V.a.8: Cookbook of L. Cromwell [manuscript].

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:1:

(13n/:

K: To stew a breast of mutton

Take your breast of mutton cut it

in peeces & put it into as much

water as you thinke will stew

it enough then put to it a sprig

of rosemary & a pritty deale of

Large mace & some reasons of

the sun & couer it keeping it

simmering tell it be tender &

if there be to much liquour

in it you may poure some of

it forth when you take it of the

fire, & put some salt to it while

it is doing when you send it up put

some butter uinigar & suger to

it & lay the reasons on the top of if

you doe not put to much water

to it, it will eate the better.

:2: IbidTo make a sammon

Pye K:

Take your sammon unboiled & season

it with peper & salt not to much

Fill your pye with a great deale of

butter else it will eate dry & put

in some reasons soo bake it &

eate it hot

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Ibid:

3

To butter a Hare K

Take the fore parts of the

Hare when it is boiled & mince

it uery smale & put to it pritty

store of currence & butter &

lay the head & wing bones with

sippets about it.&nbsp;

4

To make good water

grewell. K:

Take to a quart or more of wa=

ter 2 2 good spoonfulls of grets

beaten, some reasons currence

sinnamon cloues & mace whole

soe let it boile a good while

& when you thinke it is inough

put in some salt but let it not

boile long in it to make it looke

blacke then put in it rosewater

butter & suger & some nuttmeg

sliced or grated & some bread

you may slice in if you like it. /

5

Olde Ieanes Tansie

Take uibolet leaues sweet cicily

strawberry meeke primrose leaue

of each a little handfull of Tansy

& sorrell a good handfull you

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3

reason tree or any greene thing

a little will doe well to make it

looke greene put in store of spin

nach for of that & straw: uibolets

primrose & cowslipes good store

is best, 3 penny loaues grated

9 egges 5 whites beaten withthe

herbes after they haue bin

pounded a while to 3 quarters

of a pint of iuce 3 spoonfulls

of suger of beaten cloues & mace

with a little ginger as much as will

one spoonfull 1 nuttmeg 1 spoon=

full of flowre 1: spoonfull of

rosewater when it is fried sprin=

kle it with rosewater & strew

on it nuttmeg ginger sinnamon & good

store of suger.

6

To keepe Hartichocks

all the yeare

Take a large kettle & fill it with faire

water then season it with salt as you

would season broth to eate, soe let

it boile a while & then put in as

many of the fairest hartichokes

as you can well boile & let them

boile tell they be 3 quarters boiled

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then take them up & put as

many more into that liqour

& when they are boiled as the

other take them up, if you

would doe great store you

must haue 2 kettles of liqour

& doe them in the same manner

when you take them up lay them in a

siue tell they be colde then

set them on there bottomes one

upon an other in a sweet

Ierkin & poure the liqour

upon them & fill the uessell then

head it up & put bore a hole

in the head which stop with a

corke & once in 3 weekes

see if they want liqour & if

they doe boile some water

with a little salt & when it is

colde fill up the uessell in

the winter when you use them

they must be washed well &

boile them as you doe to eate

& soe the bottoms will make

uery good pies.

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7

good sauce for a leg of

mutton

Take a good handfull of parsly &

boile it in a faire cloth with the

mutton tell it be uery tender then

take it up & cruch it betweene

2 trenchers & shred it a little &

put to it some sugar uenigar &

butter to your liking & warme it

together & poure it on the mutton

when you send it up.

8

Olde Ieanes hogs pudding

Take to the blood of an swine

a peacke of grets but put them not

in the blood, but take the lights &

caule in which put all the fat bits

that comes of the guts & make it

fast with skiners soe boile it in

pritty deale of water tell it

be enough then take all up

& if the water be to fat take

of some of the uppermost & saue

for the white puddings & if

there be yet to much water

to steepe the grets take the

skin some of the undermost water

out & then put the other into

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6

the pot agayne & put in all the

grets & let them boile 2 or 3 walmes

stirring them all the while soe

couer them close tell the next

day, then take the hardest of the grets

as many as you thinke will serue

& heate the blood withthe fat cut &

put into it & the herbs & when it is

warme put the grets to it & stirre it

well soe keep it by the fire & fill your

pudding put in what sweet herbs you

will & good store of fennell seeds.

9

A quakeing pudding.

Take aboue a pint of creame heate it

with a blade of mace & slice in some

white bread uery thin as for milke

to boile put in 6 yolkes & 3 whites of

egges beaten & some suger & nuttmeg

then butter the bag & flowere it uery

well & tye it hard & let it boile an

houre you may lay a little saffron

in a cloth in the creame before to change

the couler of it & let the sauce be butter

& sacke or rose water & butter.

A Hasty pudding

Take your milke & boile it with nuttmeg

after strew in floure with your hand uery

fine stiring it all the while tell you

thinke it be thicke inough then continue

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7

stiring i. tell it be thicke enough &

send it in with butter, but let it not

stand after it is done.&nbsp;

11

A pudding

Take a quart of milke & boile it with

whitebread tell it be thicke enough then

put to it beaten sinamon & suger &

reasons or currence boiled before 4 or

5 egges 2 whites soe bake it in a dish

12

A Cowslip pudding.

Put into a good plaine pudding 2 or

3 good handfulls of Cowslips.

13

A Haggas pudding

Steepe some grets in in milke ouer

night & boile the head & heart of a

sheepe & shred it with suett & mix

it with good herbs such as you put in

blacke puddings & put in beaten

mace nuttmeg & currence & salt & soe

boile it in the maw of a sheepe & when it

is boiled if it be not fat enough

put in some melted butter, you

may make these with a calues chaldron

boild & minced & mixed with grated

bread & a few sweet herbs & nuttmeg

& currence & soe boile it.&nbsp;

14

To make an almond pudding

Take a pint of creame & slice in it

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soe much manchet as will make it pritty

thicke then set it on the fire & Let it scald

tell the bread be uery soft then with a

spoone breake it into little bits then

put into it 2 whites of egges & one

yolke well beaten, & a good handfull

of almonds finely beaten then season

it with nuttmeg & rose water.

15

A plaine pudding

Take as much milke as will make

your pudding put in 2 egges a little

pepper & salt then mingle it with

floure as thicke as butter soe put it

in a bag & boile it & when it is boiled

cut it in the middle & put butter & suger

on the top.&nbsp;

16

To make a good pudding

Take a quart of creame & boile it well

then cut a 2 penny loafe uery thin

poure the creame to it & couer

it close a little while then put in

the yolkes of 10 egges well beaten & suger

then put mace & nuttmeg in steepe in

rosewater water & straine the rosewater in

to the pudding & stir it well together

soe boile it.&nbsp;

17

White puddings.

Take some grets picke them very clean

& boile them in milke tell they be tender

then let them stand all night in the

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9

morning take of the top boile some

creame with sinamon mace & nuttmeg

tell it tast well of the spice, then put

into the grets as much as you thinke

good, alsoe put in some sinamon

& nuttmeg beaten, take marrow &

cut but not to smale put in alsoe

7 yolkes & 3 whites of egges well bea=

ten with with rosewater mingle all these

together with grated bread & suger

inough to sweeten all, & fill not your

guts to full, boile the water before

you put them in & now and then put

in a little cold water when you take

them up pricke them.

18

A Naples bisket pudding.

Take 6 naples biskets grate them uery

smale then beate 3 yolkes of egges

& take a little creame & rosewater &

sugar spice mingle them together

then take some marrow or ueale or

beefe suett & put to it & bake it a

little baking will serue.

19

Sheepes puddings.

Take to about 3 pints of the blood 3

pints of grets put them into the blood while

it is warme & soe steepe them all night

then put to it 5 pound of mutton

suett a 2 penny loafe grated, of herbs

winter sauory rosemary sweet marierom

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but most penny-roiall, a good deal of

salt 6 egges whites & yolkes, soe fill the

guts & boile them.&nbsp;

20

To make a white pot.

Take a quart of creame & boile in it a

blade or two of mace then take it of

the fire & when it is almost colde put

in the yolkes of 8 egs beaten & suger

& a little salt; then cut of the crusts

of a white loafe & cut square peeces

then put some bits of butter on the

bottome of the dish & some reasons of

the sun stoned, then lay some slices

of bread, then put more butter or -

marrow with reasons or any preserued

plums & soe lay bread tell it is full en=

ough, then poure on the creame tell

it be full, or you may put your egges

suger on with spice you like in your cream

without boiling & soe poure it on & bake

it.

21

A sinamon pudding.

Take wheaten bread grated & out ^ to it

some creame & the yolks of 4: or 5 egges

season it with suger & a pritty deale of

beaten sinamon & a little salt, soe put

in a good deale of melted butter stir

it well together & butter your dish

& bake it.

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An Almond pudding .

Take a manchet & slice into creame &

set it ouer the fire tell it be scalded

then break it uery smale & beate a

handfull of blanched Almonds with a =

little rosewater then put in one white &

3 yolkes of egges, season it with suger &

nutmegs then butter the bag & flower

it well tye it up close & in lesse then

an houre it will be boiled. then put

some rose & butter beaten together

on it & scrape on some suger.&nbsp;

22

To make oatemeale puddings.

Take a quart of gret picke them cleane

& put to them as much scalding milke as

will steepe them all night then put to

them 6 yolkes & 3 whites of egges beaten

with 6 spoonfulls of rosewater or more

then season it with nuttmeg sinammon suger &

a little mace & salt. put in good store

of beefe suett & a little marrow & when your

beasts guts are very cleane, fill them not

to full & boile them.&nbsp;

24

Peare puddings.

Take grated bread & put in some beefe

suett currence suger a nutmeg & 4 egges

2 of the white & some rosewater & a little

salt & if you put in some creame the

better but make them not to thin role

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them up with a little flower into thefashion of peares or with you like let the

water boile before you put them in

put a peece of butter or suett into the

water or if you have some mutton

broath to boile them in the better

your stuffe you may fill into scooped

apples & stew them; or you may put

in good store of parsly finely min=

ced & bake it in a dish or in past with

other herbs in the summer when there

is some tast in them.

25

To make Liver puddings

When your liuer is boiled you may grate

it, but the better way is to beate it

in a stone morter with some rosewater

or the creame you meane to temper

it with all & then straine it & put to

it as much grated bread as will make

it of a fit temper to put into the

guts put to it 8 egs 4 whites & sea=

son them with 3 nuttmeg as much bea=

ten sinammon & about 8 cloues a little

salt 4 ounces of suger a pound of

currence well picked & washed let

your lard or beefe suett be ready cut

& put in as much as you thinke fit.

the guts being cleane prepared cut them

a foote long & fill them not to full put

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a dish into the bottome of the kettle

to keepe them from breaking.&nbsp;

26

To make the ordinary

pan pudding

Put about a quart of flowre into

a good big carthen pan then put in

a little salt and an egge or 2 stir it

together with some raw milke tell it

be thicke batter, & set on of fire as

much milke as will fill the pan let

it boile up and then poure it into

the pan stirring it all the while

then put in a pritty deale of butter

or sweet beefe driping and let it be

well baked.&nbsp;

27

To make fruit broth.

Take to 3 gallons of water 4 marrow=

bones 2 quarts of browne bread grated

1: pound of reasons 1: of pruens and 1: of

currence a bundle of sweete herbs

and 2 or 3 blades of mace, when it is

scumed cleane take up some liqour

& put to the bread and let it stand tell

it is scalded then put it into the water

withthe fruit and other things let it boile

softly 5 houres that it burne not to when

it is almost boiled put in a good hand=

full of suger & a little cloues & mace

beaten.

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To make a good white broth.

Take a knuckle of ueale and bare marrow

bone & a capon put to them as much

water as you thinke fitt, when it is

scummed cleane Let them boile uery

well together, then take as much of

the broth as will serue your turne more

or lesse & put in it some white-wine

sacke large mace sinammon & nutmeg cut in

peeces some dates, boile these well to=

gether, then put in as many yolkes of

egs as you will serue then season it with suger

you may boile some fruit by it selfe

to garnish the dish but the best white

broth hath noe fruite at all.

29

Broth

Take a necke of mutton & when it boiles

& is scummed wash 2 spoonfulls of

french Barly & take of reasons & cur=

ence of each a quarter of a pound

a blade or 2 of whole mace & a sticke

of sinammon beate 2 or 3 spoonfulls of

grets & steepe in some of the liquor

& take that liquor to thicken your broth

put in a bundle of sweet herbs & a

good handful of sorrel & buglasse

endiue & some spinnach pickle of the stalkes

& put them in whole & when it is boiled

season it with whitewine & suger or use

iuce & put not into much thickening.

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White broth

Take a quart of water and set it on the

fire with nutmeg cut & dates slices & large

mace and a pritty quantity of marrow

let these boile a pritty while then beate

10 yolkes of eggs & put into the broth

with as much white wine sacke & suger

as you thinke good.

31

To make minced Pyes

Take a peece of the Butt of beefe &

boile it a little then cut of the outside

of it & waigh the rest & to 10 pounds of

beefe take 13 of suett, mince them smale

together and take 12 apples & mince uery

smale & put to the meate then of cur=

rence take 7 pound of of reason 8 pound

of pruens 2 pound 8 nuttmegs 4 ounces

of dates cloues & mace 1 ounce halfe an

ounce of sinmmon beaten a little beaten san=

ders a pint of rose water a little pepper

& salt & beaten ginger & carraway seeds

& 3 orrange peeles minced smale.

32

minced egge pies.

Take 5 egges & boile them hard then peele

of the shell cleane & mince them uery

smale put to them halfe a pound of beefe

suett minced & halfe a pound of currence

& season them as minced pies & when they are

baked put some caudle into them.

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To make sheepes feet pies

First make fine past then seeth you feet

tender before you put them in then put

them in whole & season them with peppers

mace cloues salt fresh butter make a

caudle as you doe for chickens & put to

it when it comes out of the ouen else you

may put to it a little ueriuce & suger.

34

To bake calves feete

Make your coffins uery high then cutt.

the feete in little peces from the

bones and season it with pepper & salt

cloves mace sinammon ginger a little then lay

them in your pies and put there to a han=

full of smale reasons a few barberries 2

dishes of butter and a little suger. when

they be almost enough put in a little

uariuce or if you will you neede not

put in soe much butter but make

a caudle with 3 or 4 yolkes of egges;

& uerince & suger put to your pye

when it is almost enough.

35

To make a potato pye

Take a pound if pottatoes & boile them

tell they be uery soft then take halfe

an ounce of sinammon as much nuttmeg

a little pepper some large mace a

little salt 2 ounces of dates and 2 marrow

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bones halfe a pound of butter & when

it is baked put in some white wine &

butter.

36

To make a seath pye

Take a little raw beefe & a little raw

mutton shred them together take

a little time & parsly minced smale

some suett pepper & salt 6 pippins

& some suger & make them little

pies for 3 in a dish with one corner

& the rest round.&nbsp;

37

To make a hare pye

Take the hinder parts of the Hare &

cut it in thin peeces from the bones

then take the udder of a leg of ueale

& cut in such peeces alsoe & to euery

peece of meat sticke close a peece

of fat & season it with pepper & salt

make your pye round & deepe & lay

good store of butter in the bottome

then lay in all your meate & more

butter on the top soe bake it uery

well & eate it either hot or colde &

if it be made right it will tast iust

like uenison.&nbsp;

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another way for this

Take all the meate from the bones

& beate it tell it be all in one lumpe

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then take suett & lay in the bottome

& when it is cold fill it up with butter you

may bake red deere or beefe this way

& it will keepe a great while.&nbsp;

39

The humble Pye

Take a lambs head & purtenance &

when it is cleane picked & washed set

it ouer the fire & scume it cleane &

when it is parboyled enough to mince

mince it uery smale & mince as much

beefe suett as meate when both are

uery smale, minced seuerally mingle

them & mince them to gether, then

season it with a pritty deale of nutt=

meg & sinammon some suger & some salt

lesse then a pound of currence well

picked & washed then cutt smale

sweet marierom time sauory pars

ly a few greene marygold leaues &

mingle these with the meate soe

fill your pye close & when it is well

baked make a caudle with a little

ueriuce as much rosewater & suger

& butter soe are the minced pyes

made but with out the herbs, if this

be made right you cannot know it

from an humble pye.&nbsp;

40

To make good minced

Pies.

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Take the flesh of a leg of ueale when

it is parboiled & mince it uery smale

then mince as much beefe suett as the

ueale & mingle them & mince together

then let your seasoning be 4 ounces

of suger 2 of carraway comfits 3 Nuttmegs

halfe an ounce of beaten sinammon a little

salt on pound of reasons of the sen 2

of currence you may put in some dates

& lemmon peele minced mix all well

together till the pies well & when they

are baked put in to euery pie some

caudle made with rosewater ueriuce

butter & suger.&nbsp;

41

spring-garden tarts

Take for the past to 2 quarts of flowre

one pound of butter & breake it cold

into the floure then put in a pint

of creame & after the past is made

role in it a pound of butter as you

doe for puffe past: slice your apples

thin & lay them in put in sinammon

whole & cittron sliced thin in the

middle & suger pn the top role the

past thin & turne it ouer like a

pasty.

42

uery good pasty

crust

Take a pecke of floure 4 pound

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of butter breake it colde into the

floure & worke them well together

with cold water & beate it with a role=

ing pin then beat 3 or 4 pound of

mutton-suet with faire water uery well & put

into the past with the meate & put 3 or

4 nuttmegs to your pepper&nbsp;

44.

To make a Pasty of

Venison

Take a good pecke of floure & 4 or

8 eggs & 4 pound of butter & mingle

it with cold water then season your

venison with pepper & salt & soe bake

it. you may make a good pasty of a

flanke of beefe but if it be thicke you

must beate it as the suett which you

put in the bottome, which you must

beate in faire water & when you set

it into the ouen put in a little faire

water & couler the pasty withthe yolke

of an egge. put in as much pepper a=

agayne as you doe salt.

45

To make puffe past

Take fine floure the whites of 2 or

3 egges some suger & rosewater & tem

these with cold butter & worke them

with great strength & sprinkle it with

faire water when you see good then

role it in a thin cake & lay butter

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as often you will.

46

To make a tart of orranges

Take orranges & shaue them & lay them

in water a night then boile them in

3 or 4 waters that done lay them in mal

malmesey 2 houres then take them out

& seeth the malmsey on the fire & put

in 2 yolkes of eggs a little sinammon suger

& ^rose water.

47

To make Tart stuffe of quinces

& apples

make it as your marmalad of quinces

but somwhat thinner & straine it through

a fine meale siue mingle as many ap=

ples with your quinces as your please

48

To make stuffe of

apples only.

Pare your apples apples only & slice them from

the coare & put them into a pot &

let them stand in the ouen tell

they be baked then straine them &

put in as much suger as will sweeten

them then seeth it tell it be almost

enough then put in as much iuce of

barberries as will couer them soe let

it seeth tell it be thicke enough to

lay into the tart insteed of baking

you may boile them.

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To make Creame Tarts

When your crust is raised round & shallon

Lay in your apples in thin slices like

Taffety tarts & put in some orrange

peele then lid them & cut the lid all

ouer with long open cuts; take to

a quart of creame the yolkes of 4

egges beaten & as much suger as

will sweeten it well & when the tarts

are neere quite baked poure this

creame into them tell it fill them

up to the lid & then let them stand

after this a quarter of an houre in

the ouen.

50

To dresse a calues head

When your calues head is boiled take

it up & when it is cold cut it of the

bones like a hash then take halfe

a pound of butter, & the braines

being boiled with a handfull of Parsly

& sage & shred smale & some bacon

cut smale & let them all stew together

& put to it some venigar.

51

To swws sowse a pig

Take a gallon of faire water a pint

of white wine vinegar a quart of

white wine of time & winter sauory a

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a handfull a few cloues & some Large

mace a Nutt: quartered boile all these

together a quarter of an howre then

take of your liquor put in your pig & let

it stand tell it is almost cold then

let it boile a little & then take out

your pig & put in that thing you

meane to keepe it in, let your Liquor

stand tell it be noe warmer then

milke from a cow then poure it

to your pig to keepe it, you may

serue it whole or quartered & fill

your dish with liquor it will be like

gelly & soe eate it.

