V.a.20: Cookbook of Constance Hall, 1672: manuscript

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[ C ] onstance

[ H ] all

Her Booke

of Receipts Anno

Domini 1672

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To preserve Apricocks Ripe

Take your Aprecocks & weigh them & to a pound

of them A pound of sugar finely pounded and

sifted, After they are weighed pare them verry

thin then slit them one the Crest side & fetch out

the stone, then put a laying of sugar in the Bottom

of the platter which don put in your Apricocks one

by one & Cover them withthe Remainder of the sugar

then Cover them and let them stand all night

the next day set them one some Coles and let them

boyle softly turneing them as you see Occassion

before they are ready set them by and let them

stand all night one the Morrow boyle them vp

and when they are cold put them vp in Gallypots

You must preserve them the same day they are

Gathered [ drawing of a face with other markings ]

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To Preserve Apricockes green

Take green Apricocks about the bigness of pigeon

egges pare them verry thin and as you pare them

put them into faire water, before They are pared

take the waight of them in sugar, when they are

pared boyle them in 2 or three waters & whil

they are boyleing in the Last water take another

skillet, & disolve your sugar in soe much water

you Conceaue will make sirrup to boyle vp

your Plumes when the sirrup is boyled and a

scummed take them out of the water and put them

in the sirrup and keep them boyleing A pretty pace

for they will not be apt to breake when they are

somewhat tender slit them one the side & take out

the stone and put them in againe and let them

boyle tell they are green clear and the sirrup

thicke then take them of the fire and let them

stand tell they be almost Cold then put them vp

in gallypotts or glasse they must be kept turned or

else one side will be greener then the other

To preserue Quinces Amber Colour

Take of the ffairest quinces you can get and Core them then

Coddle them in faire water as tender as you can without

Breakeing then take a pounde and a halfe of poulder shuger

to one pinte of water Clarify your suger and let it boyle to a

full sirrup then pare A pound of your quince and put into it

take some of the Cores that you scrape out of your Quinces and

picke the Cornells Cleane from them then take about halfe an

ounce of the Cores and sow in litle bagges and put into the boyleing

of the Quince and withthe backe of your spoone Chrush the baggs as they

boyle vp boyle them as fast as the quince will suffer you & when

your sirpup begineth to turne amber Colour take vp a litle

of it in a spoon and see whether it will gelly: if it gelly it is

enough then take vp your Quinces and put them in a pott & make

your sirrup prety Cold and then power it into the quinces but

if you finde your quinces be enough and sirrup doe not gelly take

vp your Quinces and boyle your sirrup vp againe as fast as you

can make it boyle and then coole it and power it to your

quinces take them as soone as they are gathered of the tree or

else they will not gelly;

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A Receipt for the seare cloth

Take Half a pinte of sallet oyle, and a

quarter of a pound of red Lead, put this in

a new pipkin, and sture it, let it boyle to

it be blak then put in a lettel rossel Bees

waxe permacitty then boyle it a gaine &

then thke it of and dipe in your Clothes

A Receipt to make a Caraway Cake

Take 3 pound of fine flower, a pinte of

Creame, a pinte of aile yest & mixe your

flower Creame & yest together and make

it stiff as for a manchett then sett it to

the fire while your oven heats, & when

it is almost hott then worke in a pound

of Caraway Comfitts and put it into

the oven, Butter and then strew in your

Caraways;

How to make A Cake

Take to a pecke of flower 4 pound of Butter

Crumble it verry fine among the flower, 10

poundes of Currants, 1 pound of stoned Rays

ons, Chopped small 1 ounce of mace and a

half, one ounce of Cloves one ounce of nutme

ggs a quarter of A pint of good Rose water,

and dissolue in itt 2 or 3 of the best muske

plumbs a little safforn a quarter of a pint

of mallego sack, halfe a pound of Carraway

Comfitts 3 quarters of sugar, and a little

salt, mix all these together, then putt 2

quarts of Cream, and as much good ale

yeast, it will take up most of it: the Currants

must be putt in when the Bread is made it

must not bee kned, one hower and a half

will Bake itt;

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To Bake Beef like venison

Take Buttake beef cut it in preaty thin

slises, take A way all the skins, then take

bacon cut cut in thin slises, lay A peace

of bacon beteen every peace of beef, then

beat it together with a roleing pin, then

thke a prety deyl of peper salt nutmeg

mace and cloues all beaten, and seson the

meat with it, then thke a quart of claret

wine and sprinkell it all ouer the meat

soe let it lie all night, next day put it in

a round pot and bake it with the brown

bred put past round the pot aboue the

edg to keep it close when it come out of

the ouen power of out the graue from it, &

let it stand a while and setell, then

power of the top of the graue, and put

it to the meat again then couer the

meat with Clarified butter then lay

A wait upon your meat to keep it

Clos

To make Curd Loaues

Take A porringer full of Cheise curd four

eggs whits and all & as much flower as

will make it prety stif then take a littell

ginger nutmeg sum salt make them

up into loaues and set them into an ouen

with a prety quick fier when they begin

to Chang colouer take them out & put

melted butter sack & suger to them and

so set them

How to make sausagess

Take A pound of the lean of a leg of pork

porke cut out all the sinnows then shrid it

prety small and beat it in a stone morter

till it is very fine then mingell a pound

of beef suit shrided prety small then

seson it with peper salt & nutmeg a hand

full of sage shrid, a littill perssly & time,

put in a littill grated whit bread when

you make them up mingel sume yolks of

eggs you must fry them with sweet butter;

let let them fry leasurly till they be perety

brown

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To make A creem puding

Take to a quart of creem 22 eggs put out 6 of

the whits mix with it 6 spoonfulls of fine

flower, sweeten it to your tast put in sume

salt & nutmeg, a littill sack half a pound of

Allmonds blanched and beaten very fine

with rosewater, mingell all together then but

ter and flower a cloth well, & tye it up put

it in boyling water 2 hours will boyl it, when

you make this puding you may beat the

almonds ouer night

To make an oatmeall puding

Take A porringer of oatmeall beaten to

flower a pint of creem one nutmeg foure

eggs 3 whits beaten a quarter of a pound

suger a pound of beef suit, minced prety

small mingell all these together and so bake

it, an houer will bake it

To make an allmond Caudell

Take 3 pints of ale boyl it with sume Cloues

and mace, slice sume white bread in it

then haue redy beaten a pound of blanch

allmond and an stran them out with a

pint of whitwine and thicken the ale with

it, sweeten it to your tast, besure you skim

the ale well as it boyleth

To pickell broombuds

Take your buds before they be yallow one the

top, make a brine of viniger & salt, which

you sum must doe only by shaking it to

gether till the salt is mellted then put

your buds in and keep them stirred once

a day till they be sunk with in the pickell

besure sure to keep them Close couered

To make A very good cake

Take A quarter of a peck of flower a pint

of creem ten eggs no whits beat the eggs

very well, 3 quarters of a pound of butter

gently mellted, pour a littill ale yeast one

the flower a quarter of a pint of rosewater

with sume musk & ambergreec dissolued

itt in it, seson it with a penyworth worth of mace

and Cloues a littill nutmeg finely beaten /

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3 pound of currants well washt pickt and

dryed, a pound of allmonds blanced & beaten

with sume rosewater to keep them from oyl

ing, half a pound of suger beaten very small

mingell all these together with your hands,

then let it lie before the fier to rise a hour,

Couer it with a Cloth then make it up, & put

it in a hope, or paper round it let not the

ouen be to hot nor to cold sumething more than

an hour will bake it, Against you draw it

haue redy sume rosewater and suger finely beat

en and well mixt together, & wash the top of

the cake with it and set it into the ouen to dry

To make whit pudings

Take 6 peny white lofes grat them, take 12

eggs all the white, beaten very well, then put

them to the bread, shrid in a good quantity

of beef suit, sume so rosewater nutmeg and

salt, sweeten it to your tast, a good many

currance, mingell these all together, and fill

the gutts there with,

To pickell barberies

gather your barberries when they be dry pick

pick out the fairest of the bunches and put

them in an erthen pot pick the smallest ons

from their stalks and boyl them in water

and salt till the liquor is strong then stran

it and put in sume red wine and when

it is cold pouer it one the barberries

To make puff past

Take A quart of flower, the yolks of 4 eggs

2 whits a littill cold water mingell it with

the flower and mold it up then role it a brod,

and take butter and lay all ouer then fould

it up again throughly beat it with a roleing

pin, so lay butter as at first and fould it up

again so doe nine times together and make

it up in what fassion you pleas

To make suger cakes

Take A pound of flower half a pound of

suger beaten and sifted, mingell it with the

flower then take half a pound of butter &

crumbell it in to the flower and suger then

take the yolks of 2 new lald eggs 2 spoonfull

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of sacke 2 spoonfull of creem, beat all those

together and putt them in then mold it all up

together into a past and role them out thin

and cut them with a glas & lay them upon

papers or plates very well butter and flow

ered, so set them into the ouen & be carefull

of them for a littill matter bake them, the

ouen must be prety quick but not to catch

To make an allmond creem

Take half a pound of allmonds and blanch

them and beat them in a stone morter now &

then put in a littill rosewater to keep them

from oyling then haue a quart of thick creem

put your allmonds into a littll of it and strain

it once or twice till all the vertis be out of it

them then grate in a quarter of a nutmeg

a littill mace sume rosewater and lofe suger

to your tast then put in the rest of the creem

and boyl it till it come to a pape then power

it forth into a sillver dish or a ston one when

tis cold stron sume cumfits of all collers on

and serve it

To Stew Oysters

Put your oysters in a Stew pan one by,

one, to avoyd gravill then Strane the Liquor

and put it to them, with sume verges

or Wineger put a whol oynon Sume

whole peper a Lettel wintersauery sume Larg

mace, & as they boyl scum them very

Clean, when they are enough put in a

good peece of Butter & shak it till it is

thick then put them in a Dish & serue them

with slict Lemmon on the top [ symbol ]

Sauce sumc for all sorts of boyled fish

Take sume whitwine put in it sume an

choueys shelot sume stewd oysters

minct small sume mace a sprig of time

and winter sauory boyl all these well to

gether then take out the herbs and beat

it up very thick with butter and power

it ouer the fish

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to candy angelico

you must part the leaus from the stalks

and split the stalks that bee of any bigness

but the littel ons may goe whole you must

boyl them tender in spirng water and

when they are very tender you must dry

them very well in a clean cloth and couer

them up whilst you make a surrop you

must take the wait of them when they ar

boyled of duble refined suger and put

to it as much fair water as will iust melt

it and boyl it in a puter bason or siluer

and when you begin to find it prety

thick try with a spoone and hould it up

and let it run from the spoons and when

it hang like a hair as it falls you may;

put in your angelico and stur it a bout

till all the suger hang about it you may

put in a few leaus raw in to the candy as

when they be prety dry that you see the

suger hang a bout them you must lay

them out vpon paper tell they are quite

dry if they want stoueing you must stoue

them in a stoue or ouen after bread that

is if they grow damp

To make Chees Cakes

Take to as much curd as a gallon of milk

will make a pound and quarter of Butter

3 quarters of a pint of creem being first

Boyled with sume grated Bread and a

littill grated nutmeg, then put it to the curd

put in 5 eggs 2 whites uery well Beaten put

in a littill flower sume rosewater & suger

to your tast But before you put in these ingred

ence you must beat the curd in a ston morter

then put in these a Boue mentioned ading sume

currants you must beat the Butter with the

curd Let the creem and Bread be cold before

you put it to the curd, then make your curst

with cold water, and Butter crumled into the

flower 2 yolks of eggs sume creem a littill

rosewater so mould all these up together and

make it into what fasion you pleas

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To mak To make A whitepot

Take a quart of creem, take 8 eggs half the

whits Beat them very well and put them

into the creem bruse an nutmeg and sume

mace and in it, slice in sume candyd lemon

and oring peel and citturn seson it with

rosewater and suger to your tast then

haue a deep dish well Buttered and lay

sume sippits of whit bread cut uery

thin at the bottom and sume prety great

lumps of marrow upon them you must ston

sume reasons and Lay sume of them between

the bread and marrow then power on the

third part of the creem then lay sume mor

sippits reasons and marrow as before and

power on a nother part of the creem then lay

on all the rest as before and power on all

the creem so bake it in a uery soft ouen

of of a yallow brone, one marrow bone

will doe, half an houer will bake it

To make a sak possit

Take a quart of creem and boyl it with

sume mace in it then take the yolks of 16

eggs beat them very well, and when your

creem is prety cool put it to your eggs

and make a smoth custard of it, then take

all the whits of the 16 eggs and beat

them with a wisk up to a high snow

when it is half Beaten put in 3 spoonfulls

of sack and to of Lofe suger and beat it

upto to gether, then take half a pint of sak

and put it in a bason and put in suger

enough to sweeten the hole possit put in a

littill nutmeg and set it upon a chaffing

dish of cools & Let it boyl then put in your

custard stuff uery hot stir it round well

together, Let it stand but a very littill

while after, one the fier remember to keep

out sume of the snow to lay on the top of

all then Leaue stiring when that is put

on, have redy a dish hot to couer it cLose

and serue it, take it of the fier assoon as soon as

the snow is in

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A Recept for making a broune ffry

ffrigasie

take halfe a dosen Chickens and fleigh

them cut them vp in quarters breake

the bones of them very well stew them

in a pan very well with a fagot of

sweete herbs larg mace whole Cloues

a pint of sider a pint of white wine a

pint of clarret halfe a pint of grauie

a peice of lemmond and an onyon Chop

small pouer your liquor from them.

stew it vp with a couple of anchovies a

handfull of oysters thicken it vp with a

Couple of yelkes of eggs a slice of sweet

butter lay your dish with sippets gat

your dish with force meats garnish your

dish with all sorts of pickles dish it very

hot soe serve it in

Aqua Mirabilis o

Take Gallingall, Cubebu Cardomums, mellilet

Flowers, Ginger, Cloves, Nutmegs and mace, of

each one dram a Pinte of Aqua Vita, three pints

of sack, or white wine, one pinte of the Iuice of

Cellendine Let those ingredients of Druggs

and spices being Grossely beaten be infused in

the Liquors and Iuices one night, then distill

them vntill all be run out and let the Extract

fall into a Glasse in which you haue put halfe

a pound of white sugar Candy or hard Sugar

and take two or three spoonfulls when you

are in bed or in the day as Occassions serue

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To make the Duke of Yorkes

Cakes

Take one pound of fresh ............

