom and sides till you find it as full of Ielly as you think sufficient and so send it with a Nutmeg Grated on the Topp.

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To Make a Cake

Dry your flower put in Mace & Cloves *then* take Cream and melt some Butter in't o're the fire then strain it in a pretty deal of Stif Barme and some Sack or oringe Flower Water Beat a pretty many Eggs Then put all *these* togeather and Strain them into *the* flower and beat it all togeather for half an hour or more Then put in your Fruit and beat it till your oven be ready & put it into a hoop Two hours bakes it.

To make a very good Cake

Take better then half a peck of fflower a pound of white Sugar rather better than half an ounce of Mace a pound and a half of Butter rubbed very fyne in the meal 4 pound of Currants rubbed very Clean 8 eggs 4 whites whilst you are beating the Eggs put in some Sack by degrees whilst you have put in half a pint and as much ale yeast that is need Boyl a Pint of good Cream keep it with Stirring till it be Cold Then mix your Cake with all the things pretty lythe lay it before the fire to rise and if it be not lythe enough you must put in but some of the Cream if you have a mind to Ice it beat the 4 whites that is left Beat Scarce a pound of Loaf Suger put it in by degrees and keep beating till the Cake Come from the Oven Then rub it all over whilst your Cake is hot twill take 3 hours bakeing

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To Make Fine Cakes

Take a pound of fflower and as much Sugar well dryed beaten and Sifted mix it well with

half an ounce of Cloves & mace then take a pound of Currants well washed Clean pick'd and dryed and as much fresh Butter work it with your hands till it be as soft as past Then pour a little Oringe flower water upon it Then straw in a handfull of the flower and Sugar and mix it well together So do by handfull till half be spent Then beat with it the Yolks of 6 Eggs and the whites of 4 Mix it well as before Then Straw in the rest of your sugar and flower as before Then Strain in your Currants and mix all well Then Butter your pans fill them half full or better Sett them into the oven as fast as you can when they are risen and begin to fall they are enough.

#### To Make Ginger bread

Take a pound of Treacle and as much fine flower as that will melt with a little warme Ale put in a handfull of Sugar and a pennyworth of ffyne beaten and sifted Ginger Work these into a past Then roll it into what Shape you please lay them upon papers well flower'd So bake them

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#### To Make Cheese Cakes

Take half a pound of Almonds and half a pound of sugar and a Quartern of a pound of ffresh butter a Quarter of a pint of Rosewater a pint of Cream Six ounces of Grated bread and one Nutmegg ten yolks and 7 whites of eggs well beaten put them in & & stirr them well together so put them into Coffins and bake them

#### To Make Wiggs

Take 3 pound of ffyne fflower and a good half pound of Loaf Sugar a Quartern of an ounce of Carraway seeds half a pound of Butter put in almost a Quart of new Milk scalding hot whilst tis hott put your meal sugar & seeds together and a pretty Quantity of new ale Barme beat two eggs and put into it so mix it pretty stiff and set it to the fire to rise so when tis risen make it



into whiggs your oven must not be very hot  
Sand oysters my

To make a Salve tis good for swelled Leggs that proceed  
from a Dropsicall humour or any Greene Wound

Take Sallad Oyle & Linseed Oyle of each a Quarter of an  
ounce, Rosin half a Pound, Beeswax 4 Oz. Black pitch  
1 Oz Clarefied Tallow 5 Oz melt ... over gentle fire  
keeping it stirring & when dissolved put in an Ounce of  
liquid Stirax and Soone after stir it till almost  
cold and put it in to Potts and keep it for Use it  
will keep good for 50 Years

pare 50 Oranges very thin Take 6 Gallons  
of water to ever Gallon 4 pound of  
Suger let it boil half an hour  
scum it very well you may clarrifi  
it white with the whites of 4 eggs  
if you pleace pour it boiling hot  
upon the Orages rinds let it stand  
till it be blood warm then put it  
in <sup>a</sup> basone juce of orings and as  
much barm as you thing fit let  
it work 24 horss close coverd  
then tun it & in 2 or 3 days time  
you may stop it up put out half  
of your pills into the vessell with  
your lioquour you may tast when  
it hath been about two month in  
the vissell and if the sweetness  
be gon enought of ... bottle it  
if it be not fine j... put it into a  
quart bottell & affter  
into pintes

T. T Poiy

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**back outside cover**

**spine**

**head**

**fore-edge**

**tail**