52

To dresse lambs feet

first scald of the wooll then seeth

them tell they be enough in water

& salt then frie them in fresh butter

& parsly & let the sauce be uineger & pepper

53

To rost a hare

Take parsly time sauory & oynions

chop't, with yolkes of egges creame &

crms of bread a good peece of butter

a little pepper smale reasons & barberries

worke all these together, & sew them

in the hares belly & when she is almost en=

ough bast her with butter & the yolke

of an egge. & make uenison sauce to it

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To seeth a Carpe

Wash it then seeth it in white wine

vineger with oynions butter & suger.&nbsp;

55

To make uenison sauces

Take clarret wine & grated bread

boile them together tell it be pritty

thicke then take it off the fire & put

in a peece of butter & beaten sinammon

suger inough to sweeten it & put in

a sprig of rosemary at first & you

may put in some red sanders to

couler it.&nbsp;

56

To dry tongues

Take them & salt them well with

bay salt & as it melts put on more

th when they are stiffe if you hold

them up with one hanbd they are salt

enough then strew them ouer with

course wheaten bran which will keepe

them & bacon from rusting soe hang

them in a chimny from the heate

of the fire, tell they be through

any then hang them any where them

soe seeth them in water that will not

beare sope with a wispe of hay in the

bottome soe boile them & eate them

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Take any cold mutton boiled or roas

ted which is best slice it in thin smale

peeces then in a pipkin or dish set

it on the fire a stewing & put to it

white or clarret wine or for want

of wine put ueriuce & when it is stew

ed enough put to it a peece of butter

some capers & samphir & sliced lem=

mon & with sops serue it up, at first

put in a whole oynion peeled into the

middest & when you take it up take

out the oynion; if you make it of

veale put in some sweet herbs

minced smale & stew them with it&nbsp;

58

To make Pancakes

Take a pint of creme & 4 egges &

some nuttmeg & floure & salt fry them

with butter, this will make 4 pancakes.&nbsp;

59&nbsp;

To make good pancakes

Take some water & floure & blend

together, then take 12 egges halfe

the whites & beate them well together

then put them into the batter put alsoe

nuttmeg salt & suger into it & fry

them with butter&nbsp;

60

To make an apple

Tansie

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26

Take some apples & cut them in

round peeces & stew them betweene 2

dishes with water tell they be tender.

then take some egges not all the white

& a little creame & grated bread with

Nut. & suger & then may put in a little

flowre to binde it then put butter

in the pan & melt it then poure in

some of the batter & lay the apples=

one by another & poure the rest

on the top when it is hardened turne

it & Let it bake on a soft fire.&nbsp;

61

A Tansie

Take good store of spinach some prim

rose leaues balme & thyme Tansy

beate these uery well & then breake in

a duzen or more of egges & neere halfe

the whites & stamp them with the

egges then straine it into a pan

& season it with a nutt: & some suger

put in 4 spoonfulls of creame &

2 of faire water soe fry it. put

not much suger in it but put the

more on the top.

62

To make custards. B:

Take a quart of creame & boile it with

mace then beate then beate the yolkes

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27

of 12 egges & put some suger in the

creame & poure it to them then stir

it well together & put them in littl

dishes & soe bake them.&nbsp;

63

A custard or goosberry foole

Take your goosberries & boile them to

mash then put the water from them

& put the yolkes of 2 egges to a pint of

goosberries & boile. it a little more &

sweeten it with suger & eate when it is

cald colde rosewater or cream with

doe uery well in it.

64

To make Country custards

Take milke & set on the fire & put in

a little floure & soe let it boile well

together to thicken it a little when it

is cold put in some egges whites also

but first beate the egges together

& season them with a little Nuttmeg &

suger. strew some currence in the

bottome of the pies when they are

raised & set them into the ouen & when

they are hardened stir the stuffe

well together that the floure may

not sinke to the bottome & soe fill

them the crust must be made with wa=

ter & a little milke.

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28

65

Clouted creame

Take your new milke & straine it into pans

as you use to doe & when it hath stood

2 or 3 hours take as many as you

please & without ioging set them on

triuets with a gentle fire under them

& let it stand tell it be scalding hot

then take them of & set them into the

Dary tell next day then take up.

your creame with your hand or skim

mer into your dish, & all this while

be sure noe dust be raised./

66

To boile creame,

Take a quart of creame & slice into it

a little stale manchet uery thin with

out any crust & put in a blade of

mace, & when it is almost boiled thicke

enough put in 6 spoonfulls of rose

water & some suger & let it boile

a little withthat & when it is ready to be

taken of put in a little salt & soe

poure it into your dishes & eate it

cold.

67

To make a Come Creame

Take a pint of sweet creame &

boile in it a blade of mace & a little

suger & let it stand in a cleane pan

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29

tell it be but milke warme & it must

be stirred tell it be cold then put

in a little rennet & stir it well

& put it into your dish & see

that there be noe blisters on the top

but let it stand uery euen that it

may be smooth on the top./

68

To make a Triffle

Take a pint of creame & the yolkes

of 4 egges, set the creame ouer the

fire & when it doth boile put in your

yolkes being first well beaten with

rosewater; alwaies stire it & let

it stand but a little while ouer the fire

after the egges be in , this you may

doe withthe whites but they must

be uery well beaten with rosewater

& well stirred & taken of the fire

the one will looke uery yellow &

the other pure white you must

season them with suger before

you put in the egges & soe put them

in seuerall dishes

69

An excellent way to make cheez=

cakes

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30

Take your new milk cheese the

why whay being well pressed out

& breake their curds in a boule then

put to them 6 yolkes & 2 whites of

egges some currence nuttmeg suger

& rosewater 6 spoonfulls of creame

a quarter of a pound of butter melted

grated bread or floure one hand=

full mingle all well together & put

into the past set them into the ouen &

keepe a quicke fire at the mouth not

setting up the lid at all & when they

begin to couler take them out pre=

sently this quantity will make 6 or 7

cheesekakes

70 ..:....

A fine cheese

Take morning milke & ren it when it

is almost cold sumwhat tender &

when it is come put it in a fate & let

it draine then presse it gently &

put it betweene 2 course sheetes

turning it for aboue a weeke &

then lay it in grasse fress euery

day tell it is ready to eate.

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71:212/:/:

A Fresh cheese

Take the curds a little pressed

put to them nuttmeg suger & rose=

water & let it stand, about halfe

an houre, & then with a little cream

with your hand straine it through

a cloth & put it into your pan &

eate it with creame.

72:

To make a dainty cheese

Take 6 quarts of the stroakings

a quart of creame put to it one

spoonfull or two of rennett

cloues & mace being before steep

ed in the rennet mix 2 spoonfulls

of the Iuice of marygold flowers

withth rennet when you put it in=

to the milke, when your cheese is come

lay a cloth in a bowle & with a

dish take it up & put it into the

cloth & pyn up that cloth & lay

it into a cheeseu at ouer the

bowle soe let it stand an houre

then lay a little waight on it

& halfe an houre after salt

it with a spoonfull of salt &

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let it stand all night withthe

waight on it changing the cloth

often & the next night lay it in

grasse 2 daies & after it hath

layen in grasse 2 daies it must

be couered with a blanket atop of

the grasse to keepe it warme chang=

ing the grasse euery day & when it be

gins to looke white at top it must

be wiped noe more & soe keepe it

couered with gras 9 or 10 daies &

then spend it

73

To make good cake bread

Take to halfe a pecke of flowre

3 pound of currence, well picked

& washed one pound & halfe of butter

4 ounces of suger 2 or 3 nuttmeg &

as much beaten sinammon at least

a pint of good ale yest. first put

in your flowre & when your suger

spice & salt is in straine in the

yest & put in the currence & as

much creame as is needfull tem

per it sum with stiffe & let it lay

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33 halfe an houre to rise prepare a

browne paper well buttered &

flowred to put it on & take

butter & rosewater well beaten

together & with some feathers

annot wash the cake all ouer

& then strew it all over with

fine suger before it be set

in the oven which must be heated

uery well & coole a little before

it be set in an houre & halfe

is the most it neede stand in yet

those that use the ouen can tell

best.

74:

To make a Carraway cake

Take to halfe a pecke of floure

which is two quarts one pound of butter melted in a little

rose water & temper your cake

with it & put in halfe a pound of

carraway comfets as much suger

& 3 nuttmegg a good quantity of

by with

halfe a pecke waighs

7th & mea

sured it waighs

but 4ale yest you may make halfe

this quantity & make it in a long

bun & bake it with manchet.

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34

To make speciall cake bread

Take halfe a pound a pecke of

floure 3lb of currence 1lb dimidium lb of

butter 4&#8485;&#8203; of suger a pritty deale

of sinammon & nuttmeg a good quantity

of ale yest temper all these with

creame somwhat stiffe & put your

butter in cold & let it lay halfe

an houre to rise, dry a browne

paper well & floure it to put

the cake on soe glaze it & set

it into a well heated ouen.

To make a good cake

Take a peck of fine floure 4:lb

of butter a many currence 1&#8485;&#8203;&nbsp;of

nuttmeg as much carraeway comfits

3&#8485;&#8203; of cloues & mace beaten put

your spice & cur:rence in the floure then

melt your butter with some rose=

water or milke take a quart of ale

yest & worke them into the floure

well together & put as much su=

ger into the floure & lay it uery

warme to rise.

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To make Gelly

Take Calfes feet & a nuckle of veale, boile it in faire

water till they be halfe boyled & better then take a

quart of white wine & boile them in that till they be

very tender, then straine them, then put rose water

suger, nut meg & sinamon beaten, & let it Gelly&nbsp;

To make a Gelly of Calues feet

Take Calues feet: scalding off the haire of them, then

seeth them in faire water, till they be tender, then take

out the feet, & let the broth run through a Callender &

soe let your broth stand till it be Cold & then shall you

take the fat cleane from it: & if you haue a pottell of

Gelly water then put to it one quart of Claret wine &

a pint of malmsey then season it with salt & put therto

one pound of suger an ounce & a halfe of Cinamon, and

an ounce of ginger. 20 cornes of pepper: 20 Clues: & a

good saucerfull of vineger & lay your spice therin & then

put the vineger into your Gelly when it is well boyled

that the strength of your spice be smelt, then set by the

Gelly till it be some what Cooled, then put in your beaten

whites of Eggs & let all have a boyle together, then

set it all by, & in a while let it runne through a

bagge&nbsp;

To make a pruen Custard

Take stewed pruens & put in Creame with 2 youlks of Eggs

& suger & rose water & sinamon & sugar & set it on the

fire till it be a Custard & soe serve it on sippets in a dish

To make a ffryday pudding

Take 2 Manchets boile some milke with mace & sinamon & put

in the bread as it boyles with some Currans : rose water poure

it in a dish & put butter to it & stirre it well together & strew

sinamon & suger altogether on top

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To make Minced pyes

Take the flesh of a Legge of Mutton or veale being par=

boyled & take as much beefe stwit as the veale, & Mince

it very small & then season it with 2 pound of Currens & a

pound ofe reasons of the sunne hallfe an Ounce oof Cina=

ment: 3 nutmeggs: 2 Ounce of Cariway comfetts a quarter ofe

sugar & a little salt, when the pyes are baked put into

them some rose water; vineger butter & some suger, well

mixed together, in every pye some

To make dainty fritters

Take Posset Curd made with Ale or sacke, then take

beaten Almonds & straine them through with a littell of the

posset drinke to the Curd & season it with suger and

Cinamon or what spice you like best, & put in some

store of the youlks of Eggs, & sqarepeeces of Apples

& soe with a Quicke ffyer bake them in sweet suet

To make a Lenten pudding

Take a pint of sweet Creame let it boyle a littell at with

of lacke of Mace in it then slice a manchet into it being

taken off the fire & powred into a panne then put into it

one nutmegg a little salt 4 spoonfulls of suger 4

youlks, & 2 whites of Eggs, a handgull of reasons of

the sun, stir all this well togetther with a peece of

butter in it then take a linne Cloth being first

wetted in ^ cold water & then rubbed with butter on the in

side, put the pudding into it & tye it vp close together

& boyle it when it is boyled put melted butter into

the dish

A sauce for a legg of mutton

Put vineger suger & some nuttmegge sliced uery thinne & a little

of the gravy of the mutton, & set it upon a Chaffing dish & preserue

it in

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How to make a sheeps toung pye

ffirst the tounges must be parboyled, then pill them

& sprinkle them with vineger & white wine then season

them with Nutmeg mace sinamon & suger then put them

into the pye with an large mace, Marrow goosberries and

sweet butter: then close it up: when it comes out of the

Oven put in verges white wine & suger&nbsp;

To make an Apple pudding

Take 2 manchets: grated, as many good Apples as the quantity

of bread finely Shred: blend these with a pint of Creame

& 3 or 4 Spoonfulls of Sacke, half a pound of Currans half

an ounce of sinamon & ginger a quarter of suger 6 spoon=

fulls of good rose water mixed, altogether either in puf:

past or a dish, steweed pruens are good meat eat with

Creame & a little rosewater & suger&nbsp;

R Partridge

Take a few grets & bruise & put them into Milke a grut & a

halfe & boyle till they be soft, in the morning & put some

Creame to them ^boyle them with rosewater & suger&nbsp;

A Receipt for Minced Pyes

 Take 2 Ounces of the liang of a legge of Mutton & a pound

beefe of Suit & shredd it togethertill it be as small as you can

beefe make it, Alwayes keeping it loose from the boards, as you

mince itt, Then take a littell salt: 2 Ounces of suger one

nutmeg & a halfe: & halfe a pound neere a pound of Currence: & Mixe it

Altogether: & put it into past: & let it haue but an houre

& a halfe bakinge, to make the past take the suet & shred it

very small put it into A skillet of water & let it but boyle up: then

some butter & put in to it, & soe knead your past.&nbsp;

The Hartechock pye

Rxthe bottom & cut them in 3 or 4 peeces, & lay them, hollow ouer one another sea=

son them with sug , nuttmeg suger stoned reasons dates 3 or 4 hard youlks of

eggs, & marrow, large mace & some butter, let it not stand too longe in the

ouen when you draw it, put in a good Caudle of rose water, veriuce & suger & some

butter

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How to make a Cake

Take halfe a peck of fflower; a pound of butter

breakinge it in very small peeces well mixing it with the

flower then take halfe a pound of suger, & a quarter of

an Ounce of Cloues & mace; & a quarter of an ounce of

nutmeggs & something better: then a quarter of an ounce of

Cinamon: & some beaten ginger: when all these are mixed with

the flower, then take then take a pint of milke & a pint of

Creame. & let it be blood warme put into it almost a pint of

Ale yest & halfe a pint of sacke: & 3 or foure spoonfulls of

rosewater & soe temper it together & if there be not enough

to wet it put in a little more Cold milke: & when it is fully

Tempered breake it in peeces & soe strew in 3 pound of Currence

& when they Currence are mixed & when you haue made it, before

it goe into the Oven wash it over with a little rosewater & melted

butter & if you will you may Strow some Carriway Comfits on

it & soe bake it: Let not stand but very little more then an

houre in the Oven.

To make Oven Cakes

Take halfe a pecke of the greatest oaten meale, beate it

very small in a trough or Wooden morter, with a hammer, or

mallo, such as they beate hempe withall, then sift it & soe temper

it with hotte water as thinne as for panecakes, & when the

batter is a littell Coole: put in a littell yest & stirr it very

well & Cast a cloth ouer it & it will rise. Make ready your

stone with fyre vnder it. the stone must be an Iron plate

set hollow. put some butter in a clout & rubbe the stone, & then

with a ladell put on the batter what bignesse you please

will turne them, & soe take them up for your vse:

To make pudding

halfe a pound of Grout wash it Cleane & boyle it in 3 pounds of

milke stirring it a little, season it with salt suger & nutmegge

butter in a dishe & bake it .

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Puff Past

One pound of floure as much Butter wrought in your hands one

Egge & faire water mixed & the Butter layed vnder & Conserw=

pye beefe baked.

To make Elder vineger

Rx Elder floweres & put into vinegar & stop it Close & let it in the

sun 2 or 3 dayes, you may keepe elder flowers dry all the yeare and

make it at any the eies, to time

For wine vineger

Rx Rose buds & cut the white from them & the out leaues & tops, & put

them in a paper bag & dry them in the sun eyther damaske or red, ounces then

then take your wine, put it into glasses, set them in the sun: & your roses in

them, if it be red wine put in red roses, but if it be white wine

put in damaske roses. take of your sourest wine, it will be a yeare

before it be ready, it will last 7 yeares when it is done&nbsp;

To make a quidany of Creame of any

Colour&nbsp;

R:x a pint of Creame, put to it halfe an ounce of Ising-lass cut into

little small peeces, then set it on the fire till the Isinglass be disolued

then take it of & put in some rosewater & suger, enough to sweton

it, then take what Colours you will & tye them in littel Cloutes

seuerally as many as you will haue & put them into steepe in a little

rose water, then take as much as you will haue of Colour, then

wringe the Colours into the rosewater & put it into the Kettle & set

it a little on the fire, a little more, then straine it into a glass

this will keepe but 3 or 4 dayes.

To pickle Quinces

Rx your quinces, Coare them , boile them in faire water with the coares, when

you thinke the be tender enough boiled, take out the Coares

then take out the Quinces & lay them in a in a tray then before the be

Cold, place them into a tab or pot, & powre the liquor to them &

when they be quite Cold, keepe them for your vse.

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To make Almond butter

Rx Almonds & beate them small with rose water, then take very

good fresh, butter & suger as much as you thinke good, grind it

with the Almonds when it is Cold make it up.&nbsp;

Another way

Beate your Almonds as before very small then take Creame & boile

it with a little mace, then turne it with sack then take of the

Curd & draine it, then beate the Curd with the Almonds & some

suger, & make it up as before

To make a dainty Cheese

Rx 6 quartes of the strokinges & a quantity of Creame, put to it one sponfull

of rennet, Cloues & mace, bringe before steeped in the rennet; mix

2 spoonfulls of the Iuce of marigold flowers with the rennet, when

you put it to the milke, when your Cheese is come lay a Cloth in

a boule & with a dish take it up & put it into the Cloth, pin

up that Cloth & lay it in to a Cheese vatt over the boule, soe

let it stand an howre then lay a little weight on it & hafe a howre

after salt it with a spoonfull of salt & let it stand all night

with the weight on it, Changing the Cloth often & the next night

lay it in grass & after it hath layen in grass 2 dayes it must be

Couered with a blanket atop of the Grasse to keep it warme, Chaing

ing the grasse every day & when it begins to looke white a top.