.......................

Take one pound of fresh butter and

one pounde of powder sugar which

being well mixed with your hands

take seven eggs well beaten and put

them to the Aforesaid mixture this being

don then take one pound of fine fflower

dryed vpon A Chafeing dish of Coals and

put into it one halfe of the fflower and

about A quarter of one hour the other

halfe mixing it well together and then

take halfe one pound of Currants and put

into the Aforesaid mixture the Currants

being boyled a little before to fill them

To Make a seareCloth

Take fouer peniworth of sallett oyle one peniworh

of stone pitch. one peniworh of red lead boyle it

to gether ouer Coales softly till it looke black. Then dip

the Cloths in it; Haue a care it doe not Boyle ouer

o

To make spiretts of eleder

Gether the berries when they

are full ripe pick them Clean from

the stalkes and leves put them in

to a wooden vessell and mash

them well; to a bushell of berries

put a bottel of fair water and to

four bushells put a quart of alle

yest and a small cake of leaven

Crumbled in to the yest then pour

the yest all ouer the berries then

Couer them Clos with a couer and

once in to dayes put them dowen

and stirr them all to gether so

let them stand firmenting: 9 or

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10: dayes then distill them in a

lymbick in your distilling you

must keep your pot allwayes

boyling and about three parts

full and; from three gallans of

licker you must take a quart

of good spirit and as much at

the second rvning which you

may put them in to a fresh still

full of the lyquer,

Receipt to make ey wat

A receipt to make ey water

take a penyworth of aris root

cut small and a penyworth

of white Copeirs poud small

put it both into a quart

of runing water shake it

well to gether

To make exlent biskitt

take a pound of lofe suger well

dreyed befor the fyer pound

and scarced and set a gain to

the fyer and three quartes of a

pound of fine wheat flower

10 eggs leaue out to whits beate

them half an hour then put

in the svger hott and beat the

eggs and suger to gether to

hours when the oven is redy

which must be as hot as for

manchet strain the flower and

what caraway seeds you will

butter your tins will and bake

them not to browne the neuer

the eggs are the beter when they

are baked drey them befor the

fyer

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A resaite for the Clotts

A Resaite for the mollin ointment

Take halfe a pound of may butter

frese out of the Cherrn and one

handfull of mollin leves and

one handfull of rose Campon

leves made Clean and seedid

then boyl them all well to gether put

In on penyworth of bees wax and

sume rose water then boyl it a

littel more and then straine it

and to penyworth of the oyle of bay

and whith the bees with the bees wax

put it in

To Make the Plague Water

Take of Woodsorrell Rosemary sage raw saladine

Avens mint Baum Cardus fetherfew wormwood

Angelecoe Dragons Tormentell Scabious Egremone

Betoney Scordium Centry pimponell maywoode

sun dew and Motherwort of Each A quarter of

A pound virginian Snake weed one ounce the

Rutes of Elocompane piony and Tormentell of

Each two ounces Liquorish two Drams

Exodore two ounces Annicedes two ounces

Cut your earbs but not very small Slice the

ruts and liquorish beate the seeds then put

them into an earthen pot well nealed power

vpon them 4 quarts of sack or two of white

wine and 2 of sack which you please

Lay the the ruts and the seeds and the Liquorish

at the bottome of the pot then couer your

pot Cloce and let it stande 40 howers then

still it of in a cold still your first sort being

the Strongest you may give to old folks your

midle sort to any and your third to Children

but what ever sort you give mix Some of your

Last sort with it you must not lett your

fier be to hot vnder your still and those

drugs that are too harde to Cut beate in A

morter but not small

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for making of a hash with a Calves head

take your Calves head and parboyle it

very well cut the one side of it in thin

slices take it and sw stew it ouer the fire

with a quart of white wine a pint of

grauie and a pint of strong broath

a fagget of sweet herbs an onion chop

small a couple of anchouies an hand

full of oysters stew it very well to

geather season it with a littel peper

and sault take the side of the head an

season it well with peper and sault

sweet herbs chopt small wash them

well with the yolks of an egg broyl it

vpon a gridiron thicken it vp your

hash with a couple of yelks of eggs

put the one side in your dish garnish

your dish with sippets all sorts of pickle

pickled oysters slised limmond force

meats sossinges dish it vp hot and serue

it in

To Stew A Carpe

Take A Carpe Alive scower him well with salt

then scale him or not as you thinke fitt

then open him power into his belley A little

vineger and rub him within with salt which

will make him bleed freely then take

him with his blood and Liver and put them

into A shallow stewpan or Keetle then

take of time swett marjorum and parsley

a prety quantyty with A sprig of winter

savory and rosemary binde them in little

bundles and put them to your carpe with

A blade or two of mase A peece of

Lemon peele and three Anchoves then

power vpon him as much Clarret wine

as will well couer him Cover your stew=

=pan and sett it one A quick fier till

it be sufitiently stewed then take the

Carpe and Lay it with the broth into the

dish and power vpon it A quarter of A

pound of fresh butter wellbe melted and

beeten with halfe A dozen sponfulls of

the broth the yoaks of two or three Egss

and some of the hearbs shreded if you will

soe serve it vp. /

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for making of pust past

take a quarter of flower two pound of

butter fouer eggs breake a litle butter

the flower woorke it vp put three co..

of butter two of flower for boyling

the Aple take a littel Cloves and mace

and cinamon and put it in the aple and

put a little sider in for Coullering the

aple red take a penniwoorth of

scuchineale pound it in a marter

take a littel rosewater and put into

it stur it well to gether in the aple to

Couler the aple yellow take a pennyworth

of saftron dry it well at the fire beat

it in a marter then boyle it in the aple

with rosewater to Couler the aple put

take one penny woorth of turnsole boyle

it in the aple to Couler the aple green

take a handfull of serrill or spinnach

use the iuice of it sir stir it in the aple

To stew A Carpe Another way

Take A Live Carpe Gut and scale it give it

A cut in the neck Lett it bleed well then take

the blod Clarrett and watter as much as will

Iust Cover it their must be as much Clarret

as watter A little viniger A bundle of Sweet

herbs whole mace Cloves whole pepper

nutmeg Salt and onion or Shallot A peece

of lemon peele stew them in A Stew

pan or deepe dish over A Chafindish

of Chartcole they must stew very gently

for feare of Brakeing when they are

Enough take Some of the Liquor and

sett it over the fier with three or fower

Anchoves when they are disolved put in

Some butter beate it all vp very thick

with two or three yoaks of Egss you must

take Care the Egs doe not Curdle you

may put in stewd oysters if you please

and Soe Serve it vp. /

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to make snow

take three pints of creame and the whits

of eight eggs strain them to gather with

a litter rose water and as much suger as

will sweeten it then take a bundle of reed

and beat your cream as the snow riseth

take it of with a spoone in a cullender

that the thin may run out when you

haue snow anough to couer a dish take

the cream that remains and boyle it

with hole cloues and sinamond till it

bee thick then strain it and when it

cold put it into a dish and lay your

snow upon it and serv it vp

to make sasinges

take two pound of ientle line of a

hodg and one pound of the leaue and

beat it to gather in a morter and when

it is a nough season it with peper

and salt and spice then roul it vp

in bowles and fry them in a pan with

butter

o

A very good water for a feavor

Take halfe A pound of mint as much

Balme A quarter of A pound of

popys a quartre of a pound of card

vs halfe A quartre of a pound of

wormwood halfe A pound of

angelica shred the herbs and stupe

them all night in 4 quarts of new

milke to ounces of cinnamon A hand

full of maregould flowers and one

hand full of burage flowers distill

it in A Could still 3 quarts of good

water will come out of it

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to make biskets Mrs Beales way.

take seuen eggs and devide the yolks.

from the wh whits then beat vp the.

whits with a burchin rod in a deep.

pan till they frothe very much then

put in the yolks and beat them well

to gather then put into them a pound

of the best powder shuger and a

pound of fine flower still beating

with a slice then drop it vpon paper

and sift some lofe suger ouer them

and bake them in an oven not to hot

when they bee colered on the top take

them of the papers and put them

a siue into the ouen again to dry

o

A most excalent glister for

the spleen and wind

Take A pinte of new milke boyle

in it a handfull of Camamile

flowers or Camamile put to it

when it tis strained to spoonfull

of pouder shuger and 5 drops of

spirits of Castor

o

to Cause Sleepe in a weake Porson.

take white Popey seeds and sow them in

to litell bags either tifaney or lanel and

put them in a litell anyseed water and

at night a ploye them to each tempell

warm it before you A ploy it to the place

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to make Bisket

take to pounds of sifted suger and to

pounds of fine flower and sixtene eggs

and put them in a crock and as you beat

ss your eggs put in a handfull of flower

and another of suger till it is all in

strew it in very light then put in four

spoonfulls of sack then beat it vp as

hollow as you can for two houres and

neuer let it stand still then put into

it coliander seeds and caraway seeds

as many as you think fit beat them

again a littel then drope it with a

spoone vpon tinn sheets being but

butored before into littel round biskets

then sift them ouer with suger and

flower and put them in an oven not

to hot when they be bakeed pare the

botom of them and put them in a

seue and papers between every rond

and when the oven is allmost cold

put them in again to harden them

keep them in a dry place

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To Make a Cake

Take Six pounds of fflower five pound of Curants and

pound of Reasons of the Sun Cut and stoned and pound

and A halfe of butter and quart of Creame and pintt of

Barme take tenn Eggs and beate them with two or three

sponefulls of Rose watter Keepeing out two of the whites

take half A sponefull of Sallt two penyworth of Cloues

and mace and pound of loafe Shuger two ounces of

dates one peece of Sittorne and leamond of muske

and Ambergreace each one graine

How to mix it

Take your flower and put it into A pann or trind and

soe make A hole as big as you thinke will holed your

wetting first put in the salt and spice then put in A quar=

=ter of A pounde of your shuger beaten very small then

put in the barme and eggs take your Creame and make

it soe hot as to melt the butter and then stirr it

togeather and see that it be not to hott to scold the.

eggs then putting it into the rest take some flower

and strew gently ouer it soe setting it by the fier and

let it heaue one hower or more after it hath

stood as long as you please then take, it and kneade

it putting in halfe the muske and ambergrease then

lett it stay untill your ouen be ready and when

your oven is A gooing to be sweept then take

and mik mix in it your fruite and suckitts and beshu

=er you doe not let it stay long after the fruite is

in out of the oven in the the meane time while your

Cake is in the oven take the remaineing part of the

shuger and pound and sift it then take it with the two

whites of the eggs and beate in all the while your

Cake is in the oven if it be tas thick then

put in some Rose water and the rest of the muske

and when you thinke it is baked enough then draw it

and put on your Iceing. / and then eate it as fast as you

Can.

