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## **W.a.332: [Cookery Book]**

**front outside cover**

**front inside cover || recto of insertion before page 1**

R. D

September the 27  
beff 8 scoar and a 11 pound  
beff and porke 4 scoar  
and 2 pound

To make a fine lip salue  
good for seuerall things

Take 8 ounces of new Chirned  
butter without salt  
4 ounces of beefe waxe  
2 ounces of blew corrantes  
2 ounces of orcanett  
first boyle the correnes in  
the butter pretÿ well  
then put in the wax and  
orcanett stiring altogether  
till it be well mixt then  
strain into pottes for use

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To make leimes the true way as they  
do buy & sell

Take yallow pared quinces, & parboile them reason  
able tender, & when they be cold, pare them  
& scrape all *the* pulpe from *the* core then take

to every pound of quinces, halfe a poound of *the*  
pulpe of yeallow peaches, then stamp them  
fine in a stone mortar, then take as much  
sugar as the pulp doth weigh. & boyle it to  
a candy heigh, with as much rosewater as will  
melt the sugar; when your sugar is boiled to  
that heigh: put in *the* pulpe of *the* fruite, & so  
let it boyle together always stirring it, & when  
you see it something thick, fashion it vpon  
a pye plate. some like leaues, & some like  
halfe fruite, then put it into an oven  
after you have drawn bread & so let it remaine  
in *the* oven till *the* next day, then you may  
turn it, & heat the oven again, but not too hot  
for discolloring of it, for when it is through  
dry you may keep it all *the* year

#### How to make Coller Beefe X

Take the thin flanke beefe and rub it well all  
ouer with salt peeter and let it stand three Dayes  
and then pull all the grisells and skins from itt and  
put an ounce of peper and A ounce of nutmegs and  
a good deale of sage shred small and strew the spices  
and sage all over it and make it vp in a Coller and  
bake itt with its skins vpon itt You must beate *the*  
beefe very much when you skin it and it must lye a  
night in pumpe water before you skin itt

#### How to Stew Oysters X

Open *the* Oysters and put them into A scillet with two  
or three spoonfulls of white wine or one spoonfull of  
viniger and a blade of mace and crums of white bread  
and a wholl oynion put to it and let them boyle  
halfe an howre then take them vp and put in a good  
peice of butter soe dish them vp

#### How to make a Tansy X

Take a quart of Creame and 16 Eggs and 10 of the whites of them  
and a nutmeg and halfe a pound of suger two handfulls of  
green wheate & two handfulls of primrose leaues & two handfulls  
of violet leaues & two handfulls of strabery leaues and one  
handfull of sorrell pound all these and taste the Iuse

To make a Marow Puding X

Take a quart of Creame and six yelks of Eggs beate them and boyle *the* Creame and put them together then take a white Loafe and cut the Crume in thin slices and lay it in the bottome of the Dish then take reasons of the sonn and plumpe them in warme Water and strew them on the bread then take marrow and brake them in small peices and lay it with the reasons vpon the bread then lay sclices of bread then reasons and marrow againe as before then powre in *the* Creame and bake it in the oven when you boyle the Creame you must sweeten it as you like it boyleing in it a litle mace and nutmegs:

To make sassages

Take two pound of veale and two pound and halfe of suett Chop them together uery small and put to it fowre nutmegs the quantytye of two nutmegs of mace a few Cloues & a litle ginger beat two Eggs & mingle then make them vp with a litle grated bread fry them with sweet butter and bee carefull you fry them not to much and season them with salt if you please you may put in a litle sage cut small and a litle peper:

to make a fine lip salue <sup>salue</sup> good for seuerall things

take 8 ounces of new chirmd butter without salt 4 ounces of beefe waxe 2 ounces of blew corrans 2 ounces of orcanett first boyle the correns in the butter prety well then put in the wax and orcanett stiring altogether till it be well mixt then strain into potts

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To make ffrench Pottage

To a Loyne of mutton the stumpe of a leg of veale a Capon or hen and a peice of beefe boyle these uery well then take sorrell and beets and a litle Lettice and marygold leaues and a good handfull of pursley

pease and sparygrass if you please and when it is ready beate the yelks of three or fowre Eggs and temper them with some of the broath and sett it vpon a Chafeindishe of coales being a good dishfull and well stired with a litle vargis if you like itt and sippits all will bee an excellent Dish  
Alamode de ffrance

To Boyle a Dishe of Pigeons

Take six pigeons and raise the skin of the breast and take one handfull of beets as much sorill and a few sweet hearbs and chop them togeather uery small then take fowre eggs whites and all and stir them with the hearbs with some nuttmeg put this stuffinge into the bodye of the pigeons and betwixt the skin and the flesh then take some broath and powre vpon them boyleing hott then put a litle mace Cloues and a litle butter & bee sure they doe not stick to the pott you must putt all the rest of the stuffings into the pot if you like itt put in a glass of spanishe or ffrench Wine put sippets into the Dish of all

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To make a Hartychoke Pye X

Boyle 6 hartechoaks and take the bottomes of them and Six or Eight hard Eggs a nutmeg a like quantity of mace Suger to *the* tast goosberyes grapes or plums what you please the marow of two bones and some butter and when you draw it out of the oven make a white wyne cawdle with the yelke of an Egg and put it into *your* pye.