it must be wiped noe more & soe keepe it Couered with grasse

9 or 10 days, & then spend it

To pickle quinCes

R:xthem and Core them , then somewhat more then quodle them , when they are

enough take them up & lay them on a Cloth; then boile the Cores in the

water till it be soe thicke that it will gelly when it is Cold, soe

put them to that liquor in a Barrell, & when you vse them , turne

a side the skin on the top & Cover it againe

To fat Chickens

Temper barley meale with the washings of trenchers whe=

ther it be whay seammed milke, let them Eate is

& drinke seammed Milke

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To make Excellent Rennet

Rx forth the Curd out of the bag & when you have picked of the haires

& washed it, salt it pritty well & put in it a little beaten Cloues

& mace, then put it into the bag & put in about halfe a pint or lesse of

sweet Creame & soe tye it up then lay it in salt a month, a fortnight

on the one side & as long on the other, then put a paper about it &

hang it within the aire of the fire, you must keepe it neare a yeare

before you vse it or your Cheeses will heaue, for the makinge of

your rennet, take a gallon & a halfe of spring water & a good

handfull of Cowslipe blossomes & halfe an ounce of Cloues & mace

sewed in a littell Cloth & a handfull of salt, let it boile a

quarter of an hour then powre it into a batter pot from the

blossomes, but let the bag of spice lye in it, take about a pint

of this & put it into a little pot & let your bag lye in it till

it be strong enough, then take out the bag & Corne it with salt

& hang it up againe you must haue 3 or 4 to vse & take every

time a seuerall one till you haue vsed them all, & then use the first

againe & soe let them take your Cornes, but be sure you hang them up

when you take them out of your rennet, when this is spent you may

make some some more after the same manner, onely put a few

pinkes or Cloue gilly glowers in steed of Cowslip Blossoms

To make orrange & lemon salets

Rxthe Orrange or lemmons pore them, Cut them in the midle & Crush out

the Iuce, then Cut them in round peeces not too thicke, Lay them in water

boile them till the be tender, then take them up & lay them on a cloth

to dry them from the water, then take & Cut the pith & to a pint of

good wine vineger, put a pound & a halfe of suger & boile it to

a sirrup, then put in the oranges & lemmons & let them boile 2

or 3 walmes in the fire then take them out & put them in glasses

& when the are Cold put the fire to them, you must proportion

the fire to as many as you will doe

To make Iumballes

Rx Eggs youlks & whites beate them well together, then take

a pint of beaten suger & put to the egges, stirre them well toge=

ther & put to it a pottle of flowre & make a hard past, then

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with Aniseede mould it well, & make it in little rolles long & tye them

in what knotte you will, wet the ends with rosewater to fasten them

then put them into a pan of seething water but one walme, then take

them out & lay them on a Cleane Cloth to dry, then batter your

plates & lay them on, & in a moderate oven bake them turning them,

pricke them when you take them out of the water & put a litteell

muske in the rose water

To make pie brawne

Rx your pig when its killed & dressed & rip up the belly & lay it in

water 24 houres then boile it & Cut it in rolles as you please drying

it well with a Cloth & season it on the inside with cloues mace

peper nuttmeg & salt soe rolle it up & sew your Collers with threed &

lap them in thin linnen Cloaths & boile them till the be tender, then take

them out of the Cloathes & reare thm on the end, sprinkling them with a

little salt & soe let them stand a day or 2, then take of white wine vine

gar & as much of the broth thatthe pig was boiled in & soe souce the

pig in it & if it begin to mould or soure take your broth & boile

it againe & skum it well & when it is Cold put it to the pig

An exellent Cheese

Rx ye milke of 24 Kines & heate it on the fire till it is a littel warm=

er then when it comes from the Cow, & when it is broaght into Curd

by ordinary rennet breake it as you doe for ordinary Cheese, till

your vatt & Crush it with your hand then put it in the presse & let

it stand there aboue a quarter of an houre, then take it out & cut

it in thin slices & put it into 4 gallons of scalding water & when

it is pritty tough put it in to your vate very smooth, Crush it

very well, then put it into the presse againe & salt it about 4 a clocke

let it stand in the presse till about 10 or 11 of ye clock the next day

then put it into a pan & rub salt about it & doe soe till it is

pritty hard which will be in 5 or 6 dayes, then keepe it 3 or 4 years

before you spend it

A Coller of Beefe

Rxthe chuck rib of beefe bone it & beate it very well then

season it with peper salt nutmeggs Cloues and mace

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& sprinkle it ouer with Claret wine & let it lye in the seasoning

about 2 dayes then bind it up as you doe your brawne & boil it till

you thinke it is Enough

Pig Brawne

Rx a roasting pig, seald & bone it & lay it in running water all

might the next rmoning dry it with a cloth & lay sage leaves ouer it

whole mace beaten peper & salt & butmegs, when you haue soe

done bind it up in Collers when it boiles & is skind put in a pint of

white wine vinegar, & when you thinke it is boiled enough, take

it out & put it into the liquor it is boyled in or if you like not

the pickle you may make other liquor

A Coller of Eale

Rx a good Eale & scoure him with salt wall salt him in the midle

& take out the back bone season it with sage leaues peper &

salt nutmegs mace as you doe for ye pig brawne then rolle it

up in a Coller & bind it about with tape (but not Cloath it)

boile it in water & salt white wine &white wine vinegar

& keepe it in the liquor

To bake beefe

Rx any peece of leane beefe & bake it with your browne bread in a pot Couered with

water, then take it out Cleane from the liquor, & breake it uery ^ well small with the end

or a rouling pin in a boule, then season it with pepper & salt & nutmegge according

to your liking & put in 3 or 4 spoonfulls of the liquor that it was baked in then

worke it in some bason or dish or Earth or pewter Close with your hand, &

& bake it againe with figes orange small thing & when it is Cold melt some

butter & powre it on to Cover it, this will keepe good 2 months or more, if not

Cut, Therefore I put ^ it in small things that too much may not be Cut a time, It

will keepe 2 or 3 days after it is first baked, before it need to be baked aga

ine, if one have not occasion to bake small things before.

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C&nbsp;

A

How to hash a shoulder of

Mutton

Take a shoulder of mutton, Roaste it somethinge more than halfe

baste it with butter, set a dish under it to take the gravy, when ^ it is more then

halfe roasted, take it from the fire, take of the skin & mince the meate

then stew it betwixt two dishes in the gravy; put to it one pint of Claret

wine at the first anchofyes & at the first olives & at the firste when you

set it ouer the fire to stew, one pint of Capers, put in halfe your Capers when

you put in your anchofyes & oliues, put in one or two leaues of mace 3 Cloves

1 nutmegge stywd halfe an oringe or Lemmon stew all theise together one

howre and a halfe, when you are ready to serue it up, take halfe a pound

of butter, a guarter of pint of vineger; beate them auell together, then

put it to your meate, & the other halfe of your olives anchofies, Capers

& some samfer & otysers, iff you please garnish your dish with theise &

soe serve it up

Lay your meate upon if bones

& leaue skin ouer the meate

shape it like a shoulder of mutton

you may stew one whole

Ioynt with it, but take itt

forth when you serue it up

How to make a marrow pye

Rx your apples & shread them small they being pared & coared then

put to them a good meany of currents, & blend your marrow & them

altogether, & season them with, sinamond & ginger finely pund, then

strowe on the topp, some suger & soe bake it either in a pye or a dish

couering it with puffe paste like a florentine

To make white wine Caudle

with geewall

Take pounded greates & water, boyle them well together, likewise put

there in a little Cinamond & mace & a sprigg of Rosemary, when allyes

are well boyled together, then powre out the thinnest of it & put to it a

little white wine & suger & then boile it a little more, make your

Caudle with the thinne of your grewell

To make panadoe

Rx grated bread & sprigge of rosemarye, Mace sinamon & currents

raysons & boyle all theise together an houre of more in water

& when it is well boyled, put in suger & butter

To make white wine Caudle

with alle

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Take ale & whole greates & mace & a sprigge of rosemarye & a sprigg

of balme, boyle all theise together & when it hath boyled a while then

take the thineest from the greates & amke your Caudle with the thinnest &

then put to it suger & white wine & then boyle it a little more

To make water grewell

Rx pounded greates & Raysons Currents a little mace rosemarye, when

all theise are boyled on water, well boyled together, then put into it a

little butter & suger

To make a plaine grewell

Take all theise things before mentioned, vsing them after the same

marmer, onely leaving out the fruit

To make a rice tarte

Rx rice & swell it thin then put some Currence to it, put to it 2 or 3 apples

rosewater suger Cinamon & ginger then make then make puff paste

& lay , & lay it in a pewter dish, then put in your rice, & Couer it with the

same paste, & soe bake it in an ouen

To make a posset all curd

Make two together & powre the drinke away from one, & lay the other curd

atop of it with a skimmer

To make a puddinge

Rx a spoonfull of grommell seed & put it into a pint of new milk &

set it into your ouen with pyes as you doe other puddings & it will be a

pudding, you may season it as you please

ffor two hogsheads of March beere

Twelue strike of mault, halfe a strike of wheate hopps ffive poundes

beanes one strike, the beanes & the wheate, must not be maulted, but not

nothinge done to but bruised as you doe malt

when brews doth not worke but bells &

& hath noe barme, To Raise barme

Rxthe white of 2 eggs, & beate them till you can take it up like water

by spoonfulls, then take 2 handfulls of wheate flower, & halfe a spoonfull

of pepper finely pound, blend the flower & the pepper together, then put

them together in a bole, with some drinke of the same, beat in the it to

gether in the bole by a littell, with the same drinke in the fatt

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When you haue blended the wheate flowre & the pepper with a little drinke

beatinge them together, then put in the whites which you beate before, beate them

altogether, putting in drinke by little at once, till the bole be full, then

strain it all ouer the salt

Some hold ginger butter, because makes the beere drinke flatt & dead

P put a gold ringe into the fat, to make the beere to worke

If beere or ale be cold in the fat

& will not workeBoyle a kitfull of the wort & powre it in amongst the rest, ^ & if you'll make

it worke, if you haue noe wort, then take a greate strane put with

2 stowkes, & the lidd must haue 2 stowks, then you must boyle a kittfull

of small grout or faire water & put it in to the salt & tye the lodd downe

& hange the pot in the beere, it will make your beere to worke, when it is cold

boyle more water & put in if you need hang the pot in the middle

When ale or beere is ready to tumne an houre before, take of the barme & stir

in the sides, & when you tunne it, skimme of the barme againe vses tunne it

up

ffor beere when its dead

Draw it out & when you haue brued, put it uppon the graines an

howre & then let it run off & boyle it scum it & put in halfe a strike

of grand malt & boyle it & scum it

Put in ^ a Lemmon into euery hogset head of beere when you tunne, It will make

it drinke stronger by a pecke of malt&nbsp;

When beere is follne in the fat

There is noe way to helpe it, but to boyle it againe, that the barme may

vse againe to be skimed of, & soe put in new barme as at othertimes, put

in a pecke of malt when you boyle it flourish

But try first first

Put in the youlke of an egge & wheate flowre in to the fat to raise the barme

blended with sweet wort&nbsp;

To raise the barme in a hoggehead

Put in a spoonfull of cloues and one of mace And two of wheate

flowre Draw some of the beere and blend the spice and flowre

three tymes and put on to blend it, this will make it

worke and bringe the barme up againe atopp of

the beere

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To keepe beere fresh

Put in an orainge when you tunne

& some put in a hand:ful of salt to a barrell when they tunne it up to keepe

fresh to the last

To sweeten a hogshead

fill it with watter almost full, then put in a limestone or two vncle it into

the water, then stopp the vessell close; the next time fill it with small beere

If beere drinke flatt & dead & the

barme befallen fallen to the bottome

Rx a handfull of grum malt sifted from the dust & huske, put in as many

hopps to the malt as you can hold betwixt your finger & your thumbe then wet

a little lynnen bagge and wringe it drye, then put in your moult & your

hopps & tye up your bagge , & throwe it in to the barrell of ale or beere

it will make it worke againe & drinke quick, stopp the barrell & let it

worke, if you must vse the beere or ale quickly, take the bagge of malt

out, when it hath beene a day & a night in & the beere will give ouer work

inge, But it is better if tyme will lett you, let the bagge lye in alwayes

To keepe beere Coole & from

sowreinge

Take halfe a dozen coisters shells cleane washt, & foure whole egges

shells, & all, put them in when you tunne the beere & let them lye

To keepe beere quick & fresh

Rx a handfull of malt Curnells blown from the dust & a handfull of pease

meale, put them in a bagg together & hang it in the vessell

To make your barme to rise in

the full & to worke

Take the youke of an egge & blend it together with wheate flowre

To make barme

Rx one egge the meate and all, wheate flowre & hony one spoonfull beate

it well together, then put sweet wort to it

To make beere fresh that is deade

& to bring up the barme againe

Take two good handfulls of mault Curnells put them in a

bagge, and hange it in the vessall, This will make the

beere worke

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To make leaven when it is wet

Rx warme water salt & barme, blend it in a kitt & let it be all night

To make bread light without

barme or leaven

ffor household bread, take thinne worte & warme it as you doe water

& worke it up as you doe at other times, when all is runne of for beare

put this water on

And if it be a weeke or a fortnight ould it is neuer the worse for

the bread

And if manchet be ouer barmed, put a dish full of this wort to it, andd

this will helpe it

To make a greene Cheese

Take milke & boyle it & when it is almost cold put in orinng & when it is

come, gather it, & put the whay away, take the curd & blend it with the

raw Creame, suger & cinamon & corrents & rose water

To souse a capon or turkey

Rx a very fat cramd capon or turkey, kill it soe that it may bleed much

& scald it very Cleane, that there be left on it neither feather nor

hayre; & take out all the gutts, & all the other garbadge, but leave in all the

fatt. then lay it in faire water, till all the blood be soaked out, & then

boyle it whole in whyte wine & faire water & a little salt; or else a little vine

ger, & sowse it in the same liquor, & when you serue it, Lard it with

fillets of preserued orainges & lemons, all ouer & make a gelly & Cullours

some red, some yellow, some white, & lay in slices vnder it in the dish in

garnish the dish with preserued orainges & lemmons & Ielly, be carefull that

the gelly be both cleare, sweet, exellent, & good, & then this is a delicate

dish for a second course

Great fatt eeles boyled & sowsed a very good

meate, & will eate like a Conger&nbsp;

To make a hare pye a dellicate

waye

Take two hares & parboyle them a little then take the meate from

the bones & shread it soe small as it may bee, & beate it in a stone mort

er, lay season it with pepper salt & nutmegge, & lay it in your paste be

ing made of the fashon of a hare first, when the meate is in, lay Cullers

of Lard, cut thin, & a little of this meate before it is layed into to the past

must be beaten in a morter, to make it Cut fine, & whole in a peece, & soe

lay butter in it, & bake it as you would bake any other meate

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To make a capon pye

Take a capon & boyle him, then take all the white flesh of it, & mince

it small, & mince three tymes of much marrow of beefe suet, as meate, & sea

son it with nutmeggs Cinamon pepper & Cloves & mace, salt & suger, great

store of dates minced & some veriuce soe bake it in a fine crust

To boyle the Lights of a Calfe

ffirst boyle them in water, then take them out & shread them with perseley

time Rosemary peneroyall & onions, let them be very small & put them in some

of theire owne Liquor, & season it with verguise pepper Cinamond & ginger & a

peece of sweet butter soe serue them

To boyle a necke or a breast

of veale

Boyle the veale by itselfe & when it is more then halfe boyled, put some of

broth with a pritty deale of parcely sweet Margerum spinage a little

peneroyall, some yellow beets if they be younge & a peece of sweet butter; &

when this hath boyled a pritty whyle, put in some grapes or goosberryes, &

then slice in some small peeces of bacon in to these thinges, but the bacon

must be first boyled by it selfe, & let it haue a walme or too amongst

theise hearbes, then take up the veale, & lay the bacon on it, powre the

hearbes & some of the broth to it & soe serve it&nbsp;

To stuffe a Legge of Mutton

Rx parsley time & the youlks of hard eggs, Cloues & mace shread theise smale

& stuffe your mutton with them, & sticke your mutton, on the outside

with whole cloues, & make venison sauce to it & soe serve it&nbsp;

To boyle a Legge of Mutton

Boile your mutton in noe more water then will suffice to boile it in, and

when it is halfe boyled take it up, & stuffe it, with youlkes of hard eggs

shread small, or else the youlkes of raw eggs, & parsly time & marier

um, & put in to the broth some pepper, mace cloues & veriuce, & soe

put in the mutton againe, & let it stew till it be enough, & soe

serue it on suppes, with some of the broth, in which you must boyle

either Barberryes, Goosberryss, or some sowre apples chopt small

To boile Partridges

Boyle your partridges in stronge broth & with either skirret roots

or potatoes and marrow & dates and whole mace & veriuce or

vineger, and some sweet bautter butter & a little suger and lay

them in supps & powre this broth on them

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To bake a Pigge

Take a fatt pigg & sprinkle it all ouer with vineger, then season ^ it with salt

mace nutmeggs pepper & ginger, & when you put it into the pige, put in it a

puddinge in the belly of the pigge, with a little time, winter savory, & pvtt

marierum, & a few bay leaues, & soe bake it with good store of butter, &

when it is halfe baked, put into it at the litle hole at the top a ladle full of

vineger, with some suger, & soe bake it out, & flay it first before you

bake it&nbsp;

How to roast a shoulder of mutton with oisters

Rx some parsly spinage sorrell Rosemary time sweet marierum

winter savory and beets but a little of all theise hearbes, wash &

shread them very small with the youlkes of foure ^ hard eggs, a lemon

sliced very small, & a little pepper & salt, then take a peck of

greate oisters & open them & scald them, then mingle theise hearbs

& oisters & all the rest, & when your shoulder of mutton is almost

halfe roasted, stuffe it with theise ingredientes, & set a Cleane

dish to receiue the gravy as it roasts afterward, & bast it with it,

some of the oisters must be kept forth & strewed on a dish, that the

herbes be not raw, soe must you serue this under it for the sauce

How to make sausages

Take the meate of two foreloynes of Porke shreadd the flesh

very fine, the fat great mingle them together, season them with

salt Cloues mace nutmeggs, a little fenill seeds braised, a uery

little time, marierum, penie royall winter, sauory a little, a good

deale of sage, Chopp theise together, & mingle them both with

the Meate, pick & pill the small gutts of a hogge or ^a sheepe

very Cleane & thinne, soe fill them, tye them up, & let them

lye neere the fire to drye

To dresse a Calues head

ffirst make a puddinge of grated bread, Creame eggs & fruit

& some sweet hearbes shreded small & boyled in it where the brains

lye, when it is boyled, tye it upon the spitt & roaste it & serue

it under it this sauce as fell oweth , // Rxthe braines being first boiled

& put to it the youlkes of a raw eggs, being first beaten, some

claret wine veriuce & butter, & season it with sugar cinamon

& ginger, soe heate it hott & stirr it well together & powre

it upon the head & soe serue it

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To pickle Cucumbers to looke as greene

as when they growe

Rx half as much white wine vineger as water & boyle it together, & season

it with salt to your taste, but make it not too salt, & when the liquor is cold

then put in your smallest cucumbers in a pott or barrell, but they must nei

neither be skalded nor pared, but put in rawe, & soe couered & kept down

all the Cucumbers under the liquor, with a cleane little stone & soe

Couer the top of the vessell Close & soe lay them in a sallet dish & cast

some pepper on them to a gallon of water a bottle of white wine vineger

or veriuce & a pint of salt, & soe boile a handfull of greene fenill & dill

in it, & soe when all is boyled & cold put in the Cucumbers&nbsp;

The best way to preserue or pickle

Samphier

Take the largest stalkes & greenest samphire newly gathered & put it in

a new seet brasen mettel pot & put to it & put to it so much strong white

wine vineger as water, & be sure to put in enough to couer it, that it burne

not to in the boylinge, then Couer your pot with a dish & let the dish bottome

be upwards & sett the brims of the dish be within the brimme of the pott, but soe

that the brimme of the dish may rest apon the brimme of the pott, but ^a little within

the edge of the pott, there past downe the brimme of the dish with dough to the

brimme of the pott round about, that noe ayre or breath Come out of it, & lay

a greate stone on the bottome of the dish, & keepe the past wett, with wett

cloathes as it boyles, & soe let it boyle on a moderate fire, for the space

of an houre & a quarter, then take it of the fire, & take the samphire

out of the liquor & lay it a broad on dishes to coble, & put into the liquor

as much salt as will season it to your taste, so let the liquor Coole, the next

morninge put it into an earthen pot, & the liquor to it, & soe keepe

it Close couered & stopped, The best time to pickle it, betwixt whit=

sunday & midsommer, it will keepe good a whole yeare, doe but a little sam=

phire at a time & the same liquor will boyle samphire many times

&nbsp;&nbsp;

To make a dash for a second Course

Boyle some beets & Choppe them small & some apples together & sina

mon, ginger, suger & some grated bread & some raw eggs, some Currants & a

little salt & some fresh butter & soe roule it in the white of an egge & fry

them in butter & soe serue them, strawinge a little sinamon & sauger

on them

The right way to picle oisters

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Take your oistear & open them as whole as you can, sauing the liquor of

them, then wash your oisters in the same liquor & drye them in a cloth

then take a bason of foure water & wash them in it, then put them in a

fair bason when it doth boyle, & let your oisters haue 5 or 6 boylings

then take your oisters if they be boyled enough, lay them to coole one by

one, then take the liquor which first came from them (not the liquor

they were boyled in) if you haue a quarter of liquor, then take a

quart of white wine vineer, one handfull of pepper 6 nutegges one handf=

of mace, let your liquor & vineger boyle together before you put in

your seasoning for feare it should make it looke blacke, your nut=megge

& pepper must be beaten, but your mace must be whole, you

must put in a little salt in the boyling of your liquor, for the next

day when they be cooled, barrell them up, let not the spice boyle at all

in the liquor, for that will make the oisters looke blacke, but put them into

the liquor while the liquor is hott & then they will looke well&nbsp;