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to make scock colops

take a legg of veale and cut the leag

of it into thin slices and beat it and

lard it with backon take sweete hea

and nutmeg and strew on top of it and fry

it broun with butter then take the

yolks of four eggs and beat them

with some sharp sider with an

anchovis and a good peace of butter

then put it into your veale then

sheake it over the fire till it bee thick

and soe dish it vp vp

for makeing a pastye venison

take a side of venison and bone it vp

well take an ounce of peper mix it very

well with salt and slised nutmeg

season your venison take six pounds

of butter a peek of flower a dosen of

eggs breake your butter very well

into your flower woork it vp very well

with fayer water make your pasty

bake it to the quantite of fiue houres

when it comes out of the ouen cut it

vp set in a glas of Clarret four pounds

of suit belonging to a pastie for the bo

bottom of it to set vnder your venison

to serue it in

A london Receipt

To make A Sack possett

Take the yolks of 14 Egs & Six whittes & beate them very well & strain them into

A pewter Bason put A quarter of A pint of Sack to them A grated nutmeg A little

Sinomond as much white Shuger as you thinke fitt Sett them upon A Chafin dish

of Charcoles keep it Sturing till it is prety hot lett A quart of milke boyl up

vpon the fier put A peece of butter and two Sponefulls of Shuger in

it when the Egs are hott power in the mike upon them then Couer

it vp presantly Close and lett it Stand a quarter of an hower then sett it

upon A Cold Stone. / probat Est

To make A woodstreet Cake

Take 4 pound of fine flower A quarter of fine shuger sifted Cloves

mace sinomond & nutmegs as much as you please mingle

these alltogeather then take 3 pound of Curans well washed

pickt & dryed the night before you are to use them one

pound of of reasons of the Sun stoned & minced very small

put the frute to the flower shuger & spice mix them well

togeather then make A greate hollow in the midle of the

above named ingredients when you have put them

togeather in A large deep Earthen pan then put into

the hollow the yolks of tenn Egs and the whites of two

well beaten togeather with A Sponefull of flower

put to these A wine pint of Ale yest Straned and A good

pint of Creame being first boyled & takeing it of the fier

Slice into it A pound of Butter and when that is melted

put to them A quarter of A pint of Rose watter and lett

them have A warme over the fier whilst it be indeferen

:t warme then mix it with your Egs & then putt Some

flower lightly over them as when you lay leavens soe

lett it stand Close Covered by the fier if it be Cold weath=

er till it doe rise and run over which will be in A quarter

of an hower then with A puding Slice Stur it very well

& thoroly togeather and soe Cover it Close againe &

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lett it stand an hower in the intrine prepaire your

papers thus to bake it in the botome papers must bee

sheet of browne & white paper that which goeth round

about the Cake must be duble white of A yard & half

long & halfe quarter & naile depe when you have sewd

your papers to geather in A round forme to the botome

soe high as you intende the Cake shall Come then

with A spone put your Kake into this Coffin & soe into

the oven and their lett it stand 3 quarters of an hower

then draw it & Ice it thick over and soe sett it in

againe & lett it stand A quarter of and hower then draw

it and when it is Cold pull of the papers./

How to bake the Above named

Cake

Your Oven must be heated as it is for white small

loves of Bread & before you sett it in you must

sweepe the oven & sett vp the stoue halfe A quarter

of an hower or Else it will Crack the Cake./

you must be shewer to butter the inside of your

papers befor you putt your Cake in that they

may Come of without sticking./

To make A Lumbard Pye

Secend Cource

Take A Couple of two peney loves grate them very

well take halfe A pound of Currans three kidnes

of veale or for want of them the flesh of pullett

Capon turkey or rabitt Chopt it very small mix

it well togeather season it well with Cloves

mase and A little Salt worke it up very well

with A pint of Sack the yoaks of fower Eggs A

glass of Roas watter sweeten it well with

shuger make it up in Round balls Rais your

Coffin lay it well in the bottom with sweet butter

Lay them in your Coffin take halfe A pound

of marrow and put in with them take halfe

A pound of Canded leamond oringe peale

Ringoe Roots & dryed dates lay them all in

slices & peeces in your quarters whear you

see Coveniant take likewise halfe A pound

of preserved pearkes & Aprecocks and doe

the like Bake it & take halfe A pint of

sacke for the makeing your Caudle the

yoaks of two Eggs sweeten it well with

shuger A peece of sweet Butter thicken it

very well over the fier put it into your

pye when it Comes out of the oven &

soe serve it in/

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To make Cheescakes

you must sett tender 4 quarts of new

milke & halfe A pint of Creame and when you haue

got it Cleane from the whey you must beat it in

A morter with A wooden pesteell till you the beshuer

the Curd be all all broke then put in some thing about

A quarter of A pound of fresh butter and beate

it till you cannot see any of the butter then

take it out of the morter and mix it with the

yoaks of Eggs & three whites A nut meg

A pound of Currans allmost halfe A pint of Cream

three sponefull of shuger A little Rose watter

this quantyty will make Iust six in the patypans

Annother way to make

Chese Cakes

take a pound of iordane almons and blanch

them in cold water and beat them in a

morter puting to them a littel rose water

and fire to them now and then to keep them

from oyling you must beat a dusen of egg

yolks and whits and mix them dwith a

quart of creame and let them run throw

a seeue and then put your almonds and

creame and eggs to gather and set it one

a charcole fire sturing it that it maynot not

burn to and when it doth begin to heat you

may store in half a pound of currans and

put what suger you think fit when you

find it begin to turn a littel take it of and

let it stand it be cold

To make a tansie

Take a quarte of new cream

and a qurter of a pound of

napell biskets grate them

and put them into the cream

and a grated nutmeg and 2

penyworth of spinnig and a

handfull of tansy pick it and

and wash it very clean and

swing it in a clean corse

cloth put in the straind throw

a hare scfe take 14 eggs take

away 6 of the whits and bete

them very well and strain them

in to the Iuice then put the cream

in and sweten it very well put

in a littell salt put it into a

cleane skillit put in a bout 2

ounces of fresh butter and

melt it and shake it all about

the skillet then put in the tansy

and set it ouer the gentell fier

and keep it stiring tell it is as

thick as batter then take a round

tin puding pan and butter it

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well then put in your tansey and put

it in an ouen that is not to hot and half

an hour will bake it then put it on a

plate or a maserene and squis the Iuice

of 2 orings upon it and good store of

double refind suger beten small garnish

with slices of carue oring and qurter

if you bake it in a frying pan it most

be with a gentell fire but an ouen is beter

To make a quaking puding

Take a peny lofe and grate it take a

pinte of cream and 8 eggs put a way

the whites bete them very well grate a

nutmeg and 2 sponfull of rosewater mix

all these together a littell salt and as much

suger as will make it plesent let your

puding cloth lyle in water a littell

then squse it out and spreade it ouer

with butter then strew it ouer with

flower and lay it in a bason put in the

puding and tey it vp clos one hour to

boyle it for saces a littell sacke and a

quarter of a pound of sweet butter

and a good sponfull of fine suger set it

ouer the fire and melt it thick and scrape

lofe suger set ....... vp on the puding

and round the brims of the dish pour

on the sauce to serue it to the table

you may coler it with Iuyce of spin

nage or cowslips or malets or marygolds

To make a rice puding

Take a qurter of a pound of rice and boyle

it in a quart of milke tell it be very tender

then put it in to a cullinder and let all the

milke draine from it beate it in a marter

grate in a qurter of a pound of napell

bisket a pint of cream and 6 eggs a

grated nutmeg a littell beten cinnamon

2 sponfulls of sack a littell rose water a

littell solt and as much suger as will

seson it to your taste then take a cloath

dipt it in boyling water and butter it

ouer well and strew it ouer with flower

and boyle it tey it vp clos and boyle it

one hour make sauce for it with butter

and suger melted thick pure it one the

puding scrape on suger and beten cin

namon and serue it to the table if you

bake him then put in half pound of

currants and halfe as many resons and 3

qurters of a pound of beff suet sred on hour

will bake it the ouen must not be to hot

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To make an Allmond puding

Take half a pound of almonds and blanch

them bete them in a morter with 3: or 4 spoon

fulls of rosewater grate a qurter of a

pound of napell bisket or the crum of

peny lofe a littell beten mace a litell sack

and as much suger as will make it ples

a pint of cream and 8 eggs take away

half the whits bete them very well and

straine them throw a hear sefe mix it

well to gether dip a cloth in boyling

water and squese it out hard then butter

it all ouer and put the puding in it and

tey it up clos and let it boyle quick on heat

take a qurter or a pound of smoth suger

almonds or blanch almond and stick

them vvpon the puding 4: sponfulls of

sack a good pece of fresh butter and mix

it thick and sweten it and pour it all

ouer the puding before you stick the

almonds scrape sume fine suger one

brims of the dish so serue it vp

To make an oringe pudding

Take the pels of 4 good oringes and boyl

them in a good quantity of faire water

on hower then pour it away and put

as much as at first and boyle it as be

fore on hower and so doe for 3 times

then put them in to could water and let

them ley all night the take them out and

dry them in a cloth and bete it in a stone

morter very fine and halfe a pound of

napell bisket grated and on quart of

cream and :10: eggs take away halfe the

whites bete them very well and strain

them in to the cream grate a small nut

meg and put in a littel salt & halfe a poun

of good suger ster it well to gether then

haue haue a thin sheet of puf past and

flower the bottom of a depe pewter dish

lay on the pufpast then put the puding

halfe a pound of good fresh butter

butter it all ouer the puding in small

peces then cover it with another sheet

of pufpast not to thick and cut it with

fine works & on the brims of the dish on hour

will bake it

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for a Quinsey or sore throte

Take sallet oyle large mace & red sage boyle

them togather annoynt the throte & lay an

cloth on it to keepe it warme

for Convulsion ffitts

Take Rosemary stamp it & straine it & giue

it on a sponefull of beare before the fitt or

new mone

Doctor Morns his Purge

Two Ounces of Mannah 3 scruples of salt

prunella in a quart of Whaye

for the Green sickness

Take rosa sollis new gathered beat it into a

conserue with suger lett the party eate as

much as a nuttmegg fasting fast 2 hours

after it useing exersise in a weeks time

shall cure them

1for the stone

Take a pint of Beane watter 8 ounces of

marshmalloes take 2 spoonfull at a time

2for stomach wormes

Take 3 bunches of Lavender cotton boyle it

a pint of new milke take night & morn

fasting

3for a sore throte

Take allum fine suger planton watter ho...

of roses surip of mullberys of each a little quart

to gargle the throte

4for the falling sickness

Take young ravens when they are ready to feed

bake them with browne bread till they are

powder mix it with honey till it is an electuary

for a sore Brest

Take Hemlock & oatemeal & lilly roote a handfull Chopp

these togather & make a plaister anoynt the place

with warme milke twice a day

for a spraine or bruse

Take a handfull of bay leaues 2 handfull of Camom

ell Rosemary & sage of each one handfull chop them

them togather & mingle them to gather with may

butter put them in a seller nine days Clarefie it

& keep it for your use

a Glister for wormes

boyle a little wormseed & southenwood & sentry in

posset drinke sweeten it with brown suger drinke

it 3 weeks togather

To pickle Mushrooms

Pick them and wash them in 3 or 4 waters

with a good deal of salt then put then into

a kettle with a good quantity of salt without

any water sol let them boyl till they be

tender make the pickle of white wine

vineger nutmeg mace cloves ginger peper

and put them up hot.

If you have but a few you must boyl them

with a little water.

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For a quinsey or sore Throte

Take sallet oyle large mace red sage boyle

them to gether and anoint the throte lay a red cloth

on it

For convulton Fitts

Take rosemary stampt it strain it give it in

a spoonfull of Beere before the fitt or now

Doc Morns his Purge

Two ounces of manna 3 scruples of salt

Prunella in a quarte of Whay.

For the Greene Sickness

Take Rosa-solis new gathered beate it into a

consarve which suger let the partey eate as much as

a Nutmeg fasting 2 hourse after it vseing

Excercise in a weekes time it shall cure them

For the stone

Take a pinte of Beane watter 8 ounces of

March mallowes take a spponfull at a time

For Stomacke wormes

Take 3 Bunches of Lavender cotten boyle it

in a pinte of new milke take it Night and

amor

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For a sore Throte

Take allum fine suger planton water

honey of rosses surrup of Mulberryes of Each

a Little quantity gargle the Throt /

ffor the falling sickness

Take young Ravens when they are redy to

ffly bake them with Browne Bread tell they're

Powder mix it with honey tell it is an Electnary

ffor a sore Brest

Take hemlock and Ottmell a handfull of a

Lilly roote Chop those to Gether and make a

Playster Anoint the plate with warme Milk

Twice a day/ /

ffor a spraine of Bruse

Take a handfull of boye Leaves 2 handfull

of Camomell Rosemary sage of Each one

handfull Chop them to gether mingle them to gether

with may Butter put them in a seller Nyne days

Clarifie them and keepe them for your vse/ /

A Glister for wormes

Boyle a Little wormehood and sowthernwood

sentry in possett drink sweeten it with Browne

suger Drink it 3 weekes to gether /

Another medson for the stone

To a quarter of a pinte of white wine put as

much Black Cherry water 2 ounces of surrip of

Lemond as much surrup of Mallows Take 4

spoonefull in a Morneing and 4 in the

After Noone /

A drink for a Cough

Take a handfull of ffiggs a handfull of reasons

2 ounces of dates an ounce of greene Liquorish

halfe an ounce of Aniseeds a quarter of an ounce

of Elicum pane boyle it halfe a way sweeten it

with halfe an ounes of suger Candy Drink it

Night and Morneing/ /

To make surfitt water

Take a Gallon of the best Aquevita put it in

a greate Glass bottle then put it into it Resons

of the sun ston'd white suger Candy of Each 2

pounds, nutmeg, Cominout Cloves beaton of Each

an ounce Liquorish sticke sliced Anyseed Beaten

of Each 2 ounces Then add to it a quart of Red

popie water and a pinte of Damacke Rose

Water stopp up the Bottle Closs shacke it once

a day: you may make a second sorte of water when

you have Drawne of the first by puting in halfe

the Quantity of waters /

To make surrup of Voiletts

Take a pinte of spring water and a pound & halfe

of Double Refin'd suger and boyle it tell it be

a surrup then take a good quantity of violetts and

beate them well then put them into the surrup

when it is over the fire and lett it stand a

little then straine it out and put it up for

your use /

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To make a Cake

Take 5 pound of fflower dry it 5 pound of

Currants cleane pickt washed and Dry'd 3 quart

of a pound of suger one quarter of a Ounce of

sinnimond 3 Nutmegs and a little salt mix

them all together then take a quarte of Cream

warmed a pound and a halfe of Butter melted

good pinte of Ale Barme 16 Eggs halfe the

whites Beaten them very well soe put your

currants and Butter and Barme and Eggs in

the flower mix it all to Gether put it before

the fire to rose a bout a quarter of an hower

if you will you may put sack into it and Ice it

Double refin'd suger and Rose water and a

spoonefull of storch Beten on way all the while

your cake backes and then your power it on the

Topp/

To make Schotch Scollops

Take a Legg of vele and Cut the ffleshey parts

into Thin Slices as a shilling and as broad and

as Long as your fore finger then hack and beat

them with the Back of the Knife then fry them

Browne and not enough over a quick fire then take then

take them out & keepe them hot then put in A

pinte of stroung broath or Clarrett or gravie

2 sollots or a Onion spriggs of time 2 of sweete

margerum 6 of parsley mince them first and put

in Anchoves a halfe Nutmeg as much pepper

Cut a quarter of a pound of the fate of Bacon &

as small as peace soe lett it stew vp and put

the Collups and lett them stew all to gether/

Two minuits and put in 6 yolks of Eggs Beaten

with a spoonefull of viniger and a quarter of a pound

of Butter soe shake them together tell it is redy.