To Boyle a Sammon

If you would not haue it coullored you must put *the* sammon in before the water boyles seasoning *the* liquor with a quart of white wyne and some salt mace nutmegs and ginger a litle of each with a Lemmon peelee you must not let your sammon boyle above halfe an howr then take it of and let it stand vntill it bee cold enough to take up with your hands and when it is quite cold put *the* liquor to it

To Boyle a Carpe X

with the black sawce take as much bloud from *the* Carpe as

you can get then put to it the deepest cou/lerd claret you can haue & put into it blades of mace with a litle salt & when *the* liquor doth boyle put in *your* Carpe and keepe it couered close & soe let it stew for one howre you must put into it some lemmon & then serue in *your* Carpe in that liquor but you must put some boyled Oysters vpon him & if you please you may put an Anchove into the sawce

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#### To make White Oatmeale Pudings

Take two quarts of great oatmeale and picke it very cleane from the blacks boyle three pints of new milke and let it stand and coole a pretty while then put it to the oatmeale and mingle them togeather then cover it close and let it stand all night next day when you make your puddings take fowre pound of Beefe suatt cut it about the bigness of a Dice two pound of currants i pound of reasons of the sun Eight Eggs whereof fowre of them with the whites three pennyworth of manchet grated small one quarter and halfe of suger mace nutmegs and Cinamon in all halfe an ounce a litle rose water a litle salt halfe a pint of creame mingle all these very well togeather then take beefe gutts and when they are scowred very well put them a litle while into rose water then fill them but not to full but a litle more then halfe full and let them boyle almost an howre:

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#### To make Blacke Puddings

Take three quarters of a peck of the best large Oatmeale and put to it as much warme sheeps bloud as will soake it let it stand tweny fowre howres then put to it a litle quantitye of thicke sweet Creame and new milke of each a like quantitye as much as will enoughe wett *the* pudings then put in ten eggs and fowre nutmegs and the quantitye of them in mace and some twenty cloues finely beaten and twelue pound of beefe suett cut small and of sweet margerum time and penny royall three good handfulls of each pickt cleane from all the stalks and a great handfull and a halfe of winter sauory pickt and as many sives as you can hold between your fingers wash

all the hearbs uery well and then chop them very  
small and put in a litle salt mingle all these  
well together and fill it in beefe ^ guts very cleane  
washed and boyle them enoughe

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#### To Dry Neats Toungs X

Take your Toungs and put them into water and  
let them ly all night the next day scrape them  
well on the rootes and sides and wipe them with  
a cloth very dry then salt them with salt peeter  
and let them ly two days and two nights then  
take comon salt and bay salt and worke them  
well into the toungs then putt them into a Tubb  
and lay good waight on them and let them lye  
a fortnight one a weeke clarifying the brine  
and leting it stand vntill it is cold then hang  
them vp and smouke them with sawdust as  
you dry westphalia hams if you preserue your  
brine you need not salt your toungs aboue once  
with salt rubbing it well in and keeping them  
covered/

#### To make a shakeing Puding X

Take a pint and halfe of thicke Creame and boyle itt with  
mace and nutmeggs quartered then put to it eight eggs  
fowre of the whites well beaten and a few Allmonds blanched  
and beaten and strained in with the Creame a litle rose  
water and suger and one spoonfull of flower then take  
a thicke napkin wett it with butter and tye the puding vp  
in it and boyle it where beefe or mutton is boyled one howre  
then put it into a dish and beate a litle Creame and butter  
together and powre on itt and strew a litle fine suger

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#### A Very Rare Dish

Take one hundred of Eggs and take the whites  
from them and put them into a canuis cloth  
and strained them then take the whites of  
fowre new laid Eggs beate them very well  
and put them into the strained yeolks then  
take five pound of double refined suger  
and put to it two pints of water and set itt

on the fire and let it seeth vntill it bee like  
a thin sirror then take a tunnell and hold  
your suger at the end of itt then fill it full  
with the eggs and then loosen your suger  
and goe round round into the seething suger  
and let it boyle as fast as you can and in the  
boyleing you must part it but it must boyle  
a greate while then take it up and lay it in a  
dish and soe put in more vntill it bee done  
you may fashion it as you please in the dish  
and trim it vp with comfiggs/

To make sturgeon X

Take a Turkey and bone it let it lye all night and  
one day in Wine Viniger and some salt then role  
it into collers and let it boyle three howrs in a  
pretty quicke ~~mixture~~ ^ mixture of salt viniger water and  
one pint of white wine when you take it vp pull  
of the thin vpper skin and when cold put in the souced  
drinke it was boyled in tye it as sturgeon and eate it  
with Viniger & min<sup>^c</sup>ed fennell

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To make A Coller of Beefe X

Take a peice of thin Flanke Beefe and lay it in  
pumpe water (or such water as will boyle meat red)  
twenty fowre howres and shift it in that time  
three or fowre times rubbing it hard and pressing  
out with your hand the last water you shifted it from  
then dry it in a course cloth and then take to your  
discretion two parts of white suet and one part of  
salt peeter and salt it therewith rubing it well in  
and soe let it ly in a trey three days and turne  
it once in the time then wash it and hang it  
up adryeing from the brine and water and let  
it hang an howre and then with a cloth dry  
it in all places very well then season it with  
Cloves Mace peper time parsley and a very litle  
winter sauory and a few Bay leaues and one  
litle oineion and then rowle itt vp very hard and  
lace it as hard as you can with course tape and  
bake it in an earthen pott with aboute two quarts  
of water and strong broth if you haue itt couer the  
top ouer with course past and bake it with browne  
bread fiue howres take it out and while it is hott lay  
it a draying & when quite cold take of the tape & serue it to

the Table.

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#### To Dry Neats Tounge X

Take as much salt peeter beaten to powder as will ly vpon a halfe crowne and rub the tounge all ouer then lay it in a pan and couer it all ouer with white salt and let him ly a fortnight then rub him ouer againe with salt peeter and couer him againe with white salt and let him ly a fortnight more then boyle him in hay vntill hee is very tender and keep him from any dampe or wett:

Thus you may doe Bacon or porke take the hind quarter of porke cut him in the shape of a Westphalia ham season it as the tounge and if it bee uery thick you may season it thrice and smo<sup>a</sup>ke it a month before you boyle itt vse the thickest pig porke you can gett/

#### To make ffrench Puffs X

Take spinage parsley endive a sprig of sauory mince these uery small and season them with nutmeg ginger and suger and wet them with eggs according to the quantity of hearbs then take the inside of a lemon cut into thin slices and put to every slice of lemon a spoonfull of the seasoned hearbs and fry it with butter as you fry eggs and then sprinkle some sacke vpon it and serue them with what meate you please