To keepe Hartichockes all the

yeare

Rxthe fairest hartichocks at Bartholomuetide, & make brine of water

& salt, & put some white wine vineger into it, & when it is well

boiled & scummed, put in your hartichocks & let them boyle a walme or 2

then take them forth & set them a coolinge & let the liquor boyle a good height

& when the liquor & hartichockes are both cold, put them into an earthen

pot, & to keepe downe the hartichocks, put in sticks acrosse in the

toppe & soe keepe them close couered all the yeare, & when you would

vse them, boile them in an old peece of Lawne for feare of breakinge

put noe salt in & dressinge, nor vineger in the sauce

If the liquor chance to mould take them forth, and boyle the liquor

againe, & when it is cold put them to it againe, and keep them

close couered as befoore

How to dresse a dish

of hartichocks

Take hartichocks & boyle them very tender, take of the top leaues

leauing the bottome whole with leaues round about them, then

put them into a dish with a little faire water three spoonfulls

of sacke & one spoonfull of suger, & let them boyle on the coales

still powreing on the liquor to giue it a good taste, soe let them

boyle after halfe an houre, then poure the liquor from them, & put to

them some Creame boyled, & thickened with the youlkes

of two eggs, hole mace suger & salt, then put a good peece

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of Butter in it, & lay it upon toasts & power your Creame & butter

on it

To keepe vine leaues all the

winter

If you will keepe vine leaues all the winter to roast for sauce, gather

them when they be fresh & greene & stringe them on a threed & soe

hang them up to up to drye in a Cleane roome, & they will keepe all the yeare

& when you will use them, take & wash them, & soe roast them, & they

wil be as good as those that are new gathered

How to keepe Cabage Lettice

Take water & boyle in it a good quantity of of salt but not so much as to make it

bryne, when it boyles being scummed throw in your lettice hauing beene well washed

of the fire and let them stand till the be cold & the next day put them up in the

vessell in which you meane to keepe them & then Couer them as youd or

other things, & when you are to vse them, wash them in warme water and

after with a little winegar & suger

Sparagus is to be done after this sort alsoe

Cowcumbers

ffore hundred of cucumbers, a pottle of the best baysalt, or white if that cannot

be had & put in 2 gallons of faire water, boyle it & scumme it, & let it

stand till it be cold, then take the ttopps of fenill & dill & let them lye

vpon a table a day & a night before you vse it in the bottome of the

vessell in which you meane to keepe the Coucumbers, lay a thin layer

of those herbs, then a layer of Cucumbers, than a layer of herbs, & soe

of Cucumbers, vsord or till your vessel be full, & let a layer of hearbes

be vppermost, then adde ten Cornes of peppers & cut them in quar

ters. & a nutmegge Cut in little peeces & straine them in the middest

of the vessell, then powre in your bryne, then powre in a gallon

of good wine vineger, & put on the top of all some Cap paper double

if they arise put a trencher on the paper & a sotne upon that

when ^ your Cucumbers are young they are best to pickle

To pickle broomebuddes

Rx broomebudds, before the yellow become forth Lay a good deepe layer of them

an inch deepe, then couer them all ouer with salt but thinly, then a layer

of buds, & soe till your vessell be full, then fill up the pott with white

wine vineger then put on a paper a boarde & a stone on the topp of the

pott, if they shrinke, then fill up the pott still with budds & salt, till they

leave shrinkinge, & after this manner you must doe Ash keyes, purslaine

or any thinge else, you pickle with salt

To make a barke possett

in the ffrench way

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Rx thicke scalded Creame, lay if in the bottome of a dish, then

lay all over spices & Rawsted pearles, or Large slices very

shine of the Crummes of white bread & some Currants, strow

all over some pownded Cinamon & nutmeggs, then lay an other

Lay of Creame & soe either roasted peares or your crummes

of a manchet, Currents & spices as before & then Creame

againe then cast all over the quantity of halfe a pint of,

sack being scalding hott first being made very sweet

with suger & when this sack is cast upon the toppe of

it then strew more spices as before & soe bake it in an

oven but not too much, then garnish it with puff paste

& soe serve it

To bake beefe like a redd deere

Rx a peece of the Buttocke of a beefe & salt it with white

salt till it bee well seasoned, then boyle it till it be halfe

sodden, then season it with pepper, cloves, mace, & nutmeggs

& lay it in vineger againe one weeke. Turning it twice a day,

then lard it & lay it in vinegar againe one weeke more

Turning it as before & when it is halfe Baked take a pint

of claret wine & halfe a pint of vineger & some suger, boile

it till the suger be melted & soe powre it into the pye at the

topp wheare you must make a hole before you put it

into the oven & make a spoonfull of dough & soe set it in the

oven againe, till it be throwly Baked

To make a posset without

milke or bread

Rx a pint of sack or a quart according to the quantity you will make

if but a pint then you must take a dozen of eggs whites & all &

beate them a good while with cynamon & suger, then take

your sacke & put it over the fire & when it boyleth put in

your eggs & keepe stirring of it till it be thicke then take

it up & put it in a dish & cast sinamon & suger upon it

& serve it to your use

To make a Creame tart

Rx a Pint of Creamre & boyle it with a stick of cinamon &

& beate 5 youlkes of eggs, beate them very well & boyle them

in the Creame, till it be boiled thick as a Custard & put it in a

cloth till it be hard & the whey dreyned from it & then season

it with suger & rose water & Crummes of Bread & soe butter

a dish, & Role past very thin & lay in the dish bottome &

put the tart stuffe in the dish vpon the past & soe Rolle out the

past thin in longe narrow peeces & lay on it a Crust &

bake it

To make a sacke Posset

No: Rx a quantity of good sweet Creame set it over the fire with a peece

of a nuttmegge sliced in to it, & while it doth boyle :Rx 12 eggs

whites & all & beate them very well beate with them a pint of

sacke & as much sugar as will sweeten all, then put a pint of this

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into a Bason & let it be but blood warme & whenthe Creame is halfe

cold, put it to your eggs & stirr it on the Chafeing Dish, till all

be in a tender Curd, you need not stirr it Constantly, But as

it doth thicken at the bottome, then scrape on suger & serve it

in.

To make A good flowre Puddinge

To:

Rx halfe a pint of thick sweet Creame & youlkes & 3 whites of

eggs with some sliced nutmegges & ginger & salt, & beate it well

together & soe tempe it with flowre as thicke as ffritter

Batter & let it boyle, but one hour&nbsp;

To make Excellent ffritters

To:

Al:

Rx Eight eggs white & all, Cimamon ginger & cloves & sliced nut=

meggs neere a pint of Creame beate all well together & put

in 4 spoonful of sacke as much Rose water, thicken it with

flowre not to thick then put in a spoonful of good Barme &

set it with in the aire of the fire to heave then core your

apples & pare them & cut them in thin Round peeces & boyle them

in hoggs lard in a frying Panne

A very Good Puddinge

Rx a pint of Creame & what spice you like & salt & sinamond & ginger

& Cloues mixe it with flowre as thicke as batter, then put in

2 whole eggs & as much beeffe suet & its will make it soe thi=

cke ass a spoone will stand vp right in it, then boyle it three

howres

ffor Cheese cakes.

Rx a gallon & an halfe of mile from the cow out in a little

Rennett & then slice a manchet into a pint of Creame & whites

that is soking prepare you curds, break them & hand them up

in a cloth till the wjat be all out, then put them into a Bowle

& with pestell beat them very small, then put in neere 1li of

Currants some Nutmegs & what sugar you please 4 yoalks

of Egges; break your bread well in the creame ^put in a little mace & then mixe

all well together, put in halfe a pouns of butter melted & a

little salt, then have little round pies & fill them, but not

overbake them:

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To pickle lettuce or Purselane

Rx them & pick away the outer leaves, & wash them cleane then have

a pan of boyling water put in your lettuce or purslane, & let them

boyle till they be tender then take them up & put them into a sieve

till the water be cleare gone from them, then put them into a cleane

pot & put into it half vinegar & halfe white wine, & put a little

grosse pepper on the top & so keep them&nbsp;

To pickle Barberries

Rx the best coulourd Barberies you can get & a good quantity of

the best veriuice you can get, & boyle it with a good handfull of your

refuse Barberies & let it coole, & lay a lay of sugar in the

bottom of your pot & a lay of Barberies so doe wit the pot be

full, then straine the veriuice into the Barbaries & so keepe them

close:

Rabbit Sawce:

Rx some Marygold gold leaves, cowslip of Ierusalem , sweet

marioram, parsley, a few strawberry & violet leaves

but most sweet maioram, mince them very small with

an hard egge, put a very little grated bread, a little salt

& roll up these with a piece of butter, & put it into the

Rabbet, you may stuffe veale with this putting it into

a skinny part & not all over:

A Pudding My Mother :

Rx Rice beat it almost to flower, boyle it in milk as thick as an

hasty pudding, put to it 2 or 3 yolks of Egs & some creame

40 or 50 blachd almonds ^ beaten with sugar & nutmet & some Amber

-greece mix altogether & take a quarter of a pound of dicyed

sweetmeats, some marrow or bits of butter or citron bake it in

puffe past

Mrs Beacham.

Calves foot pudding.

Rx calves feet mince them small mix them with grated bread

Currans yolks of Egs, creame, what spice you will, take the kall

of a breast of veale, which must over night be layd in warme

water kepst it pretty stiffe & put the Caule about, & boyle it in

a cloth halfe an hower put to it white wine & sugar - Another

R grated bread boyled in milk with spice when it is cold put egs

rosewater & sugar, & Raizins & currans the Caule of a breast of

veale for suett & bake it:

Mrs Beacham

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An Apple pudding:

Make a past of flower & milk, pare an apple & take out the Core

& well it up this & boyle it like a dumpling. Mrs Beacham.

A london

half peck is

7li of flower:&nbsp;

Cake.

Rx half a peck of flower 5li of Currans a pint of ale yest

some Carraway seeds, 1/2 a li of sugar, cloves, mace nutmegs, a

qu=arter of a pint of Creame, in it put a li & 1/2 of butter, set it

over the fire to melt till it is ready to boyle; then into that

put a wine quart of sack, take it off the fire & very hot mix it

put in the yest first, the oven must be sweeping when you mix

it you must presevly put it into the oven: Mrs Beacham.

Cheese Curds for cheese.

Rx a quart of creame, set it over the fire, let it boyle with mace

let it stand off till it begins to coole, beat Eight whites of Egs

straine them put this together, & set it over the fire & slit it

gentle till it comes to Curds, now & then to keep it from burning,

straine it through a cloth & print it after you have mixed it

with sugar & risewater, you may colour them with raspis for

smooth creame, put in cooler, set on a very soft fire &

more whites of egs: Mrs Beacham

Cheese cakes.

Make a tender Curd of new milk, or creame or both, over the

fire with mace as before, cut some white bread, & powre ^then & powre the creame

on it, when it is soaked breake it all put it to the cheese curds &

season it with egs & rosewater; Mrs Beacham

The Stump Py:

Rx a leg a lamb mince it small with suet to make it moyst

sweet maioram, Parsly Time shred small, mix it with an eg or

noo yolk & white, & sugar, make it up in a lump, put in

1/2 a li of butter salt & pepper; a ladle of white wine, butter & sugar

powred on the lid: Mrs Beacham :

An Oyster Py.

Rx 3 pints of oysters, scald them & peere them in a Collunder,

& season them with a little pepper salt & sugar; mix with them blades

of mace & boyled chesnuts peeled; sliced lemman Burbaries

Rimgoes preserved & lettice slocks preserod, 6 hard yolks whole

marrow flowerd to keep it from wasting 1/2 a pound or more butter

when it comes out of the oven , put in a Cawdle of 1/2 a li of butter

melted in white wine & sugae, if you make it over night butter

it in the Bottom. Mrs Beacham

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A Pullet Py:

Rx out the breast bones season inside & outside with cloves mace & a

little pepper & salt fill the belly with Butter & lay butter on the top

& bottom, make little puddings with lights & liver & grated bread nut=

meg, sugar, egs creame, make them up rounds that you may put them

in a lambs cawle or without lay them about the py with skirrats

marrow Barbaries large mace, dates, preservd lettice stalks, so

you may make pies with sweetbreads meats tongues or lamb

this you may make with raisons & currans & plaine seasoning

put in a Cawdle when it comes out & eat it hot

Mrs Beacham :

Fried Apple pasties.

Stew your apples in water then put to them sugar Lemman

pill, rose rosewater & butter, so set them by till they be cold, make for

12 as much past as ones fist with butter rubd in, & an eg & water

put in the apples and fry them in tryd suet.

Mrs Beacham

A fryed loafe:

Cout out sides & Bottom, cut it in round slices as thick as ones

finger, then put to it is a pint of creame Rosewater & sugar,

a yolk or too of egs, mix this & put it in a dish & soake the

bread in it till it be wet fry them in butter for sawce take

orange butter & sugar: :

Mrs Beacham

Pig Brawne

Rx it & bone it, then Rx sage & sweet maioram good stone

& shred it small with parsley 2 nutmegs & some mace beaten

mix this with salt, strow it very thick over it, roll it up in two

Collars very hard and bind it with tape: boyle them in water, mace

& a pint of white wine & some salt, let that boyle first & then

put in the brawne till it be tender

Mrs Beacham

Puffe Past.

Rx 1li pound of flower dryed, then put it with oute egge yolk & white &

fayne water, make it limber then work the butter through your

hands often till it be soft, roll out the past thin spread 1li of

butter all over it, roll it up like a ribbaud & so roll it

out

Mrs Beacham.

A Stump py

Rx a leg of lamb, mince the flesh with mace, then ^put to it 1li of beef

iust minced very fine, season it with a little pepper & salt &

stript time & parsly minced small, & a little sugar, 3 yolks

eggs raw mixd with it so put it into your py, & when

it is baked put in a little vinegar & sugar & serve

it up

My Mother:

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A Collar of Beefe.

Rx the Chuck rib of beefe, Rx out the bones & beat it with a

rolling pin, & when it is tender make it even, season it with

pepper, salt, cloves, & mace, & sprinkle it very well with claret wine

to make it very moyst, let it ly so all nigst, in the morning

roll it up in a collar, & put it in a clots. boyle it in water &

full to cover it: when tis more then half boyled put in a pint

of claret wine, & when you take it up a little pepper & salt

when both are cold put it in the sowce drink, my sister Duches Anothers

Season it without breaking with pepper, salt, & for herbs.

so boyle it in water & suet & halfe

an hower before you take it up put in ^ half a pint of vinegar &

as much white wine:/ William Hancock .

A cold Py:

Rx a but of beefe & take out the bone, enter land it with bacon,

season it with pepper salt cloves, mace, nutmeegs, ginger; Cinammon

take a pint of claret wine & 8 spoonefuls of vinegar,

dissolve 3 Anchouvis in the wine, powre this upon the beef & so

let it ly two or 3 days keeping it with turning, prowning the

liquor upon it, thus bake it in wheat or what other flower

you please: thomas Gelt

Stewd mutton:

Cut a loyne of mutton like steaks, take the kidney suet, mince

it & beat it, & put it in a dish lay the meal on it & let it

stew 3 howers, put to it some mace & Raisins

Mrs Salmon :

Mistris Vincents Bisket

Rx 1li of flower & 1li & quarter of fine herd sugar, finely beaten & searsed

then dry the flower & sugar together in a dish before the fire, take

12 yolks of egs & 3 or 4 whites & beate them to froth with a spoone

salt & rosewater, & as the froth risets take it off with a spoone

& put it to the sugar, so mingle it by little & little till it be

quik with them put in two spoonfuls of Carraway seeds a little

musk & Ambergrases, & when your oven is hot & ready, then

which must be by that time the Butter is ready, then put them

out into plates or papers, & bake them, you may put in ano-

ther eg because you will leave some, & if you put them upon

papers you must flower the papers., if upon plate you must

butter them

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To make an Hash.

Rx a shoulder or leg of mutton cold or hot from the spit cut it in

thin slices leaving out the browne skin & fat, then put it

into your stew pan & boyle it therin with strong broth or

fayre water season it with pepper or salt cut an onion in

slices, & stew it or you may use Capers in stead of the onions,

when you find that it is hot thorew, if it be cold meat give it

a tosse in the pan, & thereby it becomes thick if there be not

too much lichor, if it be hot meal it will require a

longer time of stirring; stew in a little mincd lime &

serve it put to the table:

with table Sippets:

not forgetting to put in a little vinegar before you take

it up to dish:/ William Hancock :/

To hash a callves head;

Rx a calvs head wash it well & set it a boyling, when tis boyld

pretty well take it up, & cut it in thin slices not to broad, then

set it to stewing with some strong broath or faire water

season it with pepper & salt, cut in of parsly tops, time &

sage, cut into the same boyling with the braynes boyld & chopt

with your knife, when they are boyld together put in a good

piece of butter with a little vinegar, tasting of it, soe how: it agrees

with your palate:/ William Hancokk

ffillets of veale smoon in a frying pan.

Rx your leg of veal cut of two or 3 or 4 slices, crosse over the

butt and, than chop with your cleaver & salt it if you please

you may lard it thorow with a little leane & fat bacon, & fry

it more then half some butter, then put it into your

stewing pan, season it with pepper, put in one onyon chop a

pretty quantity of parsly, savory & lime, more of the last,

you may adde thereto a little whole mace, this meat will

not require so long a time stewing as mutton usd after

the same mannor; if you be not carefull to observe time in

stewing it, but stew it too long & that may be when you stewed

a little more then half an hower, & then it will be dry &

hard, thus you may use mutton or lamb, rost or raw

To stew chicken:/

Rx two or 3 chickens scald & wash them well, dismember them as if

you were carring them up, & then cast them into a pipkin

or skillet that will not last, you may doe them in your stew pan

covering them with water, then boyle them & thicken them with the

bottom or top of a manchet grated, season it with a little mace

salt if acording to your discretion, put in some sugar, & so

much sack as may give it a tast, slice in a few dates or other

sweetmeats but be sure you have not more lickor then well to

cover them, your sack is to be put in a little before you dish it

presently after your marrow cut in pieces & cast in & boyled

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a little while before, garnish your dish with sugar & with other

sweetmeats you will;

To ffreckas chickens or Rabits.

Cut them in small pieces after they be boyld or rosted, take off the

skins put them into your frying pan in butter, & onely heat

then thorowly, then chop a little raw parsly, & put it into

two beaten yolks of eggs, temperd with a little white wine or

vinegar, & 3 or 4 bis of butter, a little pepper, then let

one put your egges into your pan but you must be very

quick, giving it 3 or 4 tosses about in the pan, this is a

pretty dish if you defer not to eat it while it is hot; you

may use lamb or wast veale after the sauce manner

adding to them a little fine chopt time:/

To Stew lamb

Cut it into steakes boyl it in strong broth or water, so

much as will cover it, season it with pepper or salt, chop

in some parsly & time, thicken it with some grated bread

put in a piece of butter with some vinegar, you may

use grapes, gooseberries or barberies in this meate, or

acording to the season of the yeare olives eat in pieces

with capers especially if it be mutton :/

A pudding.

Rx grated bread temperd with creame & eggs acording to your

discretion, season it with nutmeg sugar rose water put

it into your butter dusg with some pieces of butter in it

so bake it with or without fruit:/

butterd dish with some pieces of butter in it

so bake it with or with out fruit =/

Chickens with Rice boyld.

Your chickens being scalded boyle them in water & salt, boyle

your Rice in a little creame & mace, seasond with a

little sugar, sack, some butter, dish your chicken being

boyld, & powre your rice on the top of them, not boyling

it too thick :/

To Make a steak py of mutton.

Cut it into steakes, season it with pepper & salt, strew on it some

ellcopt time & savory, when you have layd it into your coffin

cut put some thin slices of suet & lay on the top of it, which

will keep it moyst, you may use gooseberrys & barberies, in

an hower & a quarter it till be baked.

A made dish of chickens:

Scald & cut your chickens, season them with beaten mace & salt, fit

your dish then with puffe past or some other past, lay in your

meat, then you may use Raisons, Dates, Oringado Citron sliced, butter

upon the top with some sugar; when tis almost bakd put in a

cuwdle of sack sugar & butter:/

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To make gelly.