to boyle and soe serve it up so you may fry

forse meate vele sweete breads and Lamb stones

and Bacon Rround them and put in oyestrs and

such things Larde it them plese /

How to make sawce for ffresh ffish

Take for any of these samon Trout or pike

perch smelts or fflowndr or Plaice or Carpe or Towce

Take 2 Anchoves 2 sallots and mince with it halfe

a Nutmeg and cut a Little horse Redish the In

=side of a Lemmon and halfe a pinte oyestr & quarter

of a pinte of gravey or Clarrett and lett them boyle

up then put in a pound of Butter and stir it tell

it is all melted soe serve it up /

How to make forst meate.

Take halfe a pound of vele the same of Beefes

suit mince it small then take 4 sprigs of time

4 of peny Royale halfe a handfull of spinnige &

parcly a Nutmeg grated as much pepper a spoonefull

of salt, soe worke this up all together with 3 or 4

yolks of Eggs and halfe a peny white Loafe grated

and make sume as Long and as Bigg as you.r finger

and sum rowne and as Bigg as small as a Nutt

and fry them for hash or ffrigeces on Potage /

To make a Oyester or most sorts of ffrech ffish

Pyes

Take a quarte or two of oyesters and see there

be noe gravell in them then take a quarter or a

Nounce of Cloves and mace and much peppr 2

Anchoves 2 sallots 3 sprigs of sweete morgerum

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Three of time 6 of parcly mince all these fine

and mix them with as much salt as will lye on

a six pence soe put them in your Pye and a pound

of Butter a top and halfe a pint of Srimps and

Bake it an hower then put in a Cawdle of

a pint of white wine thickened with five

yolks of Eggs/

The Lady Hulls Pumatum

Take some of a Leafe of a hog new Killed take

of the skin put it into a Basson of cleane

water shift it 2 or 3 times a day powering out

the Water and putting fresh when you haue soe

shifted it Nyne dayes let it set in a place when

there is no :fire then take the best pipens and put

them and slice them as you would for friters take

out the cores thene them, takea clene new Er..

Jugg and Lay a Layer of your Pippens first in the

Bottom of the Jugg then a Layer of the fat and

a Nother Layer of then pipens tell your Iugg is full

then stop it very Close with a Double paper or

soty it downe then then set it in a Cettle of water

Lay a brick or something on the tope that no water

getts In soe lett it boyle 2 or 3 howers then take

a fine Cloth and straine it while it is hot into

a Basson then the next day turne the Cake and

scrape all the blacke and throw away the water

then beate it in a Earthen or Silver bason 2 or 3

howers still powering a way the water that com

from it soe beate it tell it is as white as

snow then put in some Rose water to Cover

it all over the Same day beate it very well

Rub the Tongues well with the spice all over but

noe salt sticks them with a few cloves bake

them with Butter 6 howers & then fill them with

Butter Keepe them for vse the Tongue must be

Cold before it is stuffed /

To make Seede Cakes

Take 4 pound of flower seercht fine a pound

of Butter & almost a pinte of Ale Barme with

a quarte of creme from the fire 4 spoonfull

of Rose water then you have mingled these well

together Lay it before the fire to rise halfe an

hower vntell the Oven be made theane let it

be not hotter the for mainchett sett up the

oven Lid after it is Cleane take a pound of

Biskets and halfe apound pound of carraway comefitts

mingled together then mingle your paste with

these and make it in a Cake and lett it stand

a hower /

To make a Lemmond Sallet

Take as many Lemmons as you please put out

all the meate cleane them very well boyle

the rhines very Tender dry them well with a cloth

and put them in a pott with viniger and a good

delle of suger in a short time they will be fitt

to Eate it is best to boyle the viniger and

suger to gether first /

To Stew a Carpp

Power clarrett downe the mouth and cutt it

up take out the Gutts and save the Blood put to

it spice and Clarrit onions Anchoves Sweete

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Hearbs sume peeces of Browne Bread a

peece of butter take for the sawce Clarrett

Onion spice Anchoves and the bread that was

stew'd with it masht fine and straind through

a fine Cloth take as much as will thicken

the Butter and 2 yolks of Eggs /

To make an Orenge Pudden

Take 2 Orenges either dry or wett beate them

in a mortor tell they cum to a past and

then put to them halfe a pound of butter &

beate them a quarter of an hower then put

in halfe a pound of suger and beate this to-

gether then Take 18 Eggs the whits of 5

and beate them well together then mix this

well together tell it be like butter then Lay

puft paste in the bottom of your dish put it

in the oven to harden before you put in the

Pudden into it, for the pudden must stand

but halfe an hower in the Oven /

Mrs Parkers way for a Hash

Take your caves head and boyle it tell it

begins to be a Little Tendr then take it

it up keepe halfe of it whole Lard it with

Bacon and Lemmon peale Take the meat

cleane of the other parte but saue the bone

ffry some of your meate stew some brile the

whole side haue Lambs stones sweete bread

oysters mushrones ffry some boyle some more

Batter of Eggs and fflowers dry sage Leaves

And ffry them cut the braines in 4 square

bits flower it and fry them put the bones

under the halfe head and pile all the first

meate make on it some Long some round

stew some fry some /

To make a cold Possett

Take sweete creme and boyle it with some

Lemmon pele and a sprige of Rosemary

and when it is boyl'd Lett it stand tell it

be milke warme then haue reddy your possett

pot with white wine a Little water the Iuce

of Lemmon and suger as you like it then

standing on a high stoole power out the

Crem and be as Long a powering of it out

as you can stur it and Lett it stand an

houer /

To make a whip Possett

Take a quarter of a pinte of sack or more season

it with suger put it into it a pinte of crem put

it in a bred dish then take a bunch of dry'd

Rosemary the Leaues stript of whip it tell

you see a greate deale of froath rise then Take

it of with a spoone and Lay it on the Possett

cup tell it be full soe Lett it stand a hower or

2 before you sarue it in you may make

The same with Clarrit or the Iuce of

Rasburyes which Lookes well /

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To make strawberry ffoole

Take a quart of sweete Creme and boyle it with

12 Eggs Leave out all the whites 3 graines of Amber

grece lett it boyle thick but not crudle then take

it of the fire and put in halfe a pound of suger and

a quarte of ripe strawberryes stur all these to gether

and lett it be cold and so serue it up /

How much flower Butter you must put to a peck of

fflower for all sorts of Paste /

1 ffor pye and Tarte paste 3 pounds of Butter

to a peck of fflower and make the Paste with

Boyleing water/

2 ffor puft paste Eight pounds of Butter and 8

Eggs to a peck of fflower and mak the paste.

with Cold water /

3 ffor pasty Paste 4 pound of Butter and 6 Eggs

to a peck of flower and make the Paste with

Cold water /

ffor Custard paste Boyleing water and noe

Butter/

How To Season Custard Stuff

sett 2 quarts of Creme over the fire with whole

mace and slice Nutmegg when it is scalding

hott straine out the spice then beate 14 Eggs take

out the whites of 7 Beate the Eggs and straine

out the Treads mixthe Eggs and Creame together

with suger and Rose water harden the Coffin

and fill it /

How to make Marrow Pudden

slice halfe a pound of Biskett in Thin squares

slices then take the marrow of 2 bones cut

square like dices and some Reasen stones and

slice dates sitterne and Orrieng and Canded

Lemmon mix these to gether and butter the

Bottom of the dish and Garnish the brimes with

Pufe paste and then fill it with a quarte of Creme

4 Eggs and Rose water and suger and Nuttmegg /

To Season a Devonshire Pye

Cutt a Loyne of Mutton in steaks and seasone

them with peper and salt and Apples and Onions

and a Little faire water and bak the Pye 2 howers

when it is baked put in a Little drawne Butter

and stire it all together /

To make a Carp or Ele pye

Cutt in peeces the Ele and season it with pepr

salt Nutmegg slice Lemmon and Barrberryes

and currants put butter in the Pye and bak

it 2 howers schall and bone the carp season

it as above, put in Reasings and currants

and bake it 2 howers and make a Lear of

verges Butter and suger and the yolke of an

Egg heate it over the fire and fill the Pye /

To make a Steak Pye

Cut a Loyne of Mutton in steaks and season

it with peper salt and Nuttmegg sweet hearbs &

on Onion a few cappers put Butter in the Pye

and bake it 2 howers when it is baked fill it with

Anchoves Sawce /

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To season a Rice Pudden

Boyle a quarter of a pound of Rice in a quart

of milk with sinemt whole and when it is

Tendr put in 4 Eggs and sack Rose water

and suger a Little Saffron and Marrow

and Currants and Cover it with Pufft pastry

To Season a Turkey Pye

Bone the Turkey and Larde it with fatt

Bacon and season it with peper and Salt

and Cloves and mace and nuttmeg put butter

in the Pye and Bake it 4 Howers when it

Bakt fill it with Clarrifi'd Butter /

To Season a Lamb Pye

or a vele Pye

Cut the meate in steaks and season it with

peper and salt and nuttmegg and suger put the

meate in the Pye and Large mace sliced Lemmon

and Barberrys and Reasings and currants and sweet

meats if you please put Butter in the Pye and

Bake it 2 howers when the Pye is baked mix

a Lear of white vine and Butter and suger

the yolk of an Egg heate it over the fire

and fill the Pye /

To season a Chicken Pye

Cut the Chickens in peeces and season them

with Nutmegg suger and salt and a Little peper

put the Chickens in the pye then Large Mace

Sliced Lemmon peele, Dates and Barrberryes

Canded Orrieng and Lemmon peele Dates and

sitterne put the butter in the Pye and Bake it 2

howers when it is baked make a Lear of sack

suger and Butter and the yolk of an Egg heate it

over the fire and fill the Pye /

To season Goose Pye

Bone the Goose and season it with peper and

salt and Cloues and mace and ginger put

Butter in the pie and Bake it 4 houers when

then Pye is Baked fill it with Clarrified Butter

To make sweete Water

Take a handfull of sweete margerum a handfull

of time a handfull of savory and a handfull of

hisop put halfe apinte pinte of Damask Rose water

Leaves strip the herbs of the stucks put them to

steepe in the Rose water with the peele of halfe

a dozen Civill orrenges halfe a quarter of an

ounce of sinamon the same quantity of Cloves

mace Nutmegg with a peniworth of Arras

Powdr put it all together to steepe for a Night

then Still it of if you Double still it, it will

Keepe the Longer /

To pott Venson

Take your venson and beate it very well if

it be very fatt you must take some beefs shuett

and beate with it then season it pretty high with pepr

and salt and a Little Cloues and mace but not

to much of the Latter, Lay 2 or 3 bay Leaues

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In the Bottom of the potts and then Lay