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#### To Stew Pigeons X

Take the Crag end of a necke of mutton and make broth of it without oatmeale season it with mace and nutmegs a bunche of sweet hearbs and salt and and some Crums of white bread then take the pigeons wash them cleane and put into their bellies pudings made of grates bread penyroyall time sweet Margerum and suett cut small make them up with egg into balls not to bigg and <sup>then</sup> stew them in the broth and when they are almost enoughe put into them gravee and a litle clarett which must bee made



scalding hott the Giblitts must bee stewed in  
the broth with the Pigeons/

To make a Carett puding X

Take two great Carretts and grate them then grate  
a penny loafe and mix them together then take  
twelue eggs halfe the whites taken away and  
beate them very well with a pint of Creame  
and two spoonfulls of sacke one nutmeg grated a  
litle salt and halfe a pound of suger temper these all  
well together and when you are ready to put it into  
the oven mix with it halfe a pound of fresh butter finely melted  
and bake itt three quarters of an howre

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To make a Oringe Puding X

Take halfe a pound of canded oringe peels  
sliced very thin and pound it well with Creame  
then set it on a gentle fire of charcoale  
stiring it continually and let it Boyle vntill  
it comes to pap then get your puffe past you  
intend to put it in ready then beate the  
yolkes of six eggs very well with one spo<sup>o</sup>nfull  
of sacke or more a quarter of a pound of  
fresh butter melted and one graine of  
scutchinneell disolued in a litle sacke mix  
all well together with good suger to your tast  
then put it into the past and bake it one  
howre or somewhat more/

To make ffritters X

Take a pint of sacke and make a possett with  
milke from the Cow and take the posset curd  
and put into a bason with the yolks of six  
eggs and fowre whites and a litle nutmeg  
beat the posset curd and eggs together then put  
in fine flower a litle melted butter and  
aples and make it into batter for fritters  
suger it as you like and boyle them in sacke

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Bristoll Marrow Pudings X

Take three pound of marow minced very small  
put to it halfe a pound of fine suger halfe a pound

of Currants two ounces of Dates minced very small  
halfe a pound of Iordan Allmands blanched and beate  
very well with orringe flower water a groats worth  
of spiritt of Cinamon a peny and halfe peny loafe  
grated the yolks of fowre eggs with some sacke  
mix all these together with three pints of  
Creame salt and nutmegg to your tast put it into  
beefe gutts very cleane scowred and when filled  
double tye them

#### An Aple Puding X

Take twelue large pipins codle them and take out the  
pulfe twelue yolks and six whites of Eggs a penny loafe  
and nutmeg grated some salt suger and three spoonfuls  
of sacke as much orringe flower water seauen spoonfulls  
of creame some quince marmalet and orringe peelee  
make the pulfe of the aple very fine and then mix  
all well together and iust as you put it into the Oven  
put in more then a quarter of a pound of sweet melted  
butter; butter the dish you put it in and bake it in a  
quicke oven let it not couler to much and when it is  
drawne sticke it with sweet meats as you please/

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#### The Queens Puding X

Take twenty fowre pipins scald them and  
peelee of the skins and pulfe them then  
take a good Civill orringe paire of the  
rine and boyle the rine in water vntill  
the bitter is of then beate the Oringe with  
the rine in a mortar when it is well beate  
put the pulfe of the aple to it then take  
twelue Eggs and leaue out six of the whites  
and put them to the pulfe and Oringe  
and sweeten it to your tast butter the pann  
with a quarter of a pound of butter and  
soe bake itt

#### To make a Cowslip Tansy X

Take a pecke and a halfe of Cowslips stampe  
them in a stone mortar and steepe them in a  
pint of Creame then beate fowrteene eggs but six  
of the whites and put to them a pint of creame  
halfe a pound of naples biskett grated as much  
macaroomes two ounces of suger one nutmeg grated

mix all these well together then straine the  
creame from the Cowslips and put it into the eggs  
and a quarter of a pint of sacke mix all well  
together and fry it with a litle butter vntill it begins  
to thicken then put in muske the iuice of two Oringes and  
strew fine suger and then serue it vp:

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To make a ffrigesy X

Take your Chicken or Rabbetts quarter <sup>^ them</sup> and brake  
the bones with a rowleinging pinn then take a litle  
sweet margerum lemon time and parsley and shred  
them very small and strew them vpon the meate  
then take some broth or water, one nutmegg cut  
into quarters a litle / whole peper two or three  
peices of Lemon peelee a blade of mace and a litle  
sharlott and a litle oyster or mushroome liquor  
put all these together with the meate into a frying  
pann and when it is fryed almost enoughe put in  
halfe a quarter of a pint of white Wine or Clarett  
and two or three Anchovys the yolks of two or three  
Eggs beaten in white Wine and a litle peice of butter  
and a litle salt keepe the pann shakeing and when  
you find it thicke enoughe put in iuice of Lemon  
great Oysters diped in the yelks of eggs and fryed  
browne mushroomes and sasages and the yolks of eggs  
boyled hard And then dish it vp  
~~to make~~

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To Boyle A Cods Head X

Washe and Cleanse the Cods Head well then take  
three quartes of white Wine one quart of Viniger  
and two quarts of spring water and good store  
of mace put these in a kitle and let it boyle a  
quarter of an howre then put in the Cods head and  
let that boyle an howre with a quicke fire then  
take forty of the fairest Oysters open them and  
lay them in a dishe and stew them vpon a chafin  
dishe of coales with there one gravy some white  
wine and mace and the yelks of two eggs well  
beaten with some of the Oyster liquor; beate this  
stew well together for halfe an howre if you can  
not gett oysters get good store of Cockells and stew

after the same manner then cut good store of  
sippetts harden them a litle before the fire and  
lay them in a large dishe and put the Cods head  
therein melt good store of fresh butter and beate  
it thicke with white Wine and powre it vpon  
the Cods Head then spread the Oysters or Cockles  
ouer the Cods Head then lay the mace vpon the  
Oysters and then powre in the liquor the Oysters  
or Cockles were stewed in then serue it vp hott

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To Roast a shoulder of Mutton X

Take a shoulder of Mutton soe soone as it is killd  
steepe it in blood often pricking itt when it has  
laine fowre howres take one handfull of striped time  
a manchett grated some salt three quarters of a pound  
of suett nutmeg grated and a litle fine peper mix  
all these with blood and stuffe the mutton and  
wrap it up in a Cawle and soe roast itt throughly  
the sawce is grauy a litle nutmeg and Clarett  
thickened with eggs