Rx a cock & flen off the skinn cut him downe the back, & break

his bones all to pieces, take a knuckle of veale, flea that also

take the fat out of them both, then put these two into two

gallons of water, & let it boyle to the half, with two handfuls

of hartshorne in its be sure to keep it with continuall

scumming. then take it off the fire & let it stand coverd,

till it be blood warme, then straine it, be sure & to powre it

into the gelly bagt as softly as you can, let it stand all

night, & in the morning take a course cloth, & rub off the

fat that stands upon the top put it into a skillet, & put to

it a pint & half of sack, a quarter of an ounce of Cinamon

two ounces of loaf sugar, set it on the fire to boyle & put

into it two spoonfuls of rosewater, boyle altogether for an

howeor & a half, then take 6 whits of egges & beat them to

a froth, then take that froth onely & put it into the gelly

as it is boyling to cleare it, then take it off the fire &

put into it the iuyce of one Lemone, ten graines of Amber

greece & 5 of musk. as much sugar candy as the bignes

of as egge, let it stand coverd untill it be cold as before, then

hang you gelly bag before the fire & run it softly through

into glasses:/ Mrs Beacham

To make an Almond suck swsset:

Rx half a hand of Almonds, blanch them in cold water, beat

them with a little milk untill they are very small, then put

them to a quart of milk & let it stand an hower or two, then

strain them very dry set it on the fire with some whole Cinn

-mon, at when it boyles, stirre in the cream of a peny loafe

grated, & let it boyle a little, then strew in a good handfull

of sugar & let it boyle a little longer, then put in the

yoalks of 4 egs beaten with a little milk & sugar, let them

boyl but a little, then you must have ready, half a pint

of sack & a little ale, well sweetened & very warme.

in the pot you make your posset in, as soone as the egs

are boyld powre in your milk to your drink, stir of

about & cover it very close & let it stand a little over

a few coales :/ Mistris Beacham :

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Mrs Vincents Cake.

fflowre 3li & a halfe 3 quarters of butter rubbed into the flowre, half ounce of

Mace, 2 nutmegs, half dram of ginger, a pint of Creame, made warme, half pint of

Ale yest, halfe a quarter of Rosewater a quarter of a pint of sack warme the sack,

2 egges withthe yolks beaten, half pound of sugar mix all these with the Creame & so

put it into the flowre & mix it well, then knead in the Currence & bake it with a

paper bound about:

Dorothy Hoods' cake,

Rx to a peck of flower, that was by our weight 12li. 1 ounce of Ginger 1 ounce of

Cinnamon 1 nutmeg: half an ounce of carraway seeds half ounce of Anniseeds

sugar 1li & halfe butter 7li Barme very sud 3 pints creame 1 pint, Currence.

3li or save out one pound of you will, & put in a li of Raisins cut in bits.

first set the button on the fire, in the meane time mix the seeds & all the dry

spice & strew it over the flower, then put in the crsame & an handfull of the

suger & mix yt, which done siumme the butter which must be ready to boyle

& powre in the cleare none of the bottom so knead it well & then put in the

Currence knead them very well in, then spread over your barme & put in some

of the sugar if you well & so knead it well up the Oven must not be too hot

make it up & put the rest of the sugar on the Top Mark it with a hollow lay

half an hower or a little more will make it

A Lombard Py.

A dozen of Larks with puddings in their bellies made of grated bread egges, marrow

Currence, suet herbs & seasoned with sugar & nutmegs & 6 or 8 little puddings

of another sort made into balls, a pint of great Oysters scalded the yolks of 6

hard egges, the marrow of two bones in great pieces, 2 sweet breads of Veale

Parboyled & cut into pieces as big as a wallnut, dates in halves sliced

lemon, large Mace & Barberies these must have a little pepper & salt & sugar.

for seasoning then lay on the Top some lettice stalks preserved, & Candid

Eringo rootes, & half a pound of butter:

you may put in some potatos or Skerrets, you must make a Cawdle of white

wine butter & Sugar & put into it when it comes out of the Oven:

My Cousin Patience her Bisket:

To 6 ounces of fine dryed flowre half a pound of sugar fine beaten & seaced, beat 4

egges & put to them as you beat a spoonefull of sugar, at a time till half the Sugar be

in them, put in a spoonefull of flowre & a spoonefull of Sugar till all be in but a little

that you must mix with some musk ground, & put it to 3 or 4 spoonefull of Rosewater

& put it in iust when you set into the oven Caraway seed or with seeds else you will, you

may put it as you put them into the Oven dust them with Sugar & fflower, a quarter

of an hower will bake them:

A Cake:

Fine flower 9li . dry it by the fire & weigh it when it is dryed fine Currans 6li rubbed

Iordan Almonds blancht & beaten half a pound, beat them with half a Gill of Rosewater

Cinamon an ounce & a halfe, Cloves & mace, most mace half an ounce a quarte of a li

of Caraway Cowsfits, Ambergreece two graines dissolved in Rosewater, beat it with your Almonds,

but first let them be beaten enough; fine sugar half a li. Butter 2li Creame a pint let your

Creame boyle them put in the butter to dissolve, as soone as tis dissolved take it off the fire,

stiff Barme 4 sponoefull, when it is kneaded let it stand a good way oft the fire about

two howers, then put in your Currans & so make it up :/

Mistris Anne : /

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a Tart of pippins

When your coares are scooped out of the pipins

fill them full of marmalad & soe set them up=

right in a deepe tart lid it deepe & poure

a custard on the lid.

E: H:

Scottish Scollps

Slice some ueale & Bacon uery thin

parboile your ueale in the pan in some

water first, then put away your water

out of the pan & fry the veale &

bacon both together browne in butter

Then take a pint of white wine & 2 oyni=

ons & 6 Anchoues & let them stew

a little while before you put in the

veale & Bacon then put it in & a little

of the Butter wherin they were fried

& when its ready to be taken up

beate 2 yolkes of Egges & put them

to it, if the Anchoues doe not make

it salt enough you must put in a lit

the salt./ Sister Packer

little cakes

Rx floure oate meale egges milke &

sugar mix all & bake them on a stone

& after Bake them butter them or fry them

to eate

Mrs Whithalgh

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A A Cake

Rx a quarter of a pecke of flowre dry it

well & 3li of currence 1li of Butter

4 egge 2 of the whites halfe a pint of Barme

1 pint of creame 4 spoonfulls of sacke a

little mace & sinamon 4 nuttmegs 4 oz

of sugar, boile the creame & let it

be cold mix with it then, the Barme & egges

rub in your Butter dry spices & currence

then put in your creame, let it stand halfe

an houre by the fire before you set it

into the ouen./

sister I:P:

A Rice pudding

R/ a quart of milke & boile in it halfe a pound

of rice with mace & cinamon till the milke

be wasted set your rice to warme & put

in with But: then thinke good let it be but

warme when you dish it & then put in sugar

goosberry tarts

Rub Butter into flowre which you thinke

fit knead it with sugar milke & the yolkes

of 3 Egges scald the gooseberries & put

in with sugar you will.

Scotch collops

Rx a leg or knuckle of veale & cut it in

little peeces & take as much bacon soe

fry it in water till it be tender then put

in some butter & soe dish it up./

Sister I:P:

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White pot

Mix milke flowre 3 egges like butter

for pancakes boile your milke & when you set

it into the ouen put to it a peece of butter

sister Packer

A Cake

Rx 4li of flowre 2li of Butter &

2li of currence M's of sugar 3 nutt

megs 1pint of creame halfe a pint of

sad Barme a little sack mix this well:

together hauing the Butter rub'd into

the flowre/&nbsp;

little Cakes

Rx 1li of flowre & 1li of loafe sugar

1li of currence a little sacke halfe

an oz: of mace 5 egges 3 whites

Eliz:abeth Hawley

Wigges

Rx a quarter pecke of flowre halfe a

pound of Butter 4oz: of sugar halfe

pint of Barme a good quantity of car

raway seedes temper it with milke in

to a good past not to stiffe then may

make it cold or warme the milke &

melt the butter in it make them thin &

somthing long pinch up the ends & bake them

& eate them either tosted & Buttered or

broke into ale, you may put in a little cloues

& mace

Sister Browne

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puff-past

Only white of egges beaten to froth

a little sack a little butter knead it beate

it & strew flowre betweene.

Elizabeth Hawley

Reason Wine

Rx spring water boile it halfe away

to too gallons of water soe boiled

& strained take 2li of reason solis

stoned & shred 1li & halfe of sugar

6 pulps of lemmon & 2 rindes put

the water to these boiling hot & soe

let it stand 3 or 4 daies till it grow

sharp & the lemmon & 2 rindes put

the water to these boiling hot & soe

straine it & after it is settled bottle

it up well & set the bottles up to the

necke in let wet sand & at a fortnights

and you may drinke it.

to make mead

Sister Alsop

Rx to one gallon of honey 6 gallons

of cold water boile it together 1 houre

taking of the browne scum & stirring

stirring the white scum in.

let it stand till it be as cold as soon

the toast a crust of browne bread well

on both sides & spread it all ouer

with barme strew on it a little flowre

put it into the wort couering it with a wooden dish

whelmed on it.

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soe Let it worke & after barrell it

& nn its settled bottle it.

if you would

make it stronger

a little gallingall boiled in it will giue

it a fine tast Sister As: Laker

To make good

black puddings

Same the blood by itself & Let your great

grets be very cleane picked then steepe

it in milke ouernight & put salt to

it when you steepe it, put some of the

blood to your grits get ready penny royal

all time sauory chiues finely min

ced mix these well with your greets &

blood put in cloues mace ginger

pepper 4 eggs 2 whites mix all

well & put in with lard you thinke fit

cut it not to big, cut your guts of a

fit length & not fill, them too full, boyle

a little one to tast that you may mend

the seasoning as you see cause.

Liuerings

Boyle your liuer beate it in a morter

with creame & straine it put in some

grated bread season it with nutm:eg mace

a little cloues sugar rosewater 5 egges

2 whittes salt beefe suet cut small tem=

per all well together with some currence

make it noe thicker then to fill with a fill=

bow. into the blacke pud: you may

put a little fenell seed beaten small

Lady Winwoods

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Cocke Ale

Rx a cock parboile him & strip of his

skin then bruise him in a morter & steepe

him all night in 2 quarts of the

best sack & then put it into a barell

with 8 gallons of strong ale before it

hath quite done working with 4 pound

of reasons of the sun stoned & bruised

in a morter a quarter of a pound of

Dates stoned a large nuttmeg sliced &

a little cloues & mace then stop it up

close for 6 or 7 dayes then draw it into

bottles, it must be 6 or 7 daies old be=

fore you drinke it. put a little bit of

sugar into each bottle.

Dr Dakyne

for the mead on the other side put it to

gether cold with barme stir it well 3

or 4 daies tun it when it has done working

stop it at 6 or 8 weekes bottle it & drinke

it when you will.&nbsp;

Westfailia counterfit

Rx your gammon & hang it up 2 daies then

make brine to beare an egge put it in

for 3 weekes then hang it high in a chim

net for 5 or 6 moneths when you take it

downe wipe it cleane; before you boile it

lay it in water 3 daies shifting it once a

day, set the brine be raw.

Mr struyce

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a made dish

Rx pound of fresh butter & worke

it betweene your hands till all the water

be wrought out & it be plyable then take

a pound of fine flower & knead it with

cold water & 2 egges till it be a stiffe

past role it out & with your thumb spread

butter all ouer it & strew a little

flowre ouer it role it up & out again again

this doe till all the butter be spent but you

must not mould it after the butter

is in, cast it into 2 peeces & role one

& lay in a buttered dish keepe the other

to couer it.

Rx almonds & beate them with rose water

for cloding then take a quart of creame &

boyle it with a blade of mace thicken

it with fine grated bread & when cold

put to the Almonds with the yolkes of

6 egges peeces of Butter or marrow

if you please you may put dates or

preserues as barberries or the like season

it with salt & sugar to your liking then

lay it in your dish & lay the other part of

the past ouer it & bake it.

Co: Browne

stewed oysters

Rx the oysters out of the liquor let it stand

& settle then take the clearest of it & as

much with wine & stew your oysters in with

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with whole mace pepper a whole onion

& a bunch of sweet herbs a little salt. for

the sauce take some of the liquor &

Butter as much sugar as a nut a little

Lemmon & serue it with sippets.

to dresse a shoulder

of mutton

Rx sweet herbs & hard egges shred them

uery small put these together with a

raw egge & a little salt put your oysters

in this & stuffer your mutton with them ty=

ing them together with stickes of time

for sauce take the water of an onion

& some of the liquor of the oysters claret

wine & capers & dissolue 2 or 3 anchoues

into into these with the grauy of the nutt=

ton & a little nuttmeg. my Cousin B

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Take your quinces & boyle them Very Tender & let the

water boyle before you put them in, & turne them often as

they boyle else they will Coullor, then take to every pound

of quinces one pound of sugar /

M P H G T S B A C L I V

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L O

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Mrs E: A: bisket

Take a pound of loafe suger & when

it is beaten uery fine put to to it 12

spoonefulls of rosewater & 4 egges

but 2 of the whites take the skin of

the yolkes & the treads out of the

whites & then beate all this to=

gether a full houre then put to

it a pound of fine floure well

dried & what seedes you like best

& beat it together tell it is well

mingled, & haue your pans ready but=

tered & get them into the ouen as

fast as you can, the ouen must

be soe hot as to turne a peece of

white paper browne let them not

stand to long lest they turne

browne but assoone as they are

well risen take them out./

To preserve quinces white

Take your quinces & boyle them very tender & let the

water boyle before you put them in & turne them often

as they boyle else they will couller, then take to every

pound of quinces one pound of suger, then take as much

water as you thinke good & clarify your sirrup with whites

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of Eggs, & when it is well clarifyed, straine it & set it

ouer the fire Againe, & take out the seedes of the quinces

as hole as you can & Payre them in the meane time & when

the sirrup begins to grow thicke then put in your quinces

& let them boile a good pace turning them often, then

tye vp the cors in tiffany & put them in & when they are

almost Enough then strow in a little hard suger on them

on every syde, & then let them boyle very fast & when

you preserve the sirrop will Gelly, take them vp into

your glasse & keep as much sirrup as will cover the top

of them; the next day cover them close

To make Cake bread

Take to halfe a pecke of fflower halfe a pound of

suger, & a Good Pound of Currence washed & clensed.

halfe an ounce of Mace & halfe an Ounce of Nutmeggs if you

haue Creame then a quarter of a pound of Butter/ If

Milke, the more butter, you must boyle in your Milke, a

flecke or two of mase & some sinamon: you must put a

good quantity of yest & mixe some sacke in it.

To make mirth

Take 2 or 3 Gallons of Water to the leavings of the

Honey & breake & straine the Comes with it & boile it in

water an howre & straine it ^ put to it a sprig of rosemary & some bay=

leaves with it, then put in Cloves sinamon & ginger &

some littell Nutmegs & boile it with these & when it is

Cold put it into a randlet & a littell new barme at top

To preserve damsons

Take the waight of the damson in suger & strew in the bottome &

soe in rows Among them & tye on paper at the top & let it boyle

in a pot of water 3 houres open them round the bottome with

a pin a moneth after Put suger to them to keep them

soe boyle them leasurely in a skellet till the be Enough &

soe you may doe Any other fruit

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Eringos Marmaled

Take the tender roots of Eringos & take out the iner pith & ^ wind & seeth

them vntil they be very soft & tender then stampe them very

fyne like pape, & seeth them over the fire againe with a little

rose water

To preserve Currantes

Even as your respis, onely stand them & let them hang in

buches as the barberyes

To preserve barberryes

You must picke your barberryes from the stalks then

strayne them, then to a pound of barberies stond or vntond

as you think good a pound & a halfe of suger some doe theas

all withe iuce of the Affooresaid ^ b arberys some halfe with the iuce

& half water then let the suger & that seeth & scum

it till it be conserved, then put in your burches of barberys

& let them seeth very fast a walme or two.////

To make red marmalet of Quinces

Take to 3 pound of quinces 3li of suger, almost 2 pintes of

faire water, Cut your quinces in quarters core them

& put them into faire water, then put your water

suger & quince together your suger being small beaten

& set them on the fyer, & let them boyle then take

them off & scum them very Cleane, then set it on

& Let it boyle softly till they be somewhat tender

then couer them close & let them boyle softly till they

be somewhat red coullored then you may let them

boylle a littell faster till they be well collowred &

tender enough then take them off & power them

into a Cleane Earthen or silver bason then with spoons

beat it small & with as much sirrup as you think will

serve tyour turne boyle it with all againe very fast:

Covered: till it be thick enough which you shall

see by holding a littell in a spoone till it be cold,

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if it be some what thicke, that you thinke it will cut

when it is could, you may boyle it: when you haue beaten

it & set it on againe, you must stir it still for feare

of burning/ remember to cast in some of the cores in the

boyling, & take them forth when you beat your near marma=

let

To make Clear=past of Rasberryes

Take the rasberryes & breake them in a bason without the

stalkes, then put them in a Course strayner & soe easyly

bruise them with your hand that the thin Iuce may rune

through into the bason, then boyle the Iuce, & take as

much suger as the waight of it, beate the suger fine, then

put it in to a skillet with as much faire water as will

weet it, set it upon a soft fyer till the suger be melted

them make the fyer very hott & let it boyle a great pace

vntill it stand upon a plate, & come of Cleare like a droppe

of Christall, then take it from the fyer & instantly

put in the Iuce of rasberryes, keeping it continually

stirred whiles the suger & the Iuce be well mingled toge

ther, then put it to the ffyer & give it one walme, & soe

put it into glasses for past, scarce an Inch thicke, if for

marmalade then almost 2 Inches then put it into a stoue

where it may be but warme, & when it is stiff enough it will

Cut, then turne it out upon a sheet of glasse, Cuttinge of

it on what fashon you will, & then put them in the stoue

againe, & soe dry them vp: when your Marmaled is dry put

it in a Coole place observe all rawe fruites must be boyled

after they come into the suger with one walme

Nurse reades Receipt for making of sweetwater

Take an indifferent quantity of sweet Margerum & as

much muske Time, some Course Mary, some lauender

some bayse, some spignell, some rose leaves some pink

some sweet Basill, some winter savory, some muskouy,

& some ffrench marlin, Theise hearbes with some

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sinamon, & Cloves & peces of Lemond peeles steeped

in some new ale, & let it Continue in the ale for

the space of 24 houres, & then still them together

& soe done then put some damaske powdred to it,

& it will be very good

Past of Rasbaryes with the stones

With the stones , bruise them very well in a bason & with

your hand take out some of the stones & then put them into

the suger as formerly, if you would haue your paste thicke

then straine it neue.