your beaten venson in them Cover it thinn

with butter and cover the potts with paste

when it is Baked very Tendr then draine

it well from the gravie and put it into dry

pots and kepe out the liquor and cover it

well with Butter /

To make an Orrieng Cake

Take 3 or 4 Orriengs Lay them in water

2 dayes shifteing the water twice a day boyle them

Close cover'd tell they be Tendr take them

out and beate them to a paste, to a pound of

puly a pound and halfe of sugger with the

Iuce of 2 Lemons Either boyle your suger

to Candy height & then stur in your Iuce

and puly or Else put them or the fire together

while the suger Melted if you doe them the

Latter way the suger must be Beaten and

sifted Drop them and dry them in a

stave /

To make a Gelly

Take 8 vnckles of vele lay it in water one

night to take out the Blood put it in a ppot

with a Gallon of spring water sett it on the

fire scum it well let it stew safely tell it

Gelly straine it from the meate & lett it

stand tell it be cold take of all the fatt and

Putt the Gelly in ^ a possnet set it over the fire to

melt put in 2 ounces of siniment one ounce

of Nutmeggs brused and ounce of Loafe suger

halfe a spoonefull of Rose water 3 spoonfull

of the Iuce of Orrienges or Lemons the whites

of 8 Eggs beaton to a froth sett it on the fire

not sturing it till it Boyles up run it through

a bagg offten till it Looks Clear /

To hash a Calfes head

Take a Calfes head and boyle him Tendrthen

Cut it in small peeces and put to it a pinte

of Clarrett with a little of the broth it is boyld

in and lett it stew gently then put in a good

peece of butter a Nutmegg 2 or 3 whole Cloves

a bundle of sweete herbs bound up close take

6 onions apeece of fatt bacon cut small

and lett it stew with 6 Anchoves Cut the bones

and lett them stew beate them 3 yolks of Eggs tas

it together in a pan the Dish is Garnished

with hardychockes bottomes sweete bread and

Lambs stones/

To make a ffriggasee of Chickens or Rabbets

Take Chickens or Rabbets flay them and cut

them in small peeces breake the bones take out

the Biggest of them dip it in yolks of Eggs and

fflower made into batter make strong broth

of any meate you can gett and of the bones

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And wast peeces of Chicken put it in a

bunch of sweete hearbs /

To make Cogs Biskett

Take 3 pound of fine flower well dry'd a

Ounce of Carraway seeds 6 spoonefull of suger

Double Refin'd 6 spoonefull of Ale 6 Eggs

the whites of Two and wett it with warm

Milk 2 peny worth of safforn lett it Lye

to Rise /

Mrs Bests way for Clear Cakes

Take 3 pints of Goosberrys top and Tayle

them put them in a skillet with a little a half

a quarter of a pinte of water sett them on

fire and when the begin to boyle and discouler

put in as much water as before by little

and Little and when it is thin as a pancake

batter Lett it boyle a quarter of an power and

put it in a Canvas strainer that is sow'd at

one Corner and /

To make Goosberry Biskett

Take 2 quarts of Goosberrys put them in a

Large mugs and sett the mugg in a pott Cover

Close and boyle them lett not a drop of

water gett in then when very safte take a

pulp them through a haire sive then take the

pl pulp & whisk it very well putting in the

Weight of the pulp of fine scarched double

Refin'd suger whisk it 3 or 4 howers then

take square peeces of white paper and make

Coffins put in your biskett stuff, then sett your

Coffen on Tin plates and sett them in a stone

and when it will come Clean out cut them

in which shape you please and searve it In/

Mrs Bests way for clear Cakes

Take 3 pints of Goosberrys top and taile them

put them in a skillett with a Little above a Quarter

of a pinte of water sett in on the fire and when

they begin to boyle & discouler put in as much

water as before by Little and Little and when

it is as thin as a pancake batter lett it

boyle a quarter of an hower and put it In

a Canvas strainer that is sow'd at one Corner

and hangh it up and lett it hangh without

squeezeing and run out only scrape it a Little

downe with a spone then take the weight of your

Liquor in a double Refin'd sugar and beate it fine

and put to it, sett it over a fast fire and kepe

it sturing tell it be desolued lett it not boyle

then put them out in Clear Cake glasses not

to thick and they will crome pule of the topp

skin and they are the Clearer in all Cakes sett

them in the stoue to Candy turne them and cutt them

into what place you please keep them and turning tell

they are dry the Goosberryes are done when they

are Greene with a Moderate fire /

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Scotch Scollops

Cut thin slices of a Legg of vele Chopp it

withthe bake of a Knife lard it with Bacon time

Lemmon peele dipp it in batter made of the

yolks of Eggs and flower make balls of vele

sweete hearbs peper Salt nuttmegg Lemmon

Peele Anchoves all beate small roule them

up with yolks of Eggs and grated bread fry this with your

meate in butter when they are pretty browne

power out the butter & straine to them some

strong broth put in gravie (If youe have it)

Anchoves a bundle of sweete hearbs nuttmeg

mace slices of Lemmon a Little salt sallott

white vine lett it stew A good while then put

In a Convenient quantity of Butter and

thicken it up with yolks of Eggs/

To make a Cold Hash

Take a Cold cappon or Chicken pule of the

skin & put it in thin slices & mix with it then

take 3 or 4 Cabbeg Lettis cut it grose and

mix with it Oyle vineger and peper Solay it

Like a star in the Dich and Garnish the Dish

with Lemmon peele and Blew flowers /

To make an Allmond Pudden

Boyle a pinte of Creme with Sinament or nuttmegg

tell it tast well of the spice then pare the crust

of a peny Lofe and slice the crum in the creme

as it boyleth take it of the fire and cover it Close

tell it be Chocked Safte that you may beate it to

a pap then put to it halfe a pound of Allmonds

reddy blanched and beaten with Rosewater very

findly 3 or 4 Yolks of Eggs a good quantity of

beefes suit shred very smale 3 or 4 spoonfull

of sugger as much sake a Little salt mingle

all those to gether and put them in a dish

to bake lett not the Oven be to hott before you

put it In the Oven stick it thick with Resons

of the Son you ^ may make the Pudden with rice or flower

schoked like the Bread and then it must be no

Bread /

To make Clowded Creme

Take a Gallon of Milke boyle it a pretty while

then put 2 quarts of creme Lett it boyle a pretty

while after that put in a Little Salt then put

in a Milk pan in a Coole place skime

it next morning /

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To mak a Hash of vele

Cut the vele in thin slices season it with

savory and time shord small and a little

peper a pretty deale of Nutmeg grated then

put it in the Dish or stew pan with some butter

in the bottom Cover it Close lett it stand on

the Coles a quarter of an hower then put in

a little Oyster Liquor a few minced Cappers

then sett it on the Coles againe as Long as

before, Dish it out with sippetts and take a

hard Egg & spred the white with parsly put in

a little into your sauce Garnish your Dish with

the rest then sred the yolk very small and

strew over the meate and soe searue it up

Another way to pickle Cowcombers

Take Cowcumbers Rub them cleane lay them

In a pott take water and salt make strong

Brine to beare an Egg lett it boyle and put

it to the Cowcumbers as hott as yow can soe let

it stand 24 howers take white wine vineger

and boyle it with Dallfennele seeds Cloves mace

Nuttmegg whole peper Ginger Draine out

your brine and put in your pickle as hott

you can /

To Preserve Goosburys

Take as much sugger as your Goosberryes weigh

unpicked and stoned to every pound of suger

take halfe a pinte of water when your Goose

=berrys are Clean peck't and ston'd sett your

suger and water over the fire lett it boyle

before it be skin'd put in your Gooseberrys

and lett them boyle as fast as yow can possible

tell they be cleare and the surrup thick enough

which will be in less then a quarter of houer you

must not put your Goosberrys in your Glasses tell

they are plumb Run some of your surrupp

through a Tiffiny into your Glasses before the

syrup is to much Yallow'd when the Goosbery

haue stud a Little put them up & run the

rest of the surrup upon them through a

Tiffiny /

To dry Goosberrys

Take the fairest Goosberrys yow can gett new

Gather'd cutt of all the Blacks prick them full

of holes with a pin take to Each pound of Goosberrys

3 quarters of a pound of sugger then put In goosberrys

and suger in a presarueing pan and boyle them

tele they are Tender lett them Lye in the surrup

2 or 3 dayes you may heate the surrup and lay

them on a silver dish take to Every pound of

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Goosberrys halfe a pound of suger boyle

it to a Candy heigh power it on them as

soone as they are Lay in the Dish lett them

Lye 2 dayes Lay them in Glasses to dry in

shifteing them in clean Glasses Every day /

To make a Gelly

Take 3 quarters of a pound of Red Rasberrys

and a quarter of a pound of white put to a pound

of - 3 quarters of a pound of suger desolue

your suger in the Iuce of Rasberrys sett them

on the fire lett them Boyle tell you can

see them begin to Gelly take them of

and put them in Glasses /

To Preserve Cheny Orriengs

Take your orrienges and lay them in water

24 howers Changeing the water 3 times then

boyle them in 2 or 3 waters tell they be

Tender then take them out and lay them

in a Cloth to drain take to Each of the

Orrienges one pound of suger and a pinte

of water and make a surrup put the orrenges

into it sett them over a few Embers half

a hower but they must not boyle, do soe 2

or 3 dayes boyle them in that surrup tele theyre

Cleare take them out and set them on a sieve

to draine soe yow must make them /

To make Appricoke wine with water /

Take to Every gallon of Appricoks a Gallon of

and halfe of water and 4 pound of suger boyle

the suger to gether power on the fruit, being

put in a Barrel stop it up Close tell it hath

done workeing after 2 or 3 moneths drawe it

forth into another vessell and put a pound of

suger to feed it & when yow finde it clear &

ffitt for bottling draw it of yow may draw a

strong water of the first thus yow may doe any

sorte of fruit /

To make Clear Cakes of Plumbs

Put your plumes into a pott Cover'd Close put

to it a skilett of boyleing water lett the Iuce be

all out of the skins take to every halfe pinte

of Iuce a pound of suger stur it with a spoone

sett it on warm Ashes one hower put it In

Glasses sett them on a stoue turne them

when yow thinke ffitt /

To Candy Appricoks

Preserve them first till they Looke clear and

no Longer then take them of and lett them Lye

in the surrup 2 dayes then take them out of it &

draine them clean from the surrups put them in

a dry Glass take a pound of fine suger and with a

pint of water boyle it halfe an houer skime it

verry well whenit is cold put as much of it on your

Apricoks as will couer them put them in a stove to

dry put a Little fire to them / Everyday /

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To make poppie water

Take a gallon of the best Aniseed water a

peck of the best poppes when they cum first an

ounce of the best English Liquorish slice a quarter

of an ounce of Ginger slice a quarter of an ounce

of dates a quarter of a pound of Reasons of the son ston'd

6 figgs slice a handfull of Mother time tops

of mines one ounce of nutmeggs grated steep

this 9 dayes and lett the water be strain'd and

soe boyle it up with a pound of lofe suger tell

it comes to a Gallon /

To make Madam Buttlers Red watter

Take halfe a Busshell of poppies and 4 quarts

of sack 2 quarts of Brandy 2 quarts of suger

put it in a bottle sett it in the sun Close

stop'd let it stand 6 dayes then straine it

hard out take 6 ounces of Liquorish 4 ounces

of dates Cloves ginger Nutmegg mace Each

an ounce Cardimum seeds Caraway seeds

of Each an ounce halfe a pound of ffiggs put

all these together and lett it stand 3 dayes in

the sun then straine it out put to this halfe

a peck of Clove gilly flowers take 3 quarter of suger

Candy finely beaten & put it in a bottle

stop'd Close /

To Preserue Cherries

Take a pound of Cherries cut the stalk halfe

of Cross every cherrie on the Top only race

of the skin take 3 quarters of a pound of other Cherries

pule of the stalks & brack them without any

water & boyle them tell they cum to the couler

of Clarrett straine them into a Bason and

take a pound and quarter of fine suger beaten

small divide it into 3 parts put one parte into

the Liquor sett it over the fire untell the suger

be melted take it of and skime it lett it

stand tell it be blood warme put in the Cheiries

yow intend to presarue and lett them boyle

as fast as yow can then strew in one parte of

the suger let them boyle up againe take them

of the fire and scum them and strew the other

parte of the suger lett them boyle as foresaidthen

take them withthe fire with a Thin Trencher that is

Round, upon a pen Knife point when they

be thick take them of the fire put on their

skins when they are bett^wen hott and Cold

soe keep them :/

To presarue Damsons in Gelly

Take your Damsons and slit them on the sides

take to one pound of Damsons 3 quarters of a pound

of suger boyle your suger and scum it put in

your Damsons sett them on the fire which must

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be softe when yow presarue them begin to