To make Puffs X

Take two pints of milke and with some runnett  
whey itt well then put in fowre yolks and two whites  
of Eggs and mix them well togeather with flower  
vntill they bee a litle stiffe then take a pound  
of ffresh butter and put into the frying pann  
let your past bee laid in long slices and when your  
butter boyles vp put them in turne them and bee  
sure they burne not serue them up with sacke  
butter and fine suger

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To Pickle Oysters X

Take two hundred of Oysters and put to them  
one quart of faire water and a good handfull of  
salt and let them ly one howre then wash them  
very well in their one liquor and straine the  
liquor boyle them a quarter of an howre and  
scum them cleane then take them of and put  
them in a pann with some mace beaten and  
some white peper/

To make an Oatmell Puding X

Take great Oatmeale beate it a litle and sift out the meale, then put it into a quart of Creame boile it vntill it bee thicke then let it stand and coole; then take the yelks of eight or nine eggs well beaten, some beafe suett shred small and put into it; butter the dish you put it in soe bake itt.

To bake Beefe X

Take the leane of the buttocke mince it very small then cut the fatt of bacon like Dice and mingle amongst it, season it with peper cloves Mace Nutmeg ginger salt and a litle time. chopt small then put it betweene two sheets of past, and put in the bottome of it a clove of garlike and a litle beefe suett chopt small and on the top put butter soe bake it in the past:

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To make A Cake X

Take a peck of fine flower one ounce of nutmegs halfe an ounce of Cinamon they must bee scarsed three pound of butter ten Eggs put out fowre of the whites and something aboute a pint of good Ale Eest beate the eggs uery well and straine them and your Eest with a litle warme water then put in your butter cold in litle bitts the water you knead withall must bee scalding hot wet it litle and knead it well and then lay it to rise in a warme cloth a quarter of an howre then put in Eleauen pound of Currants two pound of reasons of the sun stoned and cut in quarters put in a litle milke and amber Greace disolued in rose water and a pound of suger your currants must bee made uery dry otherwise the Cake will bee heavy mingle all very well together but take heed of breaking the Currants make up the Cake and cut it round the sides and lett it stand two howrs in the oven which must bee as hot as for manchet if you please you may Candy it ouer when itt comes out of the oven:

This Cake must bee made in a brass pann

## To make a Great Cake of 3 Gallons of flower X

Put ten pound of Currants two pound of Allmonds two pound of suger well dried and seached three pound and halfe of butter nutmegs mace and Cinamon one ounce and a halfe to the three gallons of flower a litle rose water and aboute halfe a pint of sacke and two pints of Ale Eest very well beaten and strained then take as much water luke warme as you thinke will knead it and soe untill you put it into the Oven keepe it in a warme cloth a while before you make it up; two howres is enough to soake it haue care in heating your oven if the weither bee hott you need not melt any of the butter but crumble it in the flower if you will ice it when you draw it out of the oven wash it all ouer with rose water with a feather and through a seive scears double refined suger a top of itt and then let it stand vntill it bee cold:

## To make Cracknells X

Take a pound of fine flower well dryed a pound of fine suger two yelks of eggs and one white a quarter of a pound of butter a spoonefull or two of coriander seeds steeped in viniger a quarter of an howre then take them oute and bruise them mingle all these together and worke it up in a past then rowle itt uery thin cut it out by a plate & cut them round and wash them over with the yelke of an egg and soe bake them

## To make Cheese Cakes X

Take eight quarts of morning milke make it vp into Curds and press the whay cleane from it then breake the Curds with your hands uery small and put to itt a quarter of a pound of sweet Butter halfe a pint of the thickest and sweetest creame halfe a dozen yelks of eggs and one white and as much suger as will sweeten it to your tast then ad one spoonfull of rose water or two and mingle all these together then take a pound of currants well washed and dryed and put them into it then make them vp let not the oven bee to hott

### To make Biskett X

Take a pound of flower and dry it then scarse it thoroughe a fine scarse then take a pound of double refined suger beat it uery small and scarse it then take twelue new layed Eggs and six of the whites and beate them alltogether an howre or more then put in some coriander seeds as many as you thinke fitt then butter your plates thin and put on your butter and soe bake them

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### To make a Batter Cake X

Take two gallons of fine flower well dryed in an oven a litle Cinamon and Mace twelue Cloves one Ounce of Nutmeggs finely beaten one pound of suger mingle these then take sixteene Eggs and leaue out halfe the whites one quart of Creame melt fiue pound of butter in it then put to it one quart of sacke one pint of water and one quart of strong Ale Eest mix all these togeather and lay itt leavening one howre before the fire then put in one pound of Allmonds finely beaten ten pound of currants well washt and dryed fowre pound of reasons of the sunn stoned one pound and halfe of candyed Citterne and Orenge sliced in litle bitts then put <sup>^</sup> it in the hoope and sett it in a quicke oven three howres:

To Ice the Cake take two pound of double refined suger and the whites of eight Eggs beate them to a froth and then <sup>^</sup> beate ~~bake~~ your suger in itt and as soone as your Cake is drawne spread it vpon itt you may ad perfumes as you please

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### To make the Kings Cakes X

Take one pound of fine flower halfe a pound of suger very finely beaten halfe a pound of butter washed in Rose water one pound and a halfe of Currants washed and very well dryed the yelks of fowre eggs and two whites beaten well with eight spoonfuls of the thickest creame and six spoonefulls of sacke mince a litle mace and strew among the flower

and rub the butter well in the flower warme the Currants and put them and the suger in and mingle them well together then powre in the eggs creame and sacke and stir all well together with a spoone then flower your hand and make it into a dozen of Cakes and lay them vpon flowered papers doe not pricke them but flatt them a litle and sett them to bake in an oven almost as hot as for manchet open the Oven to make them rise and when they bee coulerd enoughe take downe the oven lid and let them stand to soake  
These Cakes will keepe a quarter of a yeare

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To make a seede Cake X

Take fowre pound of fine flower one pound of sweet Butter allmost a pint of Ale Eest a quart of thicke Creame warmed a litle three or fowre spoonfulls of rose water mingle all these together and lay it before the fire vntill the Oven bee cleane shut vp the Oven lid to make a good bottome, then put to your past one pound of bisketts and halfe a pound of caroway comfigs mingle them well in the past put in your seeds and make vp the Cake as soone as you Can and let it stand one howre to bake

To make a seed Cake X

Take halfe a peck of flower and halfe a pound of Caroway Comfigs and halfe a pound of butter rub the butter into the flowre and the carroways put to it a quarter of a pint of Eest knead them altogether and soe make it vp and let it stand a while till it rise then bake it the Oven must bee quicke.