To make a syrrup of gelly flowers

Rx good store of Cloue Gellyflowers. cut of the white ends

then put a few into a flagon, first strowing a little fine suger

into the bottome of the pott & then flowers & then suger

betweene every lane of flowers. when your pot is full stoppe

it Close, & put it into a kettell of boyling water, & let it

boyle till you thinke the iuce of your flowers be distilled out,

then powre out your liquor into a bason leauinge some in the

bottome & those leaves will be god for sallets then boyle them

with some more suger, & keepe it for your vse

To make a spirit of Wormewood

Rxthe wormewoo d & stampe it & put it into a Pitcher pott

& when it is filled with it put some sacke into the Pot flute it up

very Close, & sett it all the sommer into a seller, or some such

Coole Place, then straine it out & keepe it in a glasse Close stoped

& halfe a spoonefull of this Iuce put into any beere, is farre

better then wormewood beere

Syrrup of Cloue Gellyfflowers

Put them into a fflagon as before & suger enough to keepe

them all the yeare & then stoppe it Close & set it into an

oven till the suger be melted & the fflowers well stewed, & then

boyle the suger ^ liquor up to a syrrop & put vineger into the louer &

keepe them for salleits

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To dry Gooosburies which are to be done

about the 8th or 10th of June

Rx the gooseberries & slit them on the sides & Cut of the blacke --

toppe, then lay them in Cold water 3 or 4 hours, then take faire

water & a littell salt, & when it boyles take it of the fire &

scald but a few at once put in the goosberries & Cover them with a dish, but looke to them

Continually that assoone as the skinne begins to breake, take them

out & put them on a pye: plate, then pill them, & boyle them in water

very soft, Covering them till the be greene: then take them out &

take their waight in suger, & put to it as much water, as will

something more then wett it.x then set it a Coolinge, till it be

x make a syrrup

but warme, & then put in the goosberries Cover them & let them boyle

softly a Littel,x & soe doe till they begin to looke greene, then put

x them set them on a=gayne

thene out in a dish, when they are Cold cover as before, but not

halfe the quantity of suger, the goosberries being first taken out

on a py plate after the have been heat, & then put them into

the new syrrop, being as the first was ma, made boyled & Cooled

soe let them heate but not boyle, & then let them stand

Covered as before the next day heate them againe, & then put them

onto dry & when they dent in stick in pynnes & soe let them

alone till they be almost dry, then take out the pynnes & moue them

but not turne them

To make Quiddiny of Raspes

Picke the Raspberries & put them into a Iug & stop it Close

& flute it up with past & then st set it into a bottle of boyling

water, & let it boyle almost an howre, then poure the Cleare from

the pulpe & take the waight of double reffined suger finely beaten

then boyle them together on quicke fyre for if it be long a boyling

it will loose the Coulor, & when it hath boyled a little, set some

in a spoone a Cooling to see if it will Cutt, you must doe it in

silver or brasse or earth, & this way you may doe goosberries but the

must boyle an houre & Currence 3 quarters of an ounce: you may

put muske or Ambergreece

To make Naples Biskett

Rx the youlkes of 20 Eggs & beate them very well, put to them a pound

of suger beaten & a pound of flowre & halfe a pint of Rosewater

blend theise ^ very well together as thicke as you doe make ffritters, then

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put in the pans thin Cap=paper & soe ffill them, & let your ouen be

gently heated, & let them stand in ^ it a quarter of an hour for they will soone cleane and

be baked, then take them out of your pans & lay them on white paper

& let them stand in the oven to dry, & if you will you may put on

a little muske, & if it be to thicke you may put in a little warme

and

To preserve Apricocks

Paire & stone them & take their waight in suger double refined, beate it

to fine powder & dole out the third part, then take a preserving glasse

& lay at the bottome aboue halfe an Inch thicke of suger, & lay your

Apricocks one by one upon that suger, then Couer them with more

of that suger, soe doe till your Apricocks & suger be spent, then let it

stand Covered 24 hours then you take them out one by one, pouring the sirup

& suger into a skillit set it on the fire & scumme it & put in the

Apricocks into the syrrop, & then boile it as fast as possibly you can,

pricking them with a bodkin as they rise up, & soe cast in your third

pint of the suger as they boile, and boiling it till your sirrup will stand,

take it from of the fire & take them out one by one, & lay them

upon a Cullonder, if any be broken put them together till they be

Cold; Put a spoonful of syrrop into a preserving glasse, & put your Apricocks

one by one & the sirrup on the top, & soe keepe them

To dry Apricocks

Paire & stone them & take their waight in suger, & take 2 parts

& put into a skillet, with as much water as will wet it set it to

the ffyre & scum it then put in the Apricocks & boyle them but not to

fast, Pricking them with a bodkin, & casting on them the rest of

the suger, when they are tender take take them up & lay them

on a Cullender poure the syrrup into a Chiny dish or siluer

bason then put Apricocks into it, turning them every day for the space of 2

dayes, if they grow tough or shrinke be put on the fir & boyle them

a littell againe, then take them as you did before those that you

intend to dry put on glasse plattes the rest put into the fir: for

your use those then dry after they have stood in your stone a day

or 2 turne them upon fresh plates, & if you find your fir: be

tough about them wash them in hott water, then put them

upon fresh plates & dry them

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To dry greene plummes

R:x the greene pescod plum or any other plum that is at his full grouth

but not turned his Couler, Parboyle them in water peele them & haue

ready a thin syrrrup with a littell suger, put them in & boyle them till the

be very tender, then take them out & lay them on drayninge plates

hauing the waight of the suger, they wayed at first, beaton to powder

put as much water to it as will weet it. Set it to the fire, & boile

it & scum it: then put in the plums & let it boyle a uery little while

take them from the fire & poure them into a glass or earthen bason & soe

let them stand 24 hours turning them in the syrrrup then poure the syrrrup

from the plummes & for it on the fyre & boyle it then presently

take it from the fire & put in the plums; soe doe every lay untill

it haue drunk in all the syrrrup then lay them forth on a glass plate & doe

with them as you doe with Anr: take the thick past when it is dry enough

lay it upon ye glasse plate & make it into the fashon of halfe a plum

make a hole in the middle of it big enough for a spone to lye in soe

let them stand til they be reasonable dry then put the stone in &

lay another halfe on it. you may soe make any foshoned plummes

of any Couler of past

To make Currence Cakes

Rx fine flowere the quantity there after as you meane to make, then

take youlks of Eggs & butter & Rosewater & grated nutmeggs & sugar

as much as you thinke will sweeten it, worke it together into past

& rosle it very thine, then plumpe the Currence & lay them on the past

as broad as you intend to make them & lay the past ouer it then

take ye rolling pinne & rolle them ouer till ye Currence be seene a

through the past, then sett a glase ouer them & lay it of and

prick them full of holes, & lay them on a paper, & put them

into an ouen not too hott for a little bake them you may putt

a little saffron into the rose water if you like it.

To make Suger Cakes

Rx a pottle of flowre, a round of suger, as much butter, 4 yolks

& one white, & put ye butter in Rose water, & soe temper it

together & put them into the ouen on plates

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To make Artificiall Apricocks

Rx 6: Apricocks take out the stones & Paire them very thinne take

as much double refined suger as ye waighe beate it to fine

pouder & put as much water to it as will wet the suger, set

it to the fire till the suger be melted & scummed, then put it in the

Apricocks boyling them apace & breaking them as they boyle, when they

are very tender & soft. Put it on a Cullender or glasse plate

letting all the sirrup runne from it intto a littell glasse round like

an Apricock or for want of that into any glasse, & put it into a

stoue till it will stand it selfe, then turne it in a glasse

plate their fashon it with your knife like halfe an Apricock &

soe Ioyne 2 together putting in one stone on one side & setting

them againe into a store untill the be dry

To make past of Apricockes

Paire them & slice them in peeces Put them into a stone

Iug halfe full. Couered with a thin linnen cloth set it to the

neck in a pot of boyling water, soe let it boyle till the bee

uery tender & if you would haue Cleare past & let the thin

liquor run through a strayner & soe put it to the suger

as before, not boyling it after the other will make good past

being rub'd in the strainer with a ladel if you will you may

put a little of the pap of Codlinges to them & put it to the

suger as formerly not boying it after & soe dish it

out

To preserve Quinces red

R:x to a pound of Quinces as much suger & a pint of water to make the sirrup

you must put the suger & water together, then beate some whites of

Eggs well & put them to the suger & water & let them

boyle apace a little while; you must not stir it if it

boyle ouer open it a littell at top then straine it through

then take quinces & gnodle them then Coare & paire them

let the sirrup boyle a pritty whyle, then put in the quinces

Cover them whole & let them boyle softly a quarter of an hour

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grate some quinces straine them & put the Iuce in (this will couler

them) you must strew in as the boyle some fine suger & keepe

them Close stopt till they be enough

To make Conserve of Barberris

ffirst picke them then put them in an earthen panne set the

panne upon some Coales, let them stand till the are through

hott stirring them; you must not break them in the panne then

take a haire siue & straine them through by breaking them

with your hand or a spoone then take ^ ye pulpe you haue strained &

the waight in suger & put it in a skillet or bason & set it

on the fier let it stand very hot but not boyle you must stir

it all the while on way & when it is thick put it up

A Recept for sweet water

Cloues&nbsp;&#8485;&#8203; ii orise&nbsp;&#8485;&#8203; vi Beniamin&nbsp;&#8485;&#8203; i Storox&nbsp;&#8485;&#8203; Labdamum&nbsp;&#8485;&#8203; i Callamus

&#8485;&#8203; ss sypresse &#8485;&#8203;&nbsp;ss sweet powder all theise must be grosly bruised

one bushell of Roses. Lauender topps 4 good handfulls sweet margerum

2 good handfulls, Basill 3 handfulls BayLeaves broken halfe a handfull Rosemary

tops a handful A few walnut leaus. If you will make more water at one time double

all theise things, but then you must have 2 stills to still them forth with:

Steepe all theise hearbs & powders in 4 or 5 pints of Conduit water but not

aboue, let them stand a night very Closely couered in an earthen Pot the

noe sent Come forth, then still them with a very soft fyre out of hand

for if it stand aboue 2 dayes & a night it wil be sower & then the

water will not keepe good when you have stilled al, then straine the

same & prick a littell paper full of holes therwith Cover the glasse a

while untill the fire be forth of the same, After that take a graine of

good musk tye it in a little peece of lawne & let it hand in the mouth

of the glasse by a thred, but haue a Care it touch not the water for it will

make it black then Couer it Close & it will last good 3 yeares it will

yeeld 3 quarters of water & it is the most it will Cost when Roses are at

the Cheapest

To make Syrrupe of violets

Rx gallons of voilets pick them Cleane from the stalks or white

then, beate them very fine in a morter Put to them some 6 or 8

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120 spoonfull of Cleare water then straine them out very hard to get out

the Iuce, to a p.int of the Iuce take a pound of hard suger, & soe boyle

it up to a syrrup hight ae fast as you Can, one gallon of violetts will

not yeeld halfe a pint of Iuce

To dry Angellico

Rx the stalkes, Cut them in 4 quarters, Lay them in water a day & a night

but you must shift them 4 tymes, then boyle them till the be tender, then

make as much Syrrup as will wett them, strowe a littell suger upon a plate

& Let them drge Lines

To make mackaroones

Rx blanched Almonds & lay them for 3 howres in Cold water, then dry them &

beate them very fine, then to 2 pound of Almonds Rx 2 p.ound of fine suger, beate it

& let it be sifted through a Course haire siue, then Rx the whites of 6 egges

3 graines of muske the Almonds & the suger, temper the well together, lay

them in fashon, & soe bake them

To make paste of Oranges

Rx the deepest Coloured orainges, Paire them, Cut them in ye midst &

take out the substance, lay them in water 2 or 3 dayes, Changinge the water

twice a day, then seethe them & Change the water in seething them,

But let the water be hott againe before you put it to them. then pick out

all the blacke specke lay them betwene 2 warme Cloathes, to draine out

the water, Then breake them small with a spoone on a Chaseing dish

of Coales then take out of the best yellow pipins boyle them, take as

much of the orainges, dry them together over the Coales, take as much

suger as Pulpe, boile it to a Candy, then put in your stuffe & when

it is Almost Cold make it up in Cakes

To make Paste of pipins

Rx pipins, paire them & Cut them in small peeces from the Coares then boile

them in a little Rosewater & faire water together, straine it through a

peece of Cushin canvas, then take as much suger as the pulpe both weyed

& soe much water as will wet it, then boyle it & dry it as usually Lines

To make Quiddany of pipins

Rx pipins pare them, & Cut them into peeces with the Coares, & put

them into a posnet & soe much spring water as will Cover them then boile

till the sinke & the water strong of the pipins, then straine all the thinnest -

throgh a peece of Canvas, & take to every pint of Liquor half a pound of suger

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then boyle what as fast as you Can uncovered, & boyle the red somewhat leasurely

as you can Close covered untill it be as red as Clarret wine in a spoone &

boyle it untill it be stand upon the backe will of a Spoone, and soe Box

it up

To make paste of oraingee & Leomonde

Rx orainges & leomonds & boile them tender in water shifting them 8 or 9

times in the boiling & let every water boile before you put it into them, &

put in the first water one handfull salt & beate them in a wooden boule

& straine them through a peece of Canvas, & take soe much sugar as the pulpe

weight, put to it soe much water as will wet it, then boyle it to a Candyes

height, put the pulpe into the suger & boile it with stirring untill it will

stand upon a py plate then fashon it & dry it as the other. & if you will make

a marmalet of this, boile it untill it will Come Cleane from the bottome

of the Posnet & soe bor it up if you will make past royall of this marmalad

mould some of it in serced sugere before it it througly Cold, then print it &

dry it

To make suger plate

Rx searced suger & worke it up with gum dragon steeped in rose water & soe

mould it print it & dry it

To preserve Orainges & Lemonds

Rx orainges & lemonds boile them as the paste Afforesaid take soe much suger as

they doe weigh & put to it soe much water as will make syrrop to boyle them

then boile the water & suger together, then put in your Orainges & lemondes -

boile them very lesurely for the faster the boyle the harder the will be & whenthe be

ye boile them very lesurely for ye harder they boile the harder they will be & will they be

through sweet, then take them vp, Put some apple water into the syrrop & then

boile it vntill it be as thicke as Quiddang & when they are almost Cold

put them together

To preserve Cherries

Rx some of the worst Cherries & boile them in water, till the be somewhat

red, then straine them, then take a pound of the best Cherries & a pound of sugar

finely beatten & strowe of ye suger one lay in the bottome & one lay

of Cherries upon it soe lay them till all be layed, then put to you the sirrop

that you made first you the panne, then seeth them upon a hott & quicke

fyer, & when they are well Coloured & the sirrop thicke, then put them up

Par

To preserve quinces red

Pare your Quinces & put them in water & put to a pound of quinces a pound &

& a quarter of hard suger, finely beaten a pint & a quart of faire

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water set your quincee water & suger on the fire together lot them boile

soft ly skime them sometime & turne them some times vntill they be tender

& then cover them Close onely looke in to turne them, & when they are coloured

enough, & tender, you must rase them up from the syrrop & lay them Apart till the

be Cold, & boyle up your syrrop till it will gelly, with you may soe by settinge

some Coole in a spoone, when your syrrop is Cold cover your Qinces in the glasses

tye them & keepe them for your use

To preserve damsins

Rx to a pound of Damsins a pound of hard suger, quarter pint of water set your damson water

& suger on the fire together, let them boile softly & skime them, you damsons will

Cracke, but when you think the are boyled enough, you may take them up

by the stalks & close them up, then boile up the sirrup & when it is Cold,

cover your damsons with it & keepe it for your vse

Sweets

Rx damask roses buds & sweet basile & sweet marierum & masticke

thyme & powder of cloues & orice & damaske the powder, put theise into

an earthen pot & stop them Close one night & after that dry them in the

without doores

more Sweets

Rx damaske rose bud, pull them from the stalkes altogether then

picke out the seeds cleane & put a littell musk in them & bind them Close

at both ends & put them into a flatt preservinge glasse with Cover

Close with a bladder & set them in the sun & the will dry, some time

turning them

To preserve Apicockes

You must not lett them be to ripe before you doe them, pare your Apricockes :

& on the Cleft syde take out the stone & to a pound of Apricockes a pound of hard suger

halfe a pint of water & better, set your suger & water on the fire & put

into it the white of an Egg, when it boyles scumme it Cleane & put in

your Apicockes : let them boile softly turning them sometimes, when you thinke the

be boyled enough, take them up & lay them apart, then boyle up the sirrup

& when it is Cold, put it in your glasses, & keep it for your vse

To preserve Green Plummes

The plumme that will be greenest when it is preserved is the greatt

white wheaten plumme gather them when the be at the full bignesse,

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but before they grow yellow, wipe them with a Cloth, & then set 2 posnets

of water to the fire & when they be seethinge, put in your plummes into

one of them, take it from the fire & cover them, & let them stand one quarter

of an hower & then take them up, when your other water boyleth, put

them in, but let them stand a very little while, set your water to the fire

againe where the were first scalded & when it doth boile take it of the fire

againe, & put ththem in & then you shall see the skinne role all ouer that

there shall be noe place whole, whilest the be hatt you must take off

with your knife all the wrinklinge that done weighe them, & take to

every pound of plums a pound & a quarter of suger, then set faire water boyl

fire & when it begins to boyle, set in your plummes & let them boyle

halfe a quarter of an hour till you see the Colour of your plummes

greene againe, then take them up & couer them & let them stand a

quarter of an hour, make your sirrop & scumme it & then put in your plummes

& boyle themthe space of an ho:ur with a moderate fire, then take up

your plumms, & boyle your syrrop a little more, till you perceive it to be

Gelly, & when it is Cold you must adde a little suger, when you take up

your plummes & when it is almost Cold. poure it upon your plumes

this way you may doe pipins your peach & your peare plummes

sauing your pipins & your peach, must haue but one or 2 scaldings

beside the water to fetch the Coloulr againe: To make the Greene

dryed plum, gather your plumms whilest they be greene, skald them

as you did the other, you may preserve the green grapes or the

dubery as you doe the plumms, but if you stone them after you haue

peiled them , the will looke much the better

To make marmalet of Apicocks

Rxthe ripest Apricock you haue, & pare them & Cut them in peeces, & take the 3d part

of the weight of suger refined, then put them into a Cleane posnet & boyle

them over a soft fyre; scumm them very cleane, & keepe them stirring

or else they will burne to & in the boilinge breake them abs small as you

Can, & soe boile it till you thinke it will cut, then take it of

the fire & put it in glasses, when it is almost boyled you

Can hardly keepe it from burning to.

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To make marmalade of Pepins.

Rx your pipins, have them & quarter them in 5 or 6 peeces then coare them

& take to a pound of pepin a pound of suger & 3 quarters of a pint of water

or more when you haue Clarifyed your suger put in your Pepins, when

your water boileth a pace then with a rolling pinne stampe them downe

to the bottome in your stirring to breake them, you must be carefull

for feare of Burninge they boiling a greate pace, when it groweth

thicke as you thinke it will Cut, put it up in Boxes

To put up Barbereyes raw.

ffirst, stone your barberies then strow a litle suger in a glasse or

gally pot, soe lay a layne of suger & a layne of barberries, till you

filll you glasse so tye it up Close

To make pepin Ielly

Rx pipins & quarter them, boile them a good while, then straime it & to a

pint of that water & a little more put a pound of suger then take the

orange peeles ready boyled & slice them very thinne & put them into the

syrrup & boyle very fast & when it is almost enough, put in some

Iuce of lemon & orenges more ^ or lesse as you like the tast, & soe

boile it fast a littel & then glasse it up & put in some Amber

if you will.

To make my Lady Winwoods Metheglin

ffirst you must gather your hearbs about lammas or mikelmas of fellous

es, Bay leaves stichworth each 4 handfuls Borrage betony brome mentes,

Eglantine, Egrimony fumitory hearte toung. Isop Eyebright,

Languede beefe, Rosemary, Saint Iohns wort, sage saxifrage, selfe

heale, verum ribwort, wood bane leaus water Creiseis, of each one

handful of the roots of Elicompany roots, fenell rootees galengall

accents roots, of Each 2 handfulls of pellitory of Spaine , the roots

parsley roots of each an handfull of Turmenill 2 handfulls, when

you haue gathered theise hearbs & roots, slice the ffennell roots

& wash them from the Earth & pick them Especially the roots &

slice the fenell roots & take out the hart, then according to the

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proportion aboue written, put them into a furnace if the furnace be

large enough, put to soe many hearbes thus prepared 2 hundred

gallions of water, or more & make a good fire under them & let

it boile together the space of 3 houres, then Clense the liquor from the

hearbes out of the furnace, into a cleane vessell, through a Cleansinge

siue & when your liquor is Clean taken out, make Cleane your

furnace, put in your liquor, you must put in 4 gallons of liquor

& one galon of honey, then boile them together, but before it boile

to fast, skum it very Cleare, shilst there is any from thereon

& especially ^ after the great skum is gone then there will Com a scum

partl black, which must be Cleane taken of, ten abate your

fire from your liquor, then put your liquor into tubs, & let it stand

2 dayes at the least, then put it into a large table, & put thereto

a gallon of the strongest barme you can get, stiree them together

& let it stand one day or two, then flect the barme & stirre it well

together, & let it stand one day more & fleece it againe & tunne

it up & lay it in your seller, & bang up the vessell & as it workes ouer

fill it with the same againe, when it hath done working stop it Close,

you may put in blood word, liuerwort, sweet margerum, Cowslip of

Ierusalem , clary cinqu foile, buglesse pansies & succory: the

herball will direct ou where to get theise herbs, you may well, put

in one gallon of honey to 3 gallons of liquor, it is necessary to haue

by the bung to giue it a vent sometimes.