turne your suger lett them boyle them with a

Gentle fire haue your Gelly made thus take

some Damsons put them into a Gally pott

sett them in apan of water take a sive and

straine out the Clearest of it take to one pint

of Iuce 3 quarters of a pound of suger boyle your

suger Candy hight put in your surrup and

boyle it tell yow see there in a little scum put

your Damsons in Glasses and the Gelly on them /

To make Marmalade of Appricoks

Pare your Appricoks and stone them and cutt

them in small peeces put them in a silver

Bason to the weight of the Apricoks put as

much refin'd suger put your suger into a

nother bason Iust wett it with water lett

them boyle severall tell the suger be Candy

high tell your Appricoks be pap breake your

greate peeces with a spoone when your sugger

is so high put in your Appricoks lett them

stand on the fire tell they be well mingld

put them in your Glasses when thay are Cold

put them in a stove keepe them with a temperate

heate tell they are Canded all over if you

put red Currants it looks well yow must stone

them put yow whole fruit into Glasses sticke the

red Currants as yow please /

To make Gooseberry wine

Take 12 quarts of water and 36 pound of Goose

=berryes bruse them with water straine them and put

them in 12 pound of sugger lett it stand a

ffortnight

To make and Excellent surfiet water

Take 2 pound of greene walnuts before they be to

hard 2 pound of figgs 2 handfull of reu slice your

ffiggs and bruse them withthe walnuts and rew in

a stone Morter, then put it in a Ordinary

steele put to it one quarte of sack lett it

stand one houer to socke the steele being Close

pasted distill it with a soft fire puting in

some Lofe sugger as it drops, to sweeten it

to the last the best time to make it is at mid

summer /

To make surrup of Gilly flowers

Take your Gilly flowers clip of the white take to

and ounce of Gilly flower 4 ounces of water

scolding hott. lett it Infuse all night in stoue

or silver pott cover'd close in the morneing strain

them out take double the weight of your gilly flower

in Double refin'd suger put it into your pan

power the Liquor to it sett it on the fire when

the sugger is melted and your surrup scalding hott

it must not boyle take it from the fire /

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To make Aquemerabilis

Take cubube cardimum golingule mace nut

megg ginger cinaman of Each 2 Drames

the Iuce of saladine one pinte of Iuce of speare

mints Iuce of Balme of Each halfe a pinte

violett flowers Cowslips flower Rosemary

Buglas betts marigolds of Each 3 drames

bruse the spice xxxxxxxxthe flowers and the

seed steepe xx in 2 quarts of sack put in

one pint of Angelico water one pint of

Red rose water steepe your Ingredience in

Liquorish one night distill it draw it

of in Glass bottles hide it in sand sweeten

it with double Refin'd suger /

To wash Poynt

Take your poynt and sope it on the rite side

lett it Lye in water all Night warme your

suds and wash it out of that make 2 Lathers wash

it well out of that if it be yellow Lay it on the

Grass a night or 2 first boyle it and put it

to some Cold water if yow see it not white

then sett it to whitten giue it a Lather run

it with water that has no blew after that run it

in blew water that is made with stone blew starch

it with Holland starch it on the rowng side Lay it

in a Cloth a Little dry it ^in your hand pule it as Even

as yow can Lett it not be to dry nor to well Iron

it not with to hott an Iron lett the cloth be pretty

thicke that it is Iron on if yow poynt be high rais'd

take the Glass of with a dry cloth rub it pick every

parte in his place /

To stew a Lampry

When he is skin'd season him with a little salt

and peper and sliced nuttmeg all over & in his

belly some Cloves and Largge mace whole and

some sliced Lemon and sume thin slicesd of

Butter lett him then be rowled round and A Skure

thrust through to turne him with the Liquor

must be a pint ^ an halfe of white wine or halfe white

wine and halfe sider put a little Butter in

the Bottom of the pan before yow put on the

Liquor and some thin slices of Butter upon

the Top of the Lampries when he is stewing

sett the pan over A Stoue Charcole fire and

Ad to the Liquor a bundle of sweete hearbs

and a sliced onion turne the Lampry offten

in the Liquor and when he is Tender Enough

bruse 2 Anchoves into thin parts and Infuce

Mix on of the best of gravie beate a Little more

butter make your sauce and thicken it care

fully withthe Yolk of an Egg /

To Order calfes feete

Boyle them and slice them in the middle & noch it

boyle it with 3 quarts of milk with halfe and ounce of

sinomon boyle it to 2 quarts then take it

of and straine it sweeten it with halfe ane

ounce of white suger Candy and putt to it 6

spoonfull of red Rose water Drinke of halfe

a porrienger at night and morning /

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To make Rice pancaks

Take a quarter of a pound of rice boyle it

very tender when yow can make it small

withthe back side of a spoone put as much

milke to it as will make it pretty thin

then with fine flower make it of the thickest

batter then put in 4 Eggs and a quarter of

a pound of melted Butter beate it well

and lett it stand 12 howers before yow fry

them which you must doe with fresh Butter

and not make them very thin strew suger &

the Iuce of a Lemmon over them /

To make A Pudden

Take halfe a pinte of crem put to it a

quarter of a pound of butter then sett it on the

fire tell it be hott that it will melt the butter

put in 3 Eggs well beaten and crumbs of

bread to make it thick as for a pancake

butter them put in a Little sugger and

nuttmegg a Little salt 2 spoonefull of

rose water butter your Dish well and lay

paste a bout it and Bake it three parts

of an hower /

To make a crem of Pipings

Take 12 pipings and rost them in a dish in

the oven then take the softe of from the score

and the skin and putt it in a dish with 2 spon

fulls of rosewater a quarter of fine suger then

take a quarte of creme and boyle it with 2

yolks of Eggs lett it not cruddle when it is

on the fire put in your pipings as before stur

it all together and put it in a strainer

sarue it up Garnish the Dish as yow please /

To make a crem of Grapes

Take a pinte of ripe Grapes pick them

from the stalks put them in a Cloth &

squeeze them till yow haue all the Iuce lett it

stand and settle then take a quarte of crem

& boyle it with 2 graines of Ambergreece 2 spon

full of Rose water as much fine suger as

will sweeten it boyle it a quarter of an hower

take it of the fire and put the Iuce in a dish

yow Intend to serve it up and when your creme

is allmost Cold power it on your Grapes then

it is reddy for your services to Eate Cold /

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To Pott Beefe

Take half a Buttock of Beefe take off the

skin and cutt it into pretty thick peeces the

way that the graine Lye beate it the same

way very well ^ season it with peper and salt very well & a Little Cloves and mace

if you please then put it into an Earthen

pott with a pound of shuett shred and strawed

betwixt the slices and put the skin over

Cover the pott with some paste and sett it

in with a Batch of Bread when it is

Baked pull the meate fflak from fflake

and when that is done mix the meate

withthe Liquor stur it all to gether &

put in too Little potts pressing it downe

with a spoone sett it into the oven a

Little againe when it is Cold put a

Little melted butter upon it & keepe

it for your use /

To make Cherry wine

Break all your cherries open lett them

stand 24 howers straine them out worke

them with yeast lett it stand a day and night

a workeing to every Gallon of Liquor put

In 2 or 3 pound of sugger then put in

your Barrell and Bottle it /

To Colleer a pigge

Take a good fat pigg of a month

or fiue weeks old and kill him and

dres him fit to rost cut of the head

and slit him down the back and bone

him take a handfull of sage chopt

small and to nutmegs a littel mace

a few cloues bete very fine a handful

of salt mix it all well to gether and

season the pigg all ouer with it R

roll it up. hord and tey it a boute with

tape and sow it up in a clean linnen

cloth and boyle it in water with a

littel otmell in it well seasoned with

salt boyl it tell it tis tender then

take it out and hang it up in a cloth

that it was boyled in tell it tis quit

cold then put in some water and

otmell as if you weer going to make

a thin water grewell season it well

with salt and put in a pint of white

wine & halfe a sponfull of wholl peper

boyle it all to gether halfe an hour set it

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bey tell it is colld take of the cloth and

put in the gpig let it ley: 8 days in

the sowesing then use it as you please

it must be eaten with musterd and

suger or with uineger

To make lugaillus Balsom

good for a green wound or any bruise

inward or outward to hell the lung

being taken inward in canary wine

or poset the quantity of hasell nut

Take a quarter of a pound of yellow

bees wax cut it in to an earthen pan

with a pint of canary melt it and

when it is quite melted take it of the

fire take halfe a pound of uenes tur

turpintine and wash it in rose water

take a pint and half of the best sallet

oyle and put the oyle and turpinti

in^to the pipkin when the wax is well mi

xed in the wine then boyle them together

with a gentell fire tell they be well cor

porated take it of then and let it coole

when it is throw could set on the fire

againe and when it is throw melted

put in one ownce of the powder of

red sanderss and stir it tell it is

coold then put it in a galliy pot and

koeepes it for use

To make Almond cream

Take half a pound of Iardon almonds &

blanch them beate them in a morter with

4: sponfull of rosewater or oring flower

water put a quart of cream to the almon

and stir it well then strain it throw a

hear sieue and set it on a slow fire and

let it Iust boyle then sweeten it and

put it out in to littel chieng dishes and

when it is cold serve it to th table

To stew pippins

Take large pipins pare them and cut

them in halfaes and core them lay them

into a stew pan or presoring pan and

put as much water as will couer them

and let them boyle about a quarter of

an hour then power out the water put to

them a pint of whit wine a pound of good

suger: 12: cloues a quarter of an ounce of

cinnamon a piece of oring an lemon peel

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stew them quick when they are clere

they are enof squise on some Iuyce of

lemon and dish them vp with fine carued

sippets and stick smoth suger almonds

and peces of canded oringe and lemon

pele and canded cittorn pour on the

syrrip and then strew on some smoth

carrayways on them and on the breds

of the dish and some suger if you would

haue them red put in a slice of preserued

quins and keep them close couered and

stew them ouer a gentell fire

To make selebubbbe

Take 2 quarts of cream in and sweeten

it and put it in to a bason and squise

in to lemons in to it and on of the pils

put in a quarter of a pint of sack and

put in one drop of oring flower water

take out the lemon whip it with a clear

whiske and put it in your glasses halfe

this will fill seauen

To dry cherrys

Take :13: pound of cherrys and :2: pound

of suger and wet it with a qurter of a

pint of water stone your cherrys and

boyle them tell they are clere then set

them by all night then draine them out

and lay them vpon sefes and set them

in an ouen to dry that is hot eneof for

whit dratein bread

To dry pears or aples

Take them at michaelmas and prick

them full of holes and bake them in a pan

then take them out and pres them flat

and lay them vpon a sefe and if the top

be brown dip them in the sirrop and lay

them one by on in a sefe and set them in

the ouen to drye

To keep goosberrys all the year

Take the goosberrys when they are at

the full growth but not ripe and put them

in to gllas bottles with a wide mouthe fill

the bottles and cork them put them in a ketle

of water to scald in the bottles hard corked

downe and when they looke white they are

eneof then set them in your seller when they

are quite cold put some rosin about the corkes

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How to make lemmon cakes

Take of the purest hard suger if not

duble refine beate it very small sife

it throught a peace of tiffeny and get

the palest Coulered lemmons because

you must grate the out side of the rind

be shur you grate if on a fine grater

cut your lemmon swecese it and strain

it throught a peice of tiffeny lawn

in a glass then when your suger is dry

put in as much of your Iuce of lem

mon as will weet your suger keep

out a pritty deale of your suger

least you should ouer wet it and keep

out sume of your Iuce least should

need it you must put in no more Iuce

then will make it a littel thinner then

for paste there must be fire vnder it

all the while put soe littel as will but

heat the dish stire your lemmon and

suger together with a spoone put in

as much grated lemmon as you like

and when tis of that thickness you like

drop it on a plate in littel round cakes

then dry them in the sun or at the fire put

them into a box or papers

To make Barley creame

Take halfe a pounde of french barley let

it sibber in two suver all waters in an

earthen pipke close couered then pour

of your water cleane a way and put

to it a quart of new milk boyle it

leasurly and close couerd tell all most

all your milk bee wasted away then

straine it thought a strainer or thin cloth

and season it as you vse it with a littel

beaten cinamon suger a littel Iuice

of lemmon and eate a meale for break

fast or supper it tis both cooling and

nourishing

An excellent cordial water for an

diuinese: and swimming in the head

Take four pound of blak cherries bruise

the stones of them and then put them

with the cherries into a glass bottel and

out into them a good handfull of balm

and a handfull of rosemary tops

cinamon nutmegs vpon them all two quarts

of sack stop it close and let it stand twentey

fore hours then distil it of in balneo distil

so much of it that it be weak like Aqua

merabilis sweeten it with white suger candy

to your tast and drink a littel wine glassful

of it in the morning fasting and at night

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going to Bed; this cured a lady of a great

dizzinese and swimming in her and ma

many other have found the like infallible

effect of it

To make Bisketts of apricocks or

any other fruite

first paire your apricocks and slice

them into a pott and stopp it downe close

and boyle it in a skillett of water tell

they bee tender then force them throw

haier sceiue and to 4 ounces of that put

haue 5 or 6 ounces of duble refined suger

beaten and scarced put your suger and

your pulpe into seuerall dishes and heat

them both scalding hott then put them

togather you must continue beating

them 2 hours the longer you beat them

the more glose they will haue this you

may doe with any ffruite the thinner

your pulpe is it will require more suger

but the weight and a third part is a

nought for Apricociks and gooseberrys

To make Ielly of harts horn

take two quarts of fair water and six

ounces of harts horn when your water

is warm put in your harts horn and

let it infuse upon embers all night

then boyle it till the spoon feels very

clammie then staine it pu and put to

it half a pound of suger or more a

littel sack a spoonfull of cinamon water

the Iuice of six lemmons and two graines

of amber greece and so set it ouer a

slow fire tell it will Ielly then put

it into thin glasses

to keep backe any ill red humor

that comes in the nose or face

Take a lemmon rinde and all cutt in

peices a littel ........ and lay it in

steepe in white wine with a littel cam

phire then wash your face with it

every day prooued

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To make a calves head piye

Take a calves head being par boyled

cut of all the meat from the bones and

the tongue in peices season it will with

cloves and mace nutmeg and salt let

it steepe all night in about bout halfe a

pint of sack put in half a pound

of beefe suet chopt small the next

morning when the coffin is made put

some butter in the bottom then put in

the meate with the licquer and a pound

of raissons stoned and chopt small as

much suger as you think will make

the meate a little sweet put in like

wise the yolkes of 10 10 or 12 eggs whole

and some marrow a bout the bigness

of wallnvits if you please you may

when the py is baked put in some

canded orreng or erringgo go root or

lemmon cut in thine slices if it want

moustur put a slices of butter and

serve it int will bee bake in an

hour and halfe

How to make Exelent Pankakes

Take a pint of Creme and 3 Eggs and fife

sponfull of fine flower and beat it Well toga=

ther an Melt a quarter of a pound of butt=

er and put to it a little nutmeg and salt put it

very thinn in your pan When the poan is very

hot and fry them With out any thing in the

pan and serue them up

To make freanch Bred

Take hallfe a peek of fine flover a quarter

of a pint of yest then take the whites of 10

Eggs beat them to a froth then straine the Eggs

and yest into to the flov^er and temper it to gether wi=

th water in to a soft past work it with flover and put

it itn to to severall wooden dishis and let to stan

d half an our or upward flover dishis before you

put it in and remember to let the yest stan all night

in water

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A ffrigizee

Take of Chickings or Rabbits and divide every

quarter into 2 or 3 parts and season it with

cloves mace nutmegs peper and salt then take

A frying pan & heat it moderately hot with

a piece of buttur then put in your meat and

fry it brown then take it out pour a way the

buttur it was fryed in and take some beef

and make some very good gravy and put

in a bundle of sweet herbs a little sallot

a leaf of mace a glas of whitwine Let that

stue a little and then put in your Chickin

or Rabbits and let them stue well togather

then take a pice of fresh butter and ster

well togather & 2 anchovoies & the Iuice of a

lemon & shak it well togather & Garnish the dish with

lemons & oranges & serve it up as hot as you can

To make calves feet Ielly.