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To make a very good Cake X

Take three pound and a halfe of very fine flowe<sup>r</sup> a quarter of an ounce of mace with which you may if you please beate a litle muske and amber greace and mingle them together in the flower



then take a quart of good Creame and in it melt a pound of sweet butter and when it is a litle cold put in the yelks of twelue Eggs with eight of the whites beate them well with a quarter of a pint of rose water and as much sacke and a pint of Ale Eest and three quarters of a pound of suger well beaten all these beeing well mingled together and made luke warme powre into the hole made in the flower then take three or fowre handfulls of flower and strew ouer the hole and couer it with a cloath and let it stand then take fowre pound of currants washe them and dry them well then worke all well together and couer it againe and set it by the fire to rise while the Oven heats when your Oven is hott put your Cake into a case of paper or tinn well butterd and let it stand aboue one howre to bake:

You may Ice it if you please

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#### A Cake

Take a peck of wheate flower and three pound of butter breake the butter in peices into the flower and rub it vntill it bee crumbly then take a pound of Currants and one ounce of nutmegs a quarter of an ounce of Cloves as much Mace and one pound of suger a spoonfull of salt and a quart of Creame one halfe scalded and the other cold a quarter of a pint of sacke fowre Eggs and a pint of good new Ale yeest strained mingle all these together but doe not knead it longer then vntill it bee mingled then set it before a hott fire in a wooden bowle and cover it with a blanket and let it stand vntill it bee risen; this proportion will make two Cakes the Oven must bee well heated and they must stand in three howres they will keepe full a quarter of a yeare vpon occation

#### To make Cheesecakes X

Take a pint of Creame set it on the fire then beate seaven Eggs very well when the Creame boyles put them in and stir it continually vntill it bee thicke like curds then put into it a quarter of a pound of suger a Nutmeg sliced as much butter as a wallnut and a quarter of a pound of currents first plumped then take halfe a pound of butter and one pint of flower breake the <sup>^</sup>butter small into it then put in two or <sup>^</sup>3 spoonfulls of cold water and when it is

well mingled beate it vpon a Gable and rowle it out into three square Cakes soe fill them and bake them:

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### The Lady Grayes Cake X

Take six quartes of very fine flower six pound of Currants one pound and a halfe of butter three quarters of a pound of Allmonds three quarters of a pound of fine suger one quart of thicke Creame halfe a pint of sacke <sup>a little</sup> ~~six penyworth~~ of Cinamon fowre Nutmeggs ~~two rase of ginger~~ you must stampe your Allmonds very fine with a good quantity of rose water the butter must bee pulled into litle bitts & worked into the flower vntill you can see noe butter then mingle your Allmonds with the flower and the suger and Currents (which must be well washed and dried) then put in your spices (the nutmegg scraped very fine) then boile the Creame and when it is allmost cold put your sacke to itt and make a very tender possett and then put that into the flower and one quart of the newest and strongest Ale Est put not all the posset in at a time lest it bee to wett yet it must bee uery ly.. it must haue a quicke Oven and stand in an howre and a halfe. put in a litle salt:

### To make an Allmond Custerd X

Take a platter full of Allmond milke season it with nutmegs Cinamond suger and rose water bake it over a pot of water and serue it vp

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### To make an Exellent Vnboyled Creame X

Take a quarter of a pound of Allmonds blanch them and cut out all spotts then beate them in a cleane stone mortar very small with a litle rose water that they may not oyle, then mingle therewith a pint of very sweet Creame and straine them as long as you can get any thing oute of them and put to it as much fine suger beaten uery small as will make it uery sweet a nutmeg cut in quarters some whole large mace two spoonfulls of orange flower water or as much

rose water some muske or Amber greace dissolved in it then put all into a handsome cleane glass churne and shake them continually vp and downe untill it grew as thicke as butter before it bee broken then powre all into a handsome cleane Dishe take out the nutmeg and mace and when it is setled scatter some white comfigoes some caroway comfigoes or scrape some hard suger vpon the top of itt and send it presently to the Table:

This is an excellent summers Dishe after meate both pleaseing and cooleing and has been much commended by Noble Ladyes:

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To make Spanishe Creame X

Take fowre gallons of new milke from the Cow set it over the fire vntill it bee ready to boyle and put into it a quart of sweet thicke Creame and stir it well together then put it into halfe a dozen vessells to coole; the next morneing when you vse it take of the Creame with a skimmer and bee sure draine the milke well from itt put the Creame into a bowle and beate it with a ladle and put in it the whites of fowre eggs put in a litle orange flower water or sacke and sweeten it to your pallat it must bee beaten vntill it bee thicke to set it in what forme you please and serue it in with creame aboute itt /

To make Spanish Creame X

Take a Gallon of new milke from the Cow and scald it a litle in a kittle vpon a charcoale fire into the scalded milke put in a quart of sweet creame then take it of and let it stand a night and a day then skim itt and put it into an earthen pot and beate it with a silver Ladle untill it bee as thicke as butter and soe dish it for your vse

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To make A Spanishe Creame X

Take three of fowre gallons of new milke and set it ouer the fire then put in one pint of creame

then take it of the fire and stirr itt and put it into three seuerall vessells as for clowted Creame then let it stand one day and one night and one howre and halfe before you are to vse itt take of the Creame with a scimmer and bee sure let not much milke remaine in itt then put itt into an earthen pann and put to itt as much hard suger as will sweeten itt the night before take one spoonfull of rose water and take a litle peice of tiffany and put it into the rose water and tye it vp close all night and then put it into the creame with the suger then take a siluer ladle and brake it but not to fast but continue breakeing it vntill it come to the thicknesse that it will stand in the dishe then take the other creame that is left and lay it all over itt.