To make Gelly of Lemons

Rx your lemones & lay them in water as you doe for marmalade, boile

them, then take pepins & boile them in farre water til the be tender

let the Cleare runne awaye from it & to euery pint of that liquor, take

a good halfe pound of suger, then slice your lemons into it & boile

them together till it will Cutt, when you take it of the fire put in the

Iuce of lemons, but you must not let them boile in for makinge

it looke red, you must take the weight of the lemons in suger

besides that you tooke for the pipins

To make Pepins gelly

Rx pipins & pare them, then put them in a flagon or pot which will

be Close Couered & set them in a pot of seething water ouer the

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fire & let them boile till the be tender, then poure out the Cleare

from the pipins & to every pint of Cleare take a pound of hard suger

& beate it very fine, put it into the bason, then put ^noe more water

then will Iust wet the suger, then set it over the fire & stir it

till it Come dry againe which it will quickly doe if it be not ouer

wett, this doe before your Cleare be Cold; & when your suger is

dry, put your Cleare to it & let it boyle 3 or 4 walmes, then haue

your oringado cut as thin as may be & put in some of the Cleare &

the oringado & Cleare on the top, if you will you may put it in a

little flat glasses & lay your oringes in workee which will be

very fine, If you will you may put in some Ambergris it will

give it a good tast

To dry Cherries with a littell Suger

To every pound of Cherries take a quarter of a pound of ^hard suger beaten &

stone your Cherries then lay the Cherries & the suger into a Cleare

earthen pot stopt Close, & set them into an ouen with household

bread & when you draw take them out & let them stand 2 or 3 dayes

in the Pot, then tak them out of your sirrup & lay them one by one in the

bottome of a siffe & set them into an ouen after bread is drawne

soe the ouen be not to hot. & soe set them in, turninge them still

till the be dry enough & if you would haue them show faire you may

put them one within another, & soe you may keepethem a longe as

you will

To dry Peare Plummes

Rx your peare plumbs & put into a pott stoppt Close & set them

into a kettle of water & let them boile 4 or 5 houres, then open

the pot & poure out all the Cleare you Can then to a pint of the

Clease a pound of hard suger, take your suger & Iust dippe

it into faire water, then put your suger into a bason

or some other fit vessell soe set it on the fire & let it boile

till it Come to a Candy height then powre into the

Cleare & let it boyle a walme or 2 soe put it into

shallow dishes & set them into an ouen or stoue turning

it till both sydes be Candyed & Cut them in to what

fashon you will

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To make Quince Cakes

Rx Quinces & perboile them, then take the pap of them & dry it in a dish

on the Coales, & then take the weight of good suger beaten fine, &

put as much water as will wet the suger boile it to a Candy height

& then put in the pap, & stir it well together on the fire & then put

it into dishes & stone it till it be Candyed, & then Cut it in

peeces of what fashon you will, & then put them on glasse plates &

drye them in a stoue, you may put muske in it if you please

To make Almond Cakes

Rx a pound of Almonds & blanch them & beate them very fine & in the beating put

in some ^ rose water, then set them on the fire till it be ready to boile, then

strow in it a pound of fine suger & set it on the fire againe till it begine to

boile, then stir in it the whites of 8 egges, finly beaten before you put them in

& then put them on plates, first being rubbed with a littell butter before

the goe into the oven, & when the rise in the ouen you must looser the with

your knife from the plates & set them in till the be very hard, you

must haue a Care that you ouen be not to hott thatthe may bake

white

you may make them

like Macke

roones

To make Speciall Cake bread

Rx halfe a pound of flower, 3 pound of Corinthe a pound & a halfe of butter

4 ounces of suger a pritty deale of Cinamon & nutmeg a good quantity

of Ale yest, temper theise with old Creame, & your butter must be

put in Cold, temper it somewhat stiffe & let it lye halfe an hower

to rise, then take a browne paper & dry it very well & strowe

it with flower & lay it under the Cake, then take butter & a litle

rosewater beaten well together & wash the Cake over & strew it ouer

with suger, before you set it into the ouen let your ouen be well

heated

An Exellent way to make Cheese=cakes

When you haue a new milke Cheese your whay benge well

pressed out, then breake your Curds in a boule, then put to them

6 youlkes & 2 whites of Egges some Corints nutmegges

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suger & rosewater 6 spoonfuls of Creame a melted quarter of

a pound of sweet butter, grated bread or wheate flower one handfull full

all which mingled well together, put it into past, set them into the ouen

& keepe a quick fire at the mouth of the ouen not setting up the lid

at all, & when ye begin to Couler, take them out presently, this

quantity will make 6 or 7 Cheese Cakes

To Candy Couslips

Rx your Cowslips picke them, then strow a lane of Cowslips & a lane of

fine suger in this manner till the basin be full then wet it wit a litle

water & set them on a soft fire a little while Couered, then with

2 little white stickes stirre them till the be dry enough

To make white meade

Rx to every 4 gallons of runninge water, one gallon of the best honey

mix it well together & set it ouer ye fire with endeue persley &

succory, fenell rootes & boile it till it beare an egg from sink

inge, then take it of & let it stand all night to make it cleare

Take ginger Cloues nutmeg Cinamon broken in peeces & put into

a bag, & hang it in ye midle of the vessell if you will you may

boile ye spices with ye meade

To make suger of Colts foot

Rxthe leaves of Colts foot , wipe them Cleane Stampe them in a morter

& take the Iuce of them being strained set it ouer a soft fire &

scum of the Curd of it as it riseth, then straine it agine & put

a good quantity of suger into it, & boile it to a Candy, then

put it on plates till it be dry, thus you may make suger of any

thing

To preserue goosberyes

To a pound goosber:ries a pound of suger, wet the suger with some water & let

it seeth & when it is sod & skummed Cleane then put in your

goosberries & let them seeth one walme apace, then take up & let

them stand a day or two, then take out the goosberries & let the syrrup

boile til it be thicke enough soe put them & keep some syrrup

to lay on themthe next day

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To Candy any flowers

Gather them in the heate of the day & sprinkle them with rosewater

that gum dragon hath layen in all night, lay them on a paper in the sun &

strow them with suger . & when that side is drye doe the other side soe

To make violet Cake

Rx suger & wet it with rose water & boile it to the height, then put

in the violet leaves, & poure them in little round Cakes upon a stone

you may make any flower Cakes this way; or you may out in turned

To make marble Paste

Boile suger wet with rose water till it Come to the height then diuide

it into 3 seuerall vessells things & put to each one a seuerall Coleur

& poure them altogether that the may mingle vpon the stone any

of theise Coulers vermilion, leake pale leake sanders, rosset

saffron or orres, rose, Cynamon, ginger, Cloues mace, or you may make

pouder of any flowers or hearbs that growee, , that be of one

Colour

To make Orres Pellettes

Rx a littell orres, & spoonfulls of suger finely beaten; a little

muske & Ambergris beate to pouder, beate them up with gom=

dragon, steepe it in rose water till it Come to a paste then rolle

them into little bullets & presse them flat

To make suger Cakes

Rx a pound of flower & dry it in an ouen then take a pound of fine

suger & beate it very very small, take some mace & shred it

very small, take halfe a pound of sweet butter & steepe it in

rose water all night, then melt your butter & make paste of it

& roll it out, then with a glasse Cut them, butter your plates every where

& set them into the ouen

To preserve orenges or

greene suckets

Rx Orenges & cut them in two, then Cut out the fruit & with your

thumb driue out the Iuce, then let them be put into a great quantity

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of running water, to soke 2 nights & a day, after boile them in fresh

running water, the space of 3 hours till ye be very tender, while the are

boilinge make your syrrup with Cleare water & 5 pound of fine suger &

rose water good & stronge, then when your Orenges be tender, take

them out of the water & set the Cut syde of the Orenges downwards

soe as ye sirrup may Come into ye hollow part of the Orenges, soe boile

them againe in ye sirrup aboute an houre, & then put them up in glasses or

pots, To keepe of the fruit of the oreingee the Iuce being wrought out

you are to put suger to the Iuce & soe vse it for sawce, the seedes, or

the kernells of the orenges being sowne; will grow up & make good

sallets, the thin paring of the out ward part of the orenge is good

to make past againe, which is a good preservation aganst the Plague

& comfortable for the stomach

To preserve Goosberryee greene

Rx goosberies when the are greene at their full bignes before they

Colour & stone them, then take a skillet of water let it be boiling

hot but not boile & put them in; soe let them stand upon a little

fire, & keepe them Couered, & put them downe now & then with your

spoone, softly that you doe not breake them & soe let them stand till

the be greene, then you must make your sirrup take to a pound of suger

& as much water as will make sirrup about halfe a pint of water, soe

let it boile till it Almost hisse, then take the goosberries out of the water

& put them into a Cullender, that all the water may runne out from them

then putt them into your sirrup & soe let them boile a greate pace

the will quickly be boiled, then put them up

To make a Quince Cake

Codle your quinces then scrape your pulpe ^ & put it in a dish a dryinge

upon some Coales; take a pound of suger, boile it to a Candy height

then put in your quince pulpe, let it stand a pritty, while ouer the

fire, but it must not boile, then lay it upon on plates of what

fashon you will, soe dry them in a stoue

To preserve damsons

Rx to a p.ound of damsins one pound of suger, & a bout a pint of water, Clari

fye your suger & boile it a litle, then put in your damsons & Cover them

Close, and take them from the fire, & let them stand till they be

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Almost cold, then set them over the fine againe: doe thus 3 or 4 tymes

the last time boile them up till the sirrup be like a gelly

To dry damsons

Rx halfe plaster weight of suger, Clarifye it & when it is Clarifyed &

boiled alittell, put it to the damsons in an earthen pot covered

& when the are Cold, power the sirrup from them & set it ouer the fire to

boyle as before, then put it to the damsons againe thus doe 2 or 3 times

then take them out & lay them on plates, & dry them in a stoue

To preserve Cherryes

Rx a pound of Cherries a pound of suger, beate the sugar very small & stew the

bottome of the bason or skillet where in you doe them, then set a

rowe of Cherries & wringe in the Iuce of ten or 12 Cherries vpon them

then strow more suger & soe the rest as many as you preserve, then set

them upon a soft fier & Cover them shaking them oftenm untill the

suger be melted. let them seeth very fast till you think the are

enough, then take out ye Cherries & let the sirrup seeth till it be

thicke enough then put them up & keepe some sirrup to lay on

them the next day

Aproved

To preserve Raspis

Rx what Quantity of raspberries you will & straine them & then put with quantity

of suger you thinke will sweeten them, let it seeth till it be a Conserve,

& to preserve you must Clipp away the littell leaues about the stalkes

& let them seeth one walme very fast, putting them in the Aforesaid

thicke Conserue

To preserve Medlars ripe

Rxthe weight of ripe medlers & sugar llike & the Iust weight of

water, washing with your pot first, then let the sugar & water seethe

together & scum it; then put in the medlers, & let them simmer

softly, turning them often till the be very tender, then let them

feeth fast till the be soft enough, then take out the medlars let the

sirrup seeth till you thinke it be thicke enough & soe pot them

& keepe some sirrup to lay on them the next day

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To make white marmalad of Quinces

Rx to 3li of Quinces 3 pound of sugar & almost a pint & a halfe of wa=

ter, then quarter Quinces, pare & coare them into faire

water, then set on your suger & water together & let it boile

fast vncovered, then take it of & scum it Cleane & set it

on againe & let them boile fast vncovered til the be tender, then

take them up & beate them with spoones & then boile it againe

together with as much sirrup as will serue; stirring it alway till

you thinke it is Enough: then Box it as the Red

To make march=pane

Rx a pound of Iorden Almonds a pound of valentie or small Almonds mingle

them together Blanch them into Cold water, let not your water be to hot, then

picke them from rottennesse when the haue been 2 houres in water, dry

them ^in with a Cloth & when they be a littell broken in a morter, put to them

one pound of hard suger, & some 6 spoonfulls of Damaske rose water,

theise must be beaten together till there be noe peice of the

Almon seene as big as a small pinnes heads, when your wafers be

prepared of what forme & bignes you would haue them

worke on your staffe on which thicknes or thinnesse you like best

with rose water & while it is drying under a marchpane panne

make your Candy, the ordinary Iceing for this proportion is halfe

a pound of refined suger scraped very small, then take the white

of an Egg & beate it with some 4 or 5 spoonfuls of rosewater, Put

your suger into it & mingle them till the suger be disolued, &

when your marchpane is dry enough it will appeare by the

whitenesse, poure your Iceing on it spread it very thinne

& Immediately set your panne with hott Coules upoun it, & when

it riseth in blisters it is enough, take heede of scorching it,

if you will haue it Iced with manue Christi mingle your suger

& rose water, as you doe for manus Christi , but boile it not

soe much, And when you have spread it, let your fire

be hotter then for the Cold Iceing

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To make french marmalade

Rxthe pap of Quinces & the weight of them of sugar beaten fine, then

beate them well together, then set it on the fire & when it hath

boiled a littell then take it from the fire & beate it very well

in the Aire this doe very often till it be boiled enough, & then

put it in Boxes

To make Cherriys Marmalad

Picke your stones out of your Cherries then pound them, take to a

pound of Cherries a pound of sugar, then boile your sugar to a Candy &

put in your Cherries & boil them very fast for a littell whill

then take it of & keepe it for your vse

To make Almon Lozenges

Rx your Almonds blanch & beate them very fine with rosewater; then

take your sugar & boile it to a Candy height: then stir

in your Almonds & take it of the fire & soe put them out of

what fashon you will upon plates or paper moulds

To dry Cherryes

Rx your Cherries & stone them, then take 4 pound of Cherries a quarter

& a row of sugar of a pound of sugar, then lay a rowe of Cherries in a pipkin ^ stop them

Close with dough & soe set it into an oven & let them stand a

quarter of an hower; then take them out & let them stand stopt 2

dayes, then take them out & lay them upon plates a drying

in the sonne

To make Apricocks Chips

Rx Apricocks & pare them then Cut them in thinne slices, then strow

upon a plate some fine seareed sugar & then lay your

slice of Apricocks & then strow sugar upon them, soe set them

in the sunne till the be dry

Aproued

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To make Raspis Cakes

Rx to a pound of raspberries a pound of suger, breake your raspberries then set them on

the fire & let them boile till the be pritty thicke take as much water

as will wet your suger, boile it to a Candy height, then take them

both of the fire put in your Raspberries into your Candy & soe stirre them

together. then put it into a bason, let it stand till it be Cold

soe lay it upon plates in what fashon you will & soe dry it

in your stoue

Aproued

To make Raspis Suger

Rx 2 pound of loafe suger beate it very fine & searce it, then set it on

a few Coales, & put to it one spoofull of the Iuce of Raspberries a atime, stir

it till it be dry, then put one spoonfull more & soe stirre your

suger till it be dry, soe doe untill it be of as deepe a colour as

you will haue it if you will you may Cut Ambergris and

muske small & stir it amongst your suger. when it is coloured

as much as you will haue it & dry. Aproued

To make Cleare Quidany of Raspaces

Rx your Raspberries & picke them in Gally potts stop them

very Close & set them in a pot of seething water, then take the

cleare liquor & poure it from it, as soone as there is any liquor

poure it from it, take a pint of this liquor a pound of suger put

as much water as will wet your suger, boile it to a Candy

height, then put in your liquor, & soe stir it till it be throghly

mingled, it will 2 or 3 dayes before it be stiff Gelly

To preserue Apricockes

Stone your Apricocks & weight them then pare them: as you pare them lay

them in Cold water, to keepe them from breakinge you may let them ly

24 hours If you would doe them quickly: then one howre or two,

take a pound of apricocks one pound of suger, putt a little more water to

your suger then will wet it, boile it to a Candy height,

then put in your Apricocks & let them boile till the be tender, then

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take them out; If any of them be broken, lay them them upon pye=

plates & soe lay them together, then put them in glasses, put 3 or 4

sponfulls of suger into your sirrup. & let it boyle till it be thicke,

put some to your Apricocks & keepe some to put on when it is Cold ///

Probatum

To make Iumballes

R:x to a pound ^ halfe of fine flowre, a pound of fine suger, both being sifted

& dryed in an ouen, 6 youlkes & 3 whites of Egges 6 sponfulls of

sweet Creame as much rose water, the quantity of an Egge of

sweet butter, mingle all theise together, make past stiffe,

worke it better then a quarter of an houre, then breake it a=

broad, & put in some Aniseeds, Coriander or carraway seeds as

much as you please, youu may put in musk on Ambergris

roll them & Case them into what formes you please, lay them on

plates thinne buttered, pricke them al ouer, then bake them as

you doe Bisket, if the quantity of Eggs will not serue to

wet the flowre & suger, put in 3 or 4 more till it be wet, but

noe more butter nor Creame nor rosewater, this is a bettor

receipt then the other

Mace Cakes

Rx to 2 pound of flowre one pound of suger finely beaten & 2 pound of butter

melt the butter softly with rosewater, then take halfe an ounce of

mace, & shred it very small, then mingle the flowre suger & mace to=

gether & poure in as much of the Cleare butter as will make it into

a pritty stiffe paste but take heed of ouer wetting it, soe rolle

them up into little Cakes & cut them with a glasse, soe pricke them &

bake them upon plates

To make sweet perfumes

Rx&nbsp;&#8485;&#8203; i of beniamin beate it to pouder & put to it 3&nbsp;&#8485;&#8203; i of damask

rosewater, then beate small&nbsp;&#8485;&#8203; of damaske rose buds & put them

to the benimin with 3 quarters of [ ounce symbol ] of suger a quarter of a dram

of musk & halfe a dram of Ciuill mix them altogether very

well & make them in little Cakes puting a damaske rose

leafe on either side soe drie them in an ouen

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To make red marmalad of quinces

the Exellent waye

Rx to 2 pound of Quinces as much suger a quart of water, Clarifye your sirrope & let it

boile, then bake it of the fire, pare & Cut your Quinces in bitts, then put them in the sirrop

& set ythem on the fire againe, & let it boile uncovered till it be tender, them put

in a pint of your straine quinces & the quince Coares in a tiffany bagge, then Cover

it & let it boile reasonable fast till it is Coloured, then Cover it & boile it

up, you may when you take it off the fire, put in some muske & ambergris cut sma

lle, to Colour the quinces you must grate some quinces Coares & pareings & all

& then straine them in, to Colour them red you must into 3li of quinces a pint oring ore of

the iuce of grated quinces, doe them uery quicke, you must haue the sirrup made

then put them into the sirrope

To make Cleare past of quinces

Quarter pare & Coare your quinces, heate some water & put your quarters, let

them boile till the be tender, Then put them in a Cloth & straine th.em with your hand as hot

as you Can indure it, you must have your suger boiled, Candy hight, then take it

of the fire & put in the iuce of the quinces, stirr it & put it on the fire againe, & let it

stand hot a little, but not boile, then take it of & put it in dishes, let it stand

till it be Cold, then put it in your stoue, & when it is Candied on the top, put it out

of your stoue, & turne it on glassed, set them in the stoue till the other side be Candied

Then put it in Cakes

How to Candy Angellico

Rx it & put it into the first water when it is Cold & let it boile till it will

peele, Then take some water with suger boiled in it, & put it in to that when

it is peeled & let it boile Could till it be greene in this time take to your pound of

Angellico a pound of suger & a pint of water, boile your sirrup to a Candy hight, then

put in your Angellico & let it boile till the Candy is almost Consumed, then

take it up & put it on plates to drye in the sun or in an ouen & thus you

may Candy anny rootes Line

can

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To make Iellye

B Take a legge of veale and picke of thethe fatt, then lay it in water to soake out the