Take a sett of Calves feet and scald off the haire

then beat it all to peices: put it into a pan or a kettle

cover it over with spring water: put it over the fire

and boyle it all to a Ielly: then take it off the fire, and

streyne it through a thick woollen bagg: let it stand till

it is cold: then put it into a skillet, put in a dozen glaves

of eggs, but whip your eggs first: put them into the said

Ielly, with about a penny worth of Izing glass into it:

boyle it and scumme it well till it comes clear: then

take it off and streyne it againe: then take the Iuice

of half a dozen Lemons a quarter of a pound of double

refined sugar put it with the Iuice of Lemons into the

Ielly with a graine of Amber greece tyed up in a ragg and

put into it: then put it over the fire and boyle it againe

aslong as you see and scumme: then take it up and streyne it

through avery very thick cloth bagg: take the first running and colour

it red with a little Lemon & Cochineale: then take the second

running and colour it with a little bit of saffron: the last

runing will bee the clearest for white then pour it into

your Glasses to coole.

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To make A orring pudding

Take the paring of one large sivell

orring and pound it in a morter

tell it is very fine and then mix

it well with 8 ounces of white suger

and then take the yolks of 8 eggs

and beate them and 8 ounces of

butter and melt it with a little

water as you do for sauce and

then mix your eggs and butter

together and after that put it into

your suger and orring and mix

all together and then put it into

puft past and bake it

To make A rice pudding

Take a pound of rice and deuide

it in 3 parts and on of the parts pound

and sift it throught a fine shvrch

then take a quart of milk and boyl it

then lett it stand to be Cold but first

mix your flower of rice in a porringe

with a little Cold milk then mix it

with the rest of the milk pouring it in

by little and little and sett it on the

fire to thicken and stur it all the

time and when it tis thick put in

some butter still sturing it you must

put in 3 quarters of a pound of butter

and then take it of the fire and still

keep it sturing tell it is all melled then

put in 3 quarters of a pound of suger

and 6 eggs beatten and when you haue

mixt it well together then put it in a

dish and bake it halfe an hour will

bake it

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To Pickel Wallnuts

Take the wallnuts when you can thrust

a pin in them and take and prick them

and let them ly 9 days in water and take

very good vinagar and boil it and put

as much solt in it as will beare an egg

and put in some iameca pepper into it

To make a Carret Pudding./

Take too penny manchetts and grate them

and half a dozen of Carrets and grate them

and half a nuttmege and a little quantety

of salt ^ and 6 eggs Take half a pound of sugar and

a point of craime. Take half a pound of

butter and Melt it. half a Dozen spunfuls

of sake so mix it all very well togather and put

it into a dish with some butter att about

the dish let it stand about an hour and

a quarter in a pretty quick oven./

To Make a Lemmon Pudding

Take a two penny lofe and cut him into

thin slices, take a point and a half of

creaim a boil it and put it boiling hot

into the bread and so stire it take the

iuce of two Lemmons cut the out rine

very smal put it into the iuce sweeten

it with sugar the quantity of half a pound

which you must put into the lemmon take

the yoaks of six eggs and whits of four beat

them very well grate in a little nutmeg put

in half a dozen spoon fulls of sack, so mix

it all together buter your dish and put into

it a quarter of a pound of melted buter then

put it into the oven three quarters of an hour will

bake it if the oven be prety hot.

To make an Almon pudding

Take a too penny manchett and cut him into

thin slices and a point an half of creaim

boil it, put it into the bread boiling hot

and stire it, take some almons and blanch

them in hot water ^ and beat them in a morter with a little water to keep them from oyling

take half a dozen spoonfulls of sack yoaks of

eight eggs and the whits of six beat them well

together with some nutmeg and sugar then mix

it all together and put in it a quarter of a poun

pound of melted buter and less then an hour will

bake it.

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To Make a Tansy

Take a quarter of creaim half a pound of

sugar half a pound of grated bread 16 or 20

eggs well beaten the iuce of spinnage and

a little tansy as much as will colour it you

must strain it. take a handfull of fleur

and a little nutmeg stir it all together and

put it on the fire and when it comes thin

buter the pan and put it into the oven and

half an hour will backe it.

To Make Wine vineger

or that which will serve for

the same uses alltogether as well

To 12 gallons of Cider put 3 pounds of

Malego Rasons & 2 ounces of Roach

allum & lett it stand in a vessel in

the sum with the bung only covered

with a Lynnen or hair cloth so that

the aire may come at it for two

months any time from the ffirst of

May to the Last of Iuly & not

later & in that time it will be

made good vinegar fitt for keeping

of pickles or any other vse

To make Mangoe

Take large Cucumbners cut a piece out of the

length of the Cucumbers scrape out all the seeds

very clean, then scour them with salt and water and

and make brine that will make brine

To make Mangoe

Take large Cucumbers cut a piece out of the

length of the Cucumbers scrape out all the seeds

very clean, then scour them with salt and wa

:ter and make brine that will bear an egg and

pour upon them Scalding hot, water Stive

them close for 24 hours then take them out

and dry them very well with a cloth and

fill them with sliced garlick mustard seeds

and sliced ginger and tie them up fast with

a thread, you must make the pickle of white

wine vinegar whole pepper and what salt you

think fit and pour it on hot and water stive it

close and so doe for 2 or 3 days once a day till

they be very green.

a day or 2 after you must put a spoonfull of

mustard and some horse radish into the pickle.

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To make a frigacy of rabbits

Take rabbits and cut them in little pieces and

season it with salt and nutmeg and put them

in the pan with water to cover them and put

a quarter of a pound of butter in the water

take some parsly and lemon time and lemon

peel shred them very small when it is almost

fryed away put a good large glass of claret and

2 anchoves take out one of the livers and grate

him to thicken it besure to keep it stirring

and then put half a pound of butter and sason

it up.

To pot Venison.

Take your venison and beat it very well if it be

not very fat, you must take some beef suet and

beat it then season it pretty well with pepper

and salt and a little cloves and mace but not too

much of the latter, lay 2 or 3 bay leaves in the

bottom of the pots then lay your beaten Veni

son in then Cover it thin with butter and cover

the pots with paste, when it is baked very tender

then drain it well from the gravie and put it

into dry pots and keep out the cold and cover

it well with butter.

To Stew a Lamprey

When it is Skinned season it with a little salt

and pepper and sliced nutmeg all over and in its

belly, all along and put also into his belly some

cloves and large mace whole and some sliced le=

mon and some thin slices of butter let it then

be rowled round and a skure thrust through to

turn him with the liquor must be a pint and a

half of white wine or half white wine and half

Cyder put a little butter into the bottom of

the pan before you put on the liquor and some

thin slices of butter upon the top of the Lamprey

when it is stewed set the pan over a stove char

cole fire add to the liquor a bundle of sweet herbs

and a sliced Onion turn the Lamprey often in

the liquor and when it is tender enough bruise 2

anchoves into thin parts and in Iuice mix one of

the best of the Gravie beat a little more butter

make your sawce and thicken it carefully with

the yolk of an egg./

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To pot Beef

Take lean Beef cut it cross the grain in thin

slices beat it very well with a rowling pin then

season it with salt and pepper and salt peter

some mace and a little nutmeg roul it up in

balls so put it in a pot with some slices of

fat over it, bake it five hours then work it toge

ther with butter take out any strings that

remaine then place it hard in the pots and

cover it with butter.

To drey tongues and Westfalio Bacon

Take salt upon salt as much as will lye upon

a shidinge for one tongue and as much other

salt as you think will doe sett them on the fire

in a skillet, and keep thex them stiring with a

spoon: till it is very hot, so hott that you cannot

touch it with your hand, lay it upon the tongue

and then rub it very well in, Lay them in a

pan by themselves and a week after salt them

as you did before: and then let them lye till

they are hard. For one Westfalio ham you must

take an ounce of salt of salt and other salt mix

with it: Doe it as you did your tongues and let them

lye but a week after the 2d salting. before you ha..

up your tongues or hams you must all over with

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Calves or Bullocks bloud once or twice and dry

them by the fire: then hang them up: when you

boyle them you must not lay them in water nor

boyle them with hay.

To Boyle a Calves head

Take a fat Calves head and boyle it in a little

water and salt very tender, take a great deep

dish put into it claret large mace anchoves

stew it till the anchoves are all consumed then put

the gravy of a rosted leg or shoulder of mutton

a good quantity of oysters either raw or pickled,

but raw are the best, then take sweetbreads of

veal lamb or hogs, and let them be slitt and

fry'd in a pan but not too brown, slice also collop

lops of your best bacon, and frey them but not

too brown, then put the calves head into your wil

wine which should have all the while some sliced onions

stewed in it. Let your head stew in it till dinner

be ready; and when you send it up lay a good part

of your oysters at the bottome of the dish, and all the

rest on the top; lay your collops and sweetbreads all

over and lemmon sliced, a withthe rind and barberyes

you may garnish the dish. remember to sred a pretty

quantity of lemmons and put it into the sawce and

a peace of butter and so serve it up.

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To keep Cherys for tarts

To a pound Cherys allow a quarter of a pound of

sugar and put them togather in an earthen

pot, and past it up very close, set it in a

bakers oven and keep it close till you use it

you may doe a great many togeather. /

For the wind Collick.

Take a spoonfull of ginger and mix it with a

little ale and drinke it./

To stay a looseness.

Take a pint of milk 3 ounces of double

refined sugar boyle them togeather a little, then

take it off the fire and put in 3 ounces of

old quince marmalet and when it is melted

drink half of it at a time, the older the marmalet

the better./

To Make Aprecock wine.

Take a pound and half of lofe sugar 3 pints

of water, put them togeather over the fire, when it

boyles take off the scum that rises: then take 3

pounds of Aprecocks pard & ston'd & and put them

into the liquor and let them boyle till the Apre=

cocks are tender, then take it off the fire, and take

theA Aprecocks out, and let it stand till it is

could then bottle it.

To Make a Carrott Pudding.

Take your carrotts and boyle them very tender,

then scrape them and beat them in a morter,

take eight eggs and too whites, beat them well, put

in 3 or 4 spoonfulls of sack, half a pound of

butter, half a pint of cream, a little salt and

nutmeg, beat all these togeather in a morter till

it is well mingled sweeten it to your tast with

sugar, then put in some grated bread, so

much as will make it as stiff as batter, then

butter your dish you bake it in, 4 spoonfulls of

Carrotts is enough for this quantity, half a hower

will bake it. you may make it of parsnips or Po=

tatoes./

To Make Lemmon Cakes

Take your iuce of Lemmons & set it in a clear

fire and make it very hot but you must not

let it boyle you must put your sugar ouer the

fire in a broad dish and make it very dry

and when it is very hot and the iuce is so

to; cast in your sugar with your hands: keep stirring

your iuces till it be as thick with the sugar that

it will drop into cakes and not run on the

plate. you may make orrange cakes the same

y way and grate some orrange or lemmon

peel into it.

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To make Aprecock cakes

Take a pound of Aprecocks and pare them and

take out the stones and slice them into half a pint

of juce of white currins then set it on the fire

till it is all mash'd then put to it a pound and

a quarter of double refin'd sugar that is boyl'd to

candy, then stir it together till it be all melted

then put it into glasses and soe put them into

a stove and when they be ready to turn out, put

put them out of the glasses and keep them turning

morning, and evening, dusting them with a little

sugar throw a tiffany and when they be dry

keep them for your use. /

To make quince cake in the fashon of iumballs

Take your Quinces and cd coddle them then pare

them till you come to the whites & put them into

a silver dish and mash them to pap: then set

them on a slow fire, and keep them stirring

till they be dry but be sure you doe not let

them boyle, then take half the weight in sugar

boyl'd to sugar again and beaten fine.