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To make Rice Creame X

Take two spoonfulls of fine Rice flower three or fowre spoonfulls of fine suger mingle the flower and suger togeather puting it into a quart of sweet Creame and the yolke of a new laid Egg well beaten two or three spoonfulls of damask Rose water mingle them all togeather then set it vpon a quick fire still stiring itt and when it begins to bee thick enoughe put it into your dish stiring it vntill it bee almost cold that it may not creame a top/

To make a fresh Cheese X

Take six whole Eggs beate them very well and put them into a quart of creame and set it on the fire still stiring itt that it may not turne to flakes vpon the fire when it begins to turne to curds then tye it vp in a Cloth if you would put it whole to the table season it on the fire with Rose water and fine suger then tye it vp in the cloth and let it drayne vntill it bee coole then serue it vp with creame rose water and suger

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To make a Creame to be Eaten with fresh Chees

Take scalded or roasted aples and take the pap from them  
put it into a dish and bruise it well with a spoone  
then spread it ouer the bottome of the dish you meane  
to put your fresh cheese into and vpon the sides soe  
far as you meane the Creame shall come you must take  
very thicke sweet creame and in a skillet set it over  
the fire and put into it as much rose water and  
suger as you please let it boyle apace and when it  
is soe thicke that it bubbles and froths with a silver  
spoone take of the bubbles and froth as fast as it riseth  
and put into the dish you spread with aples till you haue  
filled up the dish as far as the aples goe and when  
it is cold put in your fresh Cheese and serue it to the  
table

To make a Creame Dish X

When you haue made a Cheese of new milke  
take the whey and set it ouer the fire and make  
wild curds thereof and saue the curds in a cleane  
dish then powre them into a thin linnen cloth  
tye them vp close and hang them that the whey  
may draine from them then take the Curds and  
straine them thoroughe a tiffany sweeten it with suger  
put in a litle rose water and a litle ginger beat small  
and fine searsed soe searue it up in a fruite Dish beeing  
pricked with a knife on the Top

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To make a fresh Cheese of Almonds X

Grind your Allmonds as small as you can with  
rose water straine them and rub out some of  
the water with them to make milke then  
take the same milke and set ouer the fire and  
season it with salt when it seeths take vp a dish  
full of itt and put a litle suger to itt then put  
to the other that seeths some iuice of oringes and  
Lemons and then take it of the fire and let it  
stand a quarter of an howre then put it into  
a linnen cloth and tye it vp and let it hang up  
fowre howres then put it into a dish season it with  
rose water and suger make it round like a Chees  
and take three pints of the first and second Cream  
and powre vpon itt

To make a thin Creame Cheese

Take two gallons of strokeings and put to it a warme  
pottle of Creame and let it bee runned let it not  
come to hard when it is come melt halfe a pound  
of sweet butter and put to itt fill your fatt by  
degrees and press it with your hands vntill itt bee  
full then cast a cloth on it and put six pound waite  
on itt the next day turne it and salt itt and lay it  
in dry clothes and when you <sup>haue</sup> pressed it enoughe lay it  
in ~~dry clothes~~ netles vntill it bee fit to eate

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To make Lemon Creame X

Take fowre faire Lemons paire them very thin  
and shred those pareings very small and put them  
into a poringer then squeeze all the iuice of the  
Lemons to the rine and soe let them <sup>steepe</sup> two or three  
howres then take the whites of seauen Eggs beat  
them well and put to them the lemon iuice and rine  
and alsoe the yeolks of the Eggs and one pint and  
halfe of water and some Rose water to your tast  
and with double refined suger scarsed sweeten it and  
then set it on a chafindishe of coales stiring it  
continually vntill it bee of the thickness of the  
best Creame but you must not let it boyle you may  
ad a litle muske and Amber grease

To make a Whipt Sullibub X

Take a quart of White Wine a litle glass of sacke a litle  
rose water a sprig of rosemary a bit of Lemon peelee the  
whites of six Eggs a quart of good sweet thick Creame put  
all these together in a broad earthen pann and with a cleane  
burchen rod whip it well till it rises with a great froth and as  
fast as it rises take it of and put it into your Sullibub glasses  
vntill you haue filled them to the top you may lay it higher then the  
glass and soe whip it vntill you haue fitted all your glasses they  
should not bee eaten in fowre or fiue howres after they are  
made

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To make Lemon Creame X

Take three pints of creame and set it on the  
fire when it is ready to boyle take it of and  
crush the iuice of one Lemon into it then

stir it aboute and hang it vp in a cloth  
vntill the whey bee run from it, then  
sweeten it to your tast and serve it vp/-

To make Codling Creame X

Take about halfe a pint of the pap of Codlings  
put to it a quarter of a pound of suger and a litle  
Rose water mingle the suger and Codlings  
together very well then take aboute a quart  
of thick creame and stir it into your Codlings  
by two or three spoonfulls together vntill it bee  
all well mingled then cover it with clouted Creame  
and let it stand halfe a day before you eat itt:

To make Hodge Creame X

Take a quart of creame and put it into a strong  
Iugg and season it with suger then shake it very  
well one howre and halfe still takeing of  
the top as it thickens lay it in a Dish and soe  
serve it vp you may make this creame either  
with sacke Lemon or fruit.