A blood, Take Calues feet & flea them, let them simmer on the fire an houre or two

scum the fatt of, & then let it boile to a Ielly, then straine the meate from it &

let it stand till it be cold, & then take the fatt off it, & then melt it & put spice

to it, Cynamon: Cloues. mace. nutmeggs & ginger & alsoe suger, of each of theise soe

much as may giue it a tast and then let all theise boile together, then take it

from the fire & coole it & beate the white of a new laid egge or two, and put

into it & stirre it vntill it be cold, then set it to the fire againres when you

see the curd rise, put in a spoonfull of vineger, you must alsoe put in with

the spice aforesaid 3 or 4 spoonfulls of white wine

To candye sweet margerum

Beate the white of an egge till it comes allmost to anoife, then take of your

frothe, & dippe your sweete marierum in the Cleare of it then strewe on

your suger candye, somethinge grosse punned, & then strawe on your suger

beinge finely punned, & laye it betwene two papers within the oyre

of the fire

To make afoole

Take Creame & boile it with what spices you will, then when it is almost

cold, to a quart of creame, put almost a spoonfull of orinnge

To make snowe

Take a p.int of thicke raw creame & put in two youlkes of egges & beate them

together and as it froath take it off & put it into a glasses, put in suger rose

water & nuttmegge with your creame

To make a hastye custerd

Take a quart of creame, & boyle it with your spices, & then put in five yolks

of eggs, beaten with some Creame, then warme them together & soe put it in

a dish

How to make a froth sillibub

Take a gill of white wine & the Ioyce of two Lemmonds & sweeten it to your

taste with suger, lay in it a little Lemmon pills a little Rosemary then

take a little birch twigge & beate it till it froothe & alwayes take the

froth off & lay it in an other glasse, as you would send it vp; you must

put to it before you beate it three pintes of the topps of morninge mil

ke

How to garnish dishes

Take the white of an egge and a little rose water and a little salt or suger

then beate it with a sticke till it froathe & soe lay it on little

puffes about your dishes

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To make waffers

Take good thick raw sweet creame & season it with suger to your tast

& rose water to your tast, then put to it soe much fine flowre as will make

it a batter almost as thick as a pancake batter then stirre it & mingle

it well & if you find it to be thicke then put in more creame & rose

water & if it be too thin put in more flowre, that you sall trye by taking up

one then must you heate your Iron exeding hott, and then rubbe it with

a cleane cloth, & put a peece of butter in your ragge, & rubbe your Iron

on both sidse within, then clappe downe the Couer quickly, but gently upon

it less you clappe out the batter, & soe it will bake 2 or 3 waffers before you need

to set it on the fire againe, If you find it to stick unto the Iron you

must rubbe it with butter a little, but not too much

&nbsp;&nbsp;

How to make waffers white or yellow

Rxthe finest suger you can get & beate it & searce it as fine as you may &

mingle it with the finest flowre you can get as sweet as you will haue it

than temper it with Rose water till it be like butter, but you must stir

it & beate it well till the suger be melted then bake them & if your Ir-

on chance to sticke, you must rubbe it with waxe or sweet butter &

wipe it cleane with a woolen cloth, & when the be baked as you take

them from the Iron, rolle them on a fine smooth stick, & pull out the

sticke whilest they be hot, & if you will haue them yellow, you

must temper in them very fine, beaten ginger youlke of new laid eggs

suger & rosewater

Cowslipps pickled with suger

Take cowslipps picked & clipped & put in the pot in which you meane to

kepe them, a layer of them then a layer of white powdered suger, & then

again a layer of cowslips & suger after it, & soe fill your vessell

be full, Then take of white wine vineger & whit wine of each a

like quantyty as much as will fill up your pott, then vse them in the

coverings as the Brome buds, & soe violets & buglose, & gillyflowers

are to be used in the same manner (onely this diffrence) in the red flowers

or blue, you must use claret instead of white

And to pickle theise flowers with salt, you must doe them after this

manner as they are pickled with suger, onelye with the red flowres

Claret wine instead of white

Sage flowers & bettony flowers are good either way, But

best with salt, & best without wine, only with vineger

How to preserve orainges & lemons

Rx oranges & lemmons & boyle them very tender, shift them 8 or

9 tymes in the Boylinge, & in the first water put a good handfull

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of salt, take as much sugar & halfe soe much more as they

doe wrigh then make a sirrope of water as much as will cover them

Boyle them in your sirrope ^ very lad surely tell they besweet at the heart

then take them up & put some apple water into into your sirrope

that is to cut apples in small peeces & boyle them in springe

water till the water taste stronge of the apples, then straine

the pulpe from the liquor & put some into your sirrope then

be like quakeing gelly soe when it is almost cold put them

up together; To all fruit that you doe preserve put a

little of this apple water into the sirrope & it will make

the Ielley the better

To keepe oringes & lemmons in pickle

in vinegar

Rx your best thicke rinde oringes or lemmons & Rubbe all dirt of them

with a cloth very faire & then pake a hole in the top of them

wimble bitt picke out all the seedes, if you will doe them whole, if

you would cut them in halfes, you must either cut them in halfe

picke out the meate or let it be in as you like But I thinke its

better taken out because it makes them apt to mould & soe will

not keepe soe well, soe you must take them & lay them in water

6 or 7 dayes together & shift them 3 tymes every day, morning

early, noone & late at night then take them & boyle them in

severall springe water till they be soft & tender you must

first set them on in cold water & let them boyle a quarter

of an hour in & then hife them into another of hott water & let

them boyle in that water halfe an hour so as ahift them into severall

hott waters to take the bitternesse out of them & soe boile

them till if be tender then take them & lay them upon a cleane

pewter dish with the bottome inwards that all the water

may runne from them, then whenthe are cold take& weight them

& to euery pound of lemons take a pint & halfe of faire spring

water & halfe a pound of the best lump sugar & soe boyle it, faire

scumme it & when you haue scummed, put into every pint & halfe

of water a pint of the best white wine vinegar & boyle it

leasurely for an houre together & alwaues cleane scumme

it, then put in your orringes & lemmons & give them one

walme, & soe take them forth againe & whenthe liquor is cold

put them in & keepe them for your vse; But you must not

cover them till the next morninge & then ever after keepe

them close covered, you must cut a white paper round & lay on

the toppe of them within the pott

A Receipt for a wash for

a richh perfume

Rx orrich pouder&nbsp;&#8485;&#8203; 1/2 finely searsed, Damaske powder&nbsp;&#8485;&#8203; 4

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Beniamin &#8485; ii storax almost &#8485; ii civet 2 grains or muske 2 grains

all these to be ground with damaske Rosewater or orainge

flowers water for the space of 3 or 4 hours & then put all into a

quarter of damaske Rose water & half a pint of oringe flowers

water & wash that you will perfume over with this water.

A Receipt for a rich perfume

Rx Amber greece muske, civet an [ ounce symbol ] 1/2 theise to be ground with

oyle deben, of the finest gum dragon [ ounce symbol ] i steeped in halfe a pint of

Damaske Rose water & after you have ground the Amber muske &

civet with the oyle deben for the space of 4 or 5 hours then take a

spoonfull or 2 of the gum dragon disolved & grind it an hour & halfe

with the rest of the things & soe put them into a close glasse &

Keepe it close till you please to vse it & when you vse it you

may Rubbe it on with your thumbe, or a fine spounge

&nbsp;&nbsp;

To Candy flowers without fire

Take a little Rosewater water & beate it with the white of an egge with a birch

rod till it become like snow then let it stand an hourthen take

the froth of, & put in a little gum araback the quantity of the

beane into the froth & when it is cleane disolved in the froth then

dip the flowers in it, then take double Refined suger being searsed

& sift vpon them in a faire platter turning them often & soe

sett them to dry in the same dish in a store & turne them every

day once till the be candyed

&nbsp;&nbsp;

A Receipt for sweet poudedr

M Rx orrice powder & pound damaske powder 1/2li Damaske rose

leaves 1/2li sweet marierum[ ounce symbol ] i & mingle them together put

them in a Bagge, Your Damaske Rose leaves & sweet marierum

must be both Dryed & made into fine powder before you

mingle them your orrice & your Damaske powder

ffor Bisket:/

Rx 1li of fine flower & 1li & an halfe of loafe sugar, beaten

very fine & sifted, & mix them together, then take half a&nbsp;&#8485;&#8203;

of Iordan almonds beaten & put to it & nine new layd egges

leaving out fower whites, beat them well & strayne them

into it, then take an ounce of Coriander & Carraway

seeds & put in it, then stirre all these together & bake them

upon papers in a quick oven, you may leave out a

a spoonefull of flower & sugar to dust on them as you set

them in the oven, be sure the oven be hot enough that the

lid needs not to be set all the while they bake

My sister Isabell Packer :/

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A Receipt of the fine Biskets.

R a li of fine flower, being dryed & searced, put thereto 1&#8485;&#8203;

of the purest refined sugar, the yolks of 14 or 15 egges &

4 whites, with 6 spoonefuls of Rose water, mingle

them well together, & beate it halfe an hower, you

may if you please put into it Musk Amber & what

seedes you like best, then put them into Molds or plates

being buttered, & put them into an oven not heat too hot

if this egges & Rosewater wett them not enough more

must be added

My Cousin ffox :/

To preserve Apricocks .

Rx to 1li of hard sugar, a pint of water, put them together into the

preserving pan, take 1li of Apricocks allowing not more you

guesse the stones & parings may weigh which will be one great

one or two little ones, store them & as you pare them, put

them into the water & sugar to keepe them from blackening.

when they are all in set them on the fire, let them boyle leisurly

a while, afterwards let them boyle softly till they be tender.

turning them sometimes, when they are tender take them off

& put them into some sweet thing, to stew a day or two, then

the syrup will be grown thin, put them into the pan againe

& let them boyle leisurely till the be very tender. then put

them into your pot, if your syrup be not very thick boyle it

after they be out, till it is thick & scum it, put it to them

while 'tis hot & when then are thorow cold ty them up:/

My Cousen Patience .

To make Gelly of Raspis.

Rxthe weight of the raw iuyce in hard sugar wet it with a

little water, then boyle it to a candy height take it off the

fire & put in your iuyce, set it on the fire againe (when

it is well mixed) stir it very softly till it will gelly, it shold

not boyle but be neare it, 'tis better not to let it be too

hard, but to dry it in a stove or a window where the

sun comes:/ it should not be paperd till 'tis hard enough.

To preserve any greene plums.

Rx your plums & scald them in hot water, pill off the thin skins &

put them into the water againe, cover them close & set them

by a soft fine, let them infuse 3 or 4 howers, in two or 5 howers

they will turne perfect againe as they were at first, then

clarify 1li of sugar & boyle it to a manus Christi height,

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put into it half a li of plums, boyle them leisurly uncoverd

till they be very tender, then set them to coole & 3 days afteo

boyle the syrup againe, by it self & scume it very cleare

& when your syrup is very cleare set it to coole, put it to your

plums & keepe them for your use;. I have exiperienced all

theise to die well: My Cous=in Patience

To Make Metheglin White.

Rx a quart of the best hunney dissolvd in a gallon of faire water,

a little warmd, hang it over a chare fier; take sweet bryer

a pretty deal; a top or two of rosemary, a little bayes,

sweet maioram, ty these up in a bundle & put it in, boyl

it a pare & scum it very well, &take it off the fire, &

put a bag of sliced ginger, nutmeg cinamon & cloves ane

a very little quantity, put in a flint stone to sink

the bay, but the bag in while tis hot, & let it stand till

it be cold, put it into a vessell with the bag, if you would

have it to drink quickly, you must put in a little barme

before you stop it up, at first, it must beare an egge the

breadth of thrispence, & let i before you boyl it, & let it

not boyle long, for that will make it red.

Mr Twisse :/

To make a Raspas wine

Rx to a pint of Iuce of Raspas

take 3 pound of sugar boile

them together & put in soe much

clarret wine as to keepe them them

Ielly or to make it a sirrop, keep

it & when..nd haue of the wine

put it soe much of this into any

kind of wine as will sweeten it with

out sugar.

Sister Wigfall

To preserve Almonds which is

usually here about mid may

Rx water boiling hot put them into it & co=

uer them close till it will peele then scrape of the

peele putting them into hot water for changing

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couer, take ther with in suger with a pritty

quantity of water clarify it & put

in to almonds & boile them till it be ten=

der couered take them of & let them stand

till next day & then boile them up if the sir

rope be not thicke enough boile it up

& soe pot them.

Cousin Iessope

To make cheese cakes

ffor the crust rub a pound of butter into a pound & half of

flourer & mix it with cold water soe role it.

for the curd - Rx a quart of thick cream & let it boil

then when your egs are wel beaten & straind put them in as it

boils, 14 to a quart of cream is enough soe gather the curd

as you butter egs

Iumballs

Rx fine flower 3 quarters of a pound or more suger 1 poundthe

yolks of 3 egs & half the whites 3 spoonf:uls of cream as m

=uch rose water, as much sweet butter as half an

eg mix al together & make the past very stiff & work

it very wel better then a quarter of an hour then break it

abroad & put in what seeds you please (coriander I

use) soe role them in what form you please & place

them upon plates thinly butterd

To make a sillibub

Rx A pint of white wine put tr to the Iuice of lemons

-s some of the rine sliced make it sweet & put in a

sprig of rosemary then take a quart of thick cream pour

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it to the wine standing upon some high thing when you

pour it that it may flash with great force then let it

stand a day & al night.

A snow silibub

Rx either sack or white wine & put to it as as much

thick cream soe whip it & lay the froth in your glasses

Curant cakes

2 pound of flower 1 pound suger 2 poundd curants 1 pound butter rubd

in cream boild Iust enough to wet it.

&nbsp;&nbsp;

Clear past of quinces

quarter pare & core them heat some water & put in your quinces

let them boil til they be tender then put them in a cloth stra

=in them with your hand as hot as u can endure u must have your

suger boiled candy hight take it off the fire & put in

the Iuice of quinces stir it & set it on again & let it

stand very hot a litle but not boil take it off & put

it in dishes let it stand til it be cold & then set it in

the stove & when it is candied on the top turn it on glasses

let them stand til the other side be candied then cut it

into cakes.

elder wine

Rx 20 pound malego raisins pick & rub them very wel steep them 10

days in 5 gallons spring water then strain it thro a hair sieve

Mrs Skiner (get thro as much pulp as u can) then have ready to mix

withits liquour 6 pintes of Iuice of elder boild to a thin

syrop with 2 pound of loaf suger put them into a vessel set

it in a warm place & at a month end botle it & in 6

weeks after it may be drank.

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To make Gooseberrie wine

Let your fruit be ful ripe strip them & beat them gently in

a stone mortar to every 3 pound adde a quart of water &

a pound of suger let them stand 3 or 4 days in steep stiring

it every day then strain it put it into a vessel let it

stand a month or til it has done hissing then botle it

& stop it but easily for 3 or 4 days after that stop your

botles close.

K:P

Another

Rx Gooseberries when they are very ripe stamp them & put

the same quantity of cold water as u have of

gooseberries let it stand 1 hour & half then strain it thro

a course hair sieve pressing it with your hands & to every

gallon put 2 pound of suger put it into a vessel leaving

a hole for it to work at, in a fortnight or 3 weeks

if it be clear draw it off & to every gallon adde a

pound more of suger botle it as soon as u can.

M:A:

Raspas or currant wine

Rx the fruit pick & bruise it & to every 3 quarts

put 2 quarts of water let it stand 24 hours

then clear it thro a hair sieve & to a quart of

liquour put a pound of suger put it into a vessel

& keep it close stop't for 3 weeks then botle it & to every

6 quarts put 1 quarter of malego sack at a months

end u may drink it.

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Marmalad of Oringes

Rx The peels of 5 oringes lay them in water 24 hours

shift the water 4 times then weigh them boil them in 4

waters let one water boil when u take them out of the

other let them be very tender beat them very small then

put to 1 pound of peel 1 pound & quarter of suger 4 spoonfulls

of Iuice of oringe 3 of rhenish wine (if u have

nt wine put so much of Iuice) make past the same

way only boil your suger to a candy.

white marmalad of quinces

Rx your Quinces weigh them (Rx 3 quarter their weight in

double refined suger searce it pretty fine) pare

them cut them into half quarters core them & lay them in

suger, set them on a slow fire til the suger be melted

(& take great care they burn not) then let them boil fast till

they be so tender as they wil bruise wel then take them out of the

syrrup bruise them with the back of a spoon when al ar bruisd

put them into the syrrup with 8 spoonfulls of pipin gelly to a pound

of quince & a litle suger allowd for it let it boil as

wel stir'd altogether til it be high enough then glass it up.

weigh the cores & parss & abate suger for them

probatum Cousin Trott

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cheesecakes

Rx A gallon of new milk & warm a quart of water &

put to it make the curd very tender pound it & adde

to it a pound butter & a litle rose water the yolks of 6

egs sweeten it with suger

the past is to be made with 3 quarters of a pound of flower with

butter suger & rose water it is to be divided into 7 or

8 parts & raised like tarts & pin papers about them to

prevent their falling they wil quickly be bakd.

Lady Archer

Another

Rx A quart of thick cream & let it boil & when your eggs

ar wel beaten & straind put them in as it boils 14 to

quarts cream is enough so gather the curd as u would butter

eggs. for the crust rub a pound of butter

into a pound & half of flower mix it with cold water

Sa:

Iumballs

Rx fine flour 3 quarters of a pound or more sugar 1 poundthe yolks

of 3 egs half the whites 3 spoonfuls cream rather more of

rose water sweet butterthe quantity of half an egge

mix altogether & mixthe past very stiff & work it very

wel above a quarter of an hour & then break it abroad

& put in what seeds you please (coriander is best) ) soe

role them in what form you please & place them on plates

thinly buttered.

Sa:

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litle cakes

Rx take 1 pound butter wash it in rose water 1/2 hour then put to it

6 egs 4 of the whites work it together 2 hours Rx 1/2 of sugar

currence & flower & 1 pound mix al together put them in

tin pans it: will make 15 it: must be glased & ovend again

this way may them eat like bisket let not your oven

be to hot.

cliffe

To preserve white quince

Core pare & boil them Rx their weight of fine suger

cut them in quarters & boil them very fast when they are enough Rx

them up put them in glasses and when its cold enough put on the

Ielly

Conserv barberries

boil them in a Iug in water strain them out pulp & all

& Rx the double weight of suger so scald it til it

wil gelly

To make clear cakes of currence

Pick the currence & put them into a pot in boiling water let them

stand about half an hour then pour the clear thro a sive then

Rx the weight of fine sugar wel beaten & put to it let

it be melted in beforeyou set it on the fire (which must be slow) let

it but a little more then scald keep it in stirrs that it may not

skim then put it in your glasses & so dry them in a stove in

a day or 2 they may be turned so turn them every day.

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149To make past

Rub the pulp thro a sive wtthe back of a spoon 4 the

weight in sugr & scald as bf: of ts u m: drop some

wt a spoon on a woodn trencher knock it down

in 2 days time t: wil turn so put some searced

sugr on tm wt your fingr & turn tm wt a cleane tonife

& strew sugr on the othr side brush it off wt a sea

=ther & dry tm in papr.

To make tm of gooseberries boil tm in a bason

wt watr a quart to a quart & 4 of that Juice bee:

t: wil b apt to Jelly & loosecolour.

Quince cakes

4 your Quinces pare . parboile or u m 1st parboil

tn pare tm cut tm in pieces .. & coar tm rub them

thro a fire tn 4 the weight of fine sugr searced

boil tm a litle together by a drop of a plate u

m: kno wm tis eno tn pour it ot of a plate . dry

it in an oven aftr bread or any the to colour

ts put in some Juice of barberries & boil wt it

allows sugr & let it boil someth: the longer cut

ts as u wil let nt the oven b t hot rather set

tm in agn a 2d time & t: wil come clear tmthe plate

it wil be dry in a days time to put in papers

past of apricocks

4 Apricocks stone pare & cut tm in quarters to

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1 pound of apricocks 3 quarters of fine sugar put all together in

a skillet whenthe suger is melted boil them up fast (break

it with a spoon that tr be no hard) til it comes fromthe skill

=et so put them in glasses & dry them in a stove it wil be

a week before: to be fit to turn then let them be 2 or 3 days

before u turn them again t: wil run a litle at 1st turns but

put it on the top with your knife.

To dry cherries

Rx to 8pound cherries 1 pound suger let them lye tr in 2 days

boil themthe 3d & let them lye 2 days more in the liquour

then dry them in the sun.

Cherry wine

Rx The cherries stone them & squeeze them with your hands

so put them in a bag to run al night & to a gallon of

Iuice a pound of sugar so tun it up botle it a quarter of

year after & the longer before u drink it the better

Cowslip wine

Rx half a peck of picked cowslips 4pound malego raisons

rubd in a cloth beat the raisons: in a morter & to

every pound of raisons put a quart of spring water let

them steep 2 days then let it drop thro a hypocrise

bag & botle it with a few lumps of sug.ar after a

month drink it.

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To make wafers

4 3 or 4 spoonfuls of fine flower & the yolk of a new laid egg.

a spoonful of rose water, & fair water sufficient to make

it thin enough & almost 2 spoonfuls of fine suger so make your

Irons hot & put a litle in the midle which wil run abroad.

A: Br:

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spine

Receipts

head

fore-edge

tail