To make Aprecock cakes in the fashon of iumballs

Take ripe Aprecocks and pare them and put

them into a silver dish & cover them and set

them over a soft fire and when they are very

soft make them into a pap and so dry them

over coles, & when they are dry'd into past & cold

work them up with sugar finely searchd to make them

into little knotts and iumball if you please and dry

this way you may iumballs of any sort of plum or

quince or pipin plums you must boyle in a iug in

kettle of water and strain the pulse throw a strainer/

To Make past of rasberries.

Take the rasberries gather'd very dry break them with

a spoon small, allow to every pound of rasberries

3 quarters of a pound of sugar double refin'd finely

beaten let them boyle without sugar till it be very

thick then put in your sugar and boyle it but

once up for if it boyle longer you spoile it

put it into moulds or drop it and so stove

it but let not your stove be too hot./

To make orring biscakes both cordiall and pleasant./

Take orringes and pare them and take the thin peel

and lay them in water a day or two shifting the

water once a day; then boyle the peels very ten=

der, then take the meat of the orranges and

infuse them in a silver bason drey'n the thin

iuce from them and pick out the strings and the

seeds and mingle them with the peel, and beat it

into a very fine past in a morter, weigh it

and take three limes the weight of sugar, it

must be double refine'd, beat them alltogether

in a morter then lay them on a plate some=

=what thicker ordinary past so let them dry

in a stove./

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To cand green Grapes or Goosberries./

Gather them a little before they be ripe, and take

the fairest that is without specks put them into a

skillet of fair water being ready to seeth couer

them, and let them, stand on a few coales till the

skins will peel off; then take them from the fire

and peel them and put them into hot water and

lay a cloath over them and a dish over that and

let them stand in embers till they be green, then

take them out and lay them on a cloath to dry, to

a pound of grapes take a pound and a quarter

of sugar, and as much water as will wett it, and

boyle it till it comes to a candy height then

put your grapes into the syrup and boyle them till

they be enough, and so set them by; let the grapes

lye in the syrup 2 or 3 days every day turning them

and at the last lay them upon plates to dry./

To make Aprecock cakes./

Take a pound of Aprecocks and pare them and take

out the stones and slice them into half a pint of

white currans then set them upon the fire till it is

all to mash then put to them a pound and a quarter

of double refin'd sugar that is boyld to a candy

then stirr it together till it be all melted, then put

it into what fashond glasses you please and so

put them into a stove, and when they be ready to

turn out, put them out of the glasses, and keep

them turning morning and evening, dusting them

with a little sugar throw a tiffany and when they

be dry keep them for use./

To make paste of Quinces or Pipinns./

Gather the Quinces when they are ripe and dry

and coddle them very tender with out breaking or

cracking the skinns then pare them and scrape the

pulpe cleare from the core and take of double

refind sugar equal to the weight of the pulpe

break your sugar into pretty big lumps, and dip

the peices into a porringer of water one by

one till the lumps have suck'd in the water

and so take more water according as the quantity

of sugar requires, then put your sugar into a

preserveing pann and boyle it scumming it very

clean till the syrup will stand in a drop, in the mea

mean time let your pulpe of Quinces be beaten

very fine, then put the Quinces to the syrup and

set it on a soft fire till it be scalding hott, but

not boyle for then it will not dry: then put it out

of the brass pan, and set it by till the morning so

put it could into moulds or upon plates and set

them in a stove to dry, they must be turnd and will

be dry in 3 or 4 days./

To make clear cakes of Goosberries./

Take fair goosberries and cutt the black top off

them then put as much water to them as will cover the

bottom of the skillet and keep them from burning.

then take to 3 pints of goosberries a pint of water

water but put it in by little and not altogether

and so let them boyle all to mash: then take them

of the fire and dreyn them through a seive then

take the clear and to every pound of iuce take a pound

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take a pound of double refin'd loaf sugar, wett it with

water and set it on the fire and boyle it till it come

to sugar again, then pour in your iuce but doe not

let it boyle, stirr it till it be quite melted and then

put it into your glasses pretty thick, and set it into

your stove till it hath a candy on the top, then take

them out and cut them into quarters and dry them

upon glass plates./

To dry Aprecocks/

Take your Aprecocks, pare and stone them and put

to them half their weight in double refin'd sugar

and let them stand till the sugar is all melted, and

then set them on the fire, and let them boyle till

they are very clear, and then set them by in

the syrup 4 days but be sure your Aprecocks

be coverd with the syrup, and lay them to dry in the

sun, or put them into the stove./

To make sugar pufs./

Take a pound of double refind sugar, searce it

through a tifany sieve, put into it 3 whites of neu

laid eggs, 3 spoonfulls of orring flower water and

a spoonfull of gum dragon being steep'd in orrang

flower water, you must put in some musk braded

very small in a spoonfull of your stuff. if you see it

goeth too thick you may put in another white

of egg you must beat it an hour an a half or

2 hours not leting it stand still at all drop it

upon pie pl^ates, and set it in an oven after

you have drawn brown bread this you may ice

a cake with./

To make Calfs foot gelley

Take 4 feet drest clean from the hare

put them in too quarts of water

boil them leisurely tell it will

gelley then take out the feet and

let the gelley stand tell it is cold

then take all the fat clear of it

then to a quart of this stif gelley

put a pint of white wine some

iuice of lemmon to your tast 3

quarters of a pound of suger a

stick of cinnamon and a piece of

lemmen pill fiue whits of eggs beat

then very well boile all this together

a little while then put it through

a flannell gelley bagg putting it

still through as long as tel it lookes

clear then put it in potts or glases

as you please

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To make oring butter

Take fresh butter out of the chur

ne lay it in oring flower water

to giue it a taste then boyle 3 or

4 eggs very hard take out the

yelks make them very fine with

the back of a spoone put four tim

es the quantity of butter to the

eggs a little to your taste doe it

throw a dredg box lid with a

spoone the eggs must be exterord

dirary hard boyled and lett a

lone tell they are could

To make thick Creame

Take a pinte of creame or more

according to the quantity you wou

ld make boyle it then take a spoon

full of flower of rice and mingle

it with the yelk of an egg and so

boyle it a little then take the pulp

of 2 or 3 roste aples, make them in

to mash and put them in and soe

sweeten it to your tast and ster it

that it may not burn when it is cold

To make quince pufs

Take 6 ounces of suger and 4 ounces

of pulp of quinces beat the white

of an egg to froth and put in 2

spoonfulls of the froth into the

quinces then beat them an hour

and drop it on the papers and dry

dry them by the fire and they

will keep a year this way you

may make pufs of plums

To make suger pufs

Take a pound of double refined

suger searce it through a tifenng

siue put into it 3 whites of new

laid eggs 3 spoonfulls of orring

flower water and a spoonfull of

gum dragon being steeped in

orring flower water you must

put in some musk beaten very

small in a spoonfull of your stuf

if you see it groweth to thicke you

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may put in spoonfull or 2 of

your orring flower water more

and another white of egg you

must beat it an hour and halfe

or 2 hours not leting it stand

still at all drop it vpon pie

plates and set it into an oven

after you have drawne brown

bread this you may Ice a cake

To make pipin Creame

Take the pulp of pipins sett them

on a soft fire and put to it a good

quanty of suger and let it drye

press them well boyle your Cream

and nutmeg and when cold mingle

them together this way you may

make Goosebery rassberry straw

bery codlings pear plume cream

To make snow

Take the whites of 5 or 6 egges a

handfull of fine suger and as

much rose water and put them in

to a quart of Creame of the thickes

you can gett beat them all together

as the snow ariseth take it of with

a spoon you must beat with a sti

stick cloven in 4 then must you

take a loaf of bread and cut away

the Crust and sett it upright in a

platter then sett a fair Rosemary

branch in the loaf and cast your

snow vpon it with a spoon

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To make Goosbery wine

Take for every 3 pound of

Goosbery 5 pound of suger a

quart of water brus the goosbery

steep them 24 hours in the water

in which time you must stir it

often then let the clear licker ru

run of from the goosbery through

a siue to which ad the suger then

put it in an earthon pot and

keep it clos coured for a fortnigh

or 3 weeks then dran it in to

botells let them be well corked at

a monthe end it will be ready

to drinke the same way you doe

caurrons and rasbery

To Make a Marrow pudding./

Take the marrow of 3 bones and cut it into

thin slices, then take half a penny loaf and half

a pound of biskets, and 2 apples and and cut it

all in thin slices and a quarter of a pound of

currans and half a poaund of reasons 2 ounces of

oraing and lemon and 1 ounce of citron cut it all

in thin slices then put puff past round your dish then

begin to fill your dish a rowe of every sort till all your

ingredients be in, then take 3 pints of cream and season

it as you doe your custard stuf and put it into your dish

your pudding will aske an hours bakeing.

To Make a rice pudding.

Take half a pound of rice and boyle it in milk till

it be very tender, and while it is hot put 3 quarters

of a pound of butter to it, and a little spice, beat 6

eggs and put to it and a little sack, then put in it

half a pound of sugar and half a pound of currans.

and a little orang flower water, put puf past round

the dish and fill it, it will ask an hours bakeing.

To Make an oraing pudding

Take 3 oranges and grate the rind of them and cut a

slit and squez the iuce of them and squez in the

iuce of half a lemon, then take 18 egg but not

more then 4 whites a little sack and a quarter of

a pound of butter sweeten it to your tast put it in

a morter and beat for half an hour then put

past over and under it, and it will aske an ^ hours houer

bakeing.

To Make Ginger Bread.

Take three pints of fine flower, dry it well

put into it a quarter of a pound of good dry

sugar half an ounce of ginger in powder some

anniseeds mix these well together then rub into

it a quarter of a pound of butter till it is

very fine, then warme a pound an and half

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treacle blood warme and mix it together, and

if it be not enough you may put a little warm

milke to make it tender, let it ly by the fire

a quarter of an hour before you put it into

the pans and if you please to put any sweet

=meats into it let it be done but iust before

it is put into the oven, it requirs more bake

=ing than cake./

For a Consumption

Take comfrey roots dryed, and marsh

mallow roots dryed of each three ounces

scorcenero roots two ounces canded

eringo roots two ounces, cut all the roots

in little slices, then mix alltogether very

well and devide them into ten parcells

an ounce in a parcell, put one parcell

into three pints of spring water then

let them boyle a very little while

over a gentle fire after that add a

pint of milk and let it boyle till

it come to a quart, every morning

fasting take half a pint, and as much

at five in the afternoon, it must be

made blood warm when it is drank

and when all the ingredients are gone it

must be renew'd. I have heard this receipt has

done wonderfull cures.

For a violent Cough

Take common honey four ounces, oxcemells=

quills four drams, flower of brimstone three

drams, powder of Liquorish two drams

with as much syrup of grownd ivey as will

make into an electuary, a grown person may

must take as much as a walnut in a morning

fasting, and a child as much as a nutmeg.

Another receipt for a consumption that has don

great cures./

Take the gall of a sucking pig and half the

lights beat it in a stone morter till it is

well incorporated, take as much as a large

nutmeg in a morning fasting and drink

a larg draught of cock broth after it made

of harts horne and french barley the receipt

must be renew'd every three days this was

sent out of Holland for an extraordinary

secret.

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To preserue Barberies

Take the Largest Barbereis you can gett and

stone them take doubel their waight in suger

put as much water to the suger as will Iust

wet it then Boyl it to a candy hight which you

may know by the bubling then put in your

Barbereis and Let them Boyl 2 or 3 walms to

gether & ^ then take them of for Long boyling will

take a way the coller so pot them up & keep

them for your use

To make Conserve of damsons or pre

Take ripe damsons put them in to scalding

water Let them stand ouer the fier Boyling

till they be broken almost to mas then straain

out the water through a cullider and let

them stand therin to coole then take a way

all the stons and skins, and set the pills ouer

the fier again and put therto sume red wine

and boyl them till they be allmost boyled put

it it is prety stif, euer stiring it and when

they be allmost boyled put in a prety quanti

ty of suger, stir all well together and put it

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into a gally pot you may make set tarts

of it adding a littill rose water

To make raspase Rasbury. cakes

first dry the raspase ouer a chaffindish uery

dry, then take double Refined suger, beaten

very fine and putt itt into A skillett

and A spoonfull or tow of Rose water

stir itt till begins to melt, then sett

itt over the fier and lett itt boyl till itt

Candys aboutt the spoon, then take itt

of and putt in the Raspase seed, then

take A plate and Rubb and almond on

itt to make itt slip: then drop the

stuffe in little drops on the plate

and lett them stand till they will

slipp then lay them on papers

and keep them for your vse, sett

them in A dry place near the fier

in the same manner make Cakes

of violetts, or any other flower, butt

they must nott be dryed, butt putt

in to the Suger green /

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back endleaf 2 verso || inside back cover

back outside cover

spine

RECEIPT

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1672

head

fore-edge

tail