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To make Allmond Butter X

Blanch three quarters of a pound of Allmonds beate  
them very well with faire water then straine them  
and with that liquer that comes from them beat them  
still vntill all the strength bee out of the Allmonds  
then put to them one quart of creame and six yelks  
of Eggs and a litle salt to gather itt then set it on the  
fire and let it boyle vntill you see <sup>^</sup>the butter gather to the  
top stir it now and then, soe take it vp and season it to  
your tast; It should stand ten or twelve howres before  
you vse itt

The Whey will make a very good hasty puding

To make a Cold Possett X

Take one quart of Creame and a pint of white Wine  
sweeten them both put the wine into a glass then let  
one stand as high as they can and powre the Creame  
to the Wine and let another stir that it may bee  
well mingled then take of all the froth and let it stand  
twenty fowre howres in luke warme water of the  
weither bee cold if not in cold water:

To make a good Possett X

Take a quart of Creame boyle in it a litle Nutmeg and two or three spoonfulls of suger the yelks of ten Eggs well beaten and put to them one quarter of a pound of suger a Nutmeg or two grated then put your sack eggs spice & suger in a bason over a quick fire of Embers stir them well together let it bee well heat but not neare boyling powr your Creame into the bason boyling hot cover it quicke and let it stand vpon the sam Embers a quarter of an howr strew it well with nutmeg and soe serue it vp

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How to Candy Violetts or any other fflowers and Keepe them that they will looke as ffresh as when they are first gathared X

Take Violetts and pluck of the flowers from the knot then weigh halfe a pound of those leaues then take a pound and a halfe of suger and boyle to a candy height then take it of the fire and stirr in your Violett leaues then sett it on the fire againe and let it boyle as fast as possible you can make it <sup>^ that</sup> the sirrip may still boyle on the top of the flowers continually stirring them alone in the pann when they haue boyled almost a quarter of an howre thus last then straine them thoroughe a siluer Cullender cleane from the sirrup which sirrup put into the pan againe and as fast as you can boyle it to a hard candy height then take the pann of the fire and stir the aforesaid Violetts into the seething sirrip when you haue mingled them well together ~~then~~ then sett the pann on the fire againe and let it boyle fowre or fiue minnutes together as fast as it is possible you can make itt, then take of the pann and powre all the violetts and sirrip into a siluer bason and stir them aboute as fast as it is possible with a siluer spoone rubing the violetts and suger towards you with the backe of the spoone and as the suger coolls it will rub into powder and fall from the flowers (but you must rub it uery hastilly before the suger is

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thoroughe cooled otherwise it will dry into knots and lumps like a rose candy) and when you find the suger is cleane come from the ~~eandy~~ flowers then put the suger flowers and all into a fine searce and sift away all the suger then put the flowers vp into a box with



a paper and sett them where they may stand neer  
the fire and they will keepe all the yeare and smell  
as fresh as if they were new gathered: And on  
this manner you may doe rosemary flowers Burrege  
flowers Beudles or sweet Margarum: Experienced

To Candy Angellico stalkes in May X

Take Angellico stalks the biggest you can gett and  
cut them round in rings then boyle them in faire  
water vntill they are very tender shifting them  
fowre or five times to take away the bitterness of  
them, the water must bee still boyleing as you put  
them in, and keepe them couered close to green them  
and when they are enoughe take them out of the  
water and put them into a Dish or pann that they  
may lye single and then throughe your suger on  
them and the moisture of them will disolue itt, then  
boyle them vntill they will candy and when you take  
them oute of the suger lay them vpon a plate one  
by one then <sup>open</sup> with a bodkin and set them in the sunn  
a dryeing they must bee done with refined suger

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To make a Conserue of Red Roses X

Take red Rose budds cut of the white nayles and  
put to the leaues as much faire water as will  
couer them and boyle them untill they bee soft  
enoughe to part betweene your fingers and in the  
heating are ury ~~tender~~ tender at which time  
they will loose their couler that you would thinke  
they were spoiled but thoughe the colour bee  
gon from them the water hath got the tincture  
thereof: then put to one pound of roses three  
pound of white fine suger beaten small then  
boyle it gently after the suger is in stirring of  
it continvally vntill it bee enoughe and taken of  
the fire and cooled one pound of this is better  
then six pound of the raw conserue for virtue  
tast and colour:

If you would haue it a purer couler then the  
naturall Rose take the iuce of three or fowre  
Lemmons and to euery pound of Roses put in such  
a quantity of Iuice iust as you are ready to take  
them of the fire to put up stiring the lemmons  
and roses together while they boyle three of fowre  
minutes then put them vp in glasses for your vse

they will keep seauen yeares:

This Conserue is good to comfort weake stomaches that are moist and raw it strengthens the liver kidneys and other weake intrailes taking it in the morning fasting and late at night it alsoe strengthens the heart and taketh away the shakeing and trembling of it it caryeth downwards chollericke humors and helpeth stoping of the liver

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To make Paste of Quinces X

ffirst perboyle your quinces then paire them and take of all the meate from the core and to a pound of that meate of quince take a pound of suger then put to your suger as much water as will wett it then boyle it almost suger againe then put in your quince and let it stand on the fire allmost halfe an howre but doe not let it boyle then take it of and put it into some earthen Dishes and let it stand two or three dayes then lay it oute vpon pye plates in what ffashion you will and put it into an oven that is noe hotter then you can lay your hand vpon and when they are dry on the top take them of with a knife and turne them that they may dry on the Bottome and when they are dry enoughe put them betweene papers and keepe them in a dry place

To make sirrip of Gelleflowers X

To a pecke of flowers you must take a quart and a gill of white Wine and soe let them steepe all night the next morneing straine them oute then beate them in a mortar and straine them againe and to the iuice put two pound of loafe suger to boyle it vp to a sirrup and put it into a botle while it is hott but stop it not untill it is cold

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To make a sweet Bagg X

Take two handfulls and a halfe of rosemary Lemontine masticke tine and sweet margarum of each two handfulls one handfull of bay leaues a handfull and a halfe of Lauender all these must bee mingled togeather and put to them twice as many

roses as these quantities then take one pound of Damaske powder one pound of orris powder and one pound of Rohdies powder and halfe a pound of Cyprus rootes beaten all these must bee mingled together with the hearbs and soe put into the baggs:

#### Powder of Roses X

Take Damaske Rose buds and cut of a litle of the white then cut your roses small with knife or scizers then beate them in a mortar and to euery two ounces of roses take two graines of muske and beate it a litle with the roses then lay your roses very thin vpon sheets of white paper to dry but let them not stand in the sun stir them euery day vntill they are soe dry that they will pan to powder:

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#### To Perfume Roses X

Take an equall quantitie of Bengebine and storracke and a few beaten Cloues that it may not cary the smell then strew a rowe of roses and then a rowe of these powde<sup>rs</sup> and soe doe till the still bee full and when they are soe hot in the still that they sticke together they are stilled enoughe take them out and lay them vpon a table to dry and seperate them in litle peices and when they are dry put them in a paper bag and pricke it; the curtains of the windows must bee drawne when the roses dry that the sunn may not come at them

#### To make a Jelly of Pipins X

Take two quarts of water twenty pipins and two Iohn Aples let it boyle vntill Iust halfe is boyled away then to every pint of Iuce beeing strained take one pound of double refined suger beaten and scarsed warme the suger dry vpon the fire and the Iuce warme by it selfe both being hot mix them both together and haue ready cut Lemon peelee out of which the bitterness hath been boyled in water and the iuce of one or two Lemons put the peelee and iuce into itt with a bag of muske and amber you just bee sure not to let it boyle after the iuce and suger are mixed then put it into a glass and let it stand in some place neer the fire otherwise in dampe weither by reason of the Iuce of Lemon

the Jelly will be apt to give

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To make Knotts with Allmonds X

Take a pound of Allmonds lay them in water two days then blanch them and beat them in a mortar with a pound of double refined suger beate them uery fine togeather then put to them fennell seeds Anniseeds Coriander seeds of each halfe a spoonefull & Gum Dragon that hath been laid in water a day: and muske the quantity of halfe a pease and as much Amber Grease and the white of one egg well beaten mingle all these togeather and put it in a Dish sett it on a soft fire there let it stand vntill it worke like very limber paste then rowle it oute into small long rowles and cast them into knotts and lay them vpon papers oyld with Oyle of Allmonds then set them vpon pye plates the oven must not bee any hotter then for biskit bread as soone as they are well risen in the Oven take them oute and set them in a place that they may bee kept dry:

You must take a litle of the suger and searce it ~~thorou~~ thoroughe a Lane searce to make them up with; when you take them first of the fire let it stand vntill it bee cold then beate them with a rowleing pin before you make it into rowles

Approued

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To Pickle Mushroomes X

approued

Throwe them into water and wash of all the earth and then put them into water again and wash of all the skin and rub of all the slime and then put them into another water and when they haue layne a litle while put them into a kitle and boyle them in there one liquo<sup>r</sup> vntill they are tender and then straine them cleere from the liquor and put them into white wine viniger and soe let them stand vntill they are cold then take them cleere from that liquor and put them into a glass then boyle a liquor of white wine and white wine viniger and a litle water with all sorts of spice and when it is

cold powre it into the mushroomes and put in a bay  
leafe or two

To make past of Oringes X

Take your orenes and shaue them and water them eight  
dayes and shift them twice a day then boyle them vntill  
they bee soe tender that a straw will goe thorowe them  
shifting the water often as they boyle and still with hott  
water and when they are tender enoughe take out all  
the seeds or strings then waigh it and then weighe  
your suger something more waight then your orenes  
then wet your suger but with noe more water then  
will dissolve itt and boyle it to a Candy height a great  
candy then put in your orange and when it is well  
stirred with the suger not to boyle put it in glasses and  
dry them in a stow and when they are dry turne them  
oute vpon paper

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To make cleere Cakes of quinces X

Take the best quinces you can get paire them and  
cut them into thin slices from the coare then put  
them into a gally pott close stoped with a sawcer  
and tyed downe with a cloth and put it into a kitle  
of boyleing water set it soe that it may stand steady  
and boyle soe long vntill all the Iuice bee out of  
the quince which will take vp fowre or five howres  
as the water boyles away in the kitle fill it vp with  
fresh water then take it of the fire and put it  
into a fine straine tie it well together and hang it  
vp vntill it has draned all the liquor into a bason  
and as it draynes with a spoone take some of the pulfe  
of it to thicken youre iuice a litle still as the iuice  
scruies thowroughe the straine take it of with a spoone  
bee sure you doe not squeeze it at all then to a pint  
of Iuice thus ordered you must take a pound and a  
quarter of double refined suger and when you haue  
wet it enoughe to melt it but you must first beate  
it very fine then boyle it a candy height while your  
suger is thus boyleing take the aforesaid quince liquor  
and put it into a siluer dish and set it vpon a very  
quicke fire of cleere coales and soe let it simper  
vntill it thickens you must still stirr itt X  
You may doe Apricoks gooseberyes white sweet plums  
Currants or any thing this way

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You must alsoe take your purest quince kernell and boyle it in a siluer dishe with faire running or spring water vntill they are as thicke as Ielly then straine them cleane from the kernalls and let it stand vntill it bee cold then powre in the before mentioned iuice into the suger stirring itt continually one way and put in with your iuice into the suger fowre or five spoonefulls of the Ielly made of your quince kernells then set it on a soft fire and let it boyle vntill it come to a body when you see it fitt to cast then powre it into your glasses which you meane to stew it in keepe your stowe of a temperate heat if to hott it will spoyle your Cakes when your Cakes begin to candy pretty well on the top then with a knife loosen the edges and turne your Cakes on the glasses and keepe them soe turned vntill they bee dry enough

To make Ebulum

To one Hogshead of Beere put in a bushell of Elder Berryes full ripe and well pickt Nutmeggs Ginger Cloves and Mace of each fowre penywor<sup>th</sup> put these things in with your hopps boyle it well and order it as you doe other Beere

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To make Allmond Cakes X

Take a pound of Iordan Allmonds blanch them in cold water dry them in a cleane cloth then beate them in a stone mortar very fine puting now and then a litle rose water to keepe them from Oyleing then put them oute into a dishe and haue a pound of double refined suger beaten ready and let it bee beaten very fine then mix it with the Allmonds with the backe of a spoone and set it on a chafindishe of coales and lett it stand continually stirring it vntill it bee thoroughe hott then take it of and lett it stand vntill it bee thoroughe cold haue ready six whites of eggs beaten with a spoonefull of flower to froth them mix them well with the Allmonds soe butter your plates very thin dropping them on soe suger them and bake them when they are risen raise them with a knife

and soe let them stand vntill they are hardened  
but not to much collored

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To make Iackolett Cakes X

Take two Eggs beat them well with a litle rose water  
then beate in as much double refined suger as will  
make it a pretty thicke <sup>^ batter</sup> p... then grate in as much  
Iackolet as will make it neere the Couler of Iackolett  
then you must make dripping pans of cards and  
bake them after the bread comes out

To make a finer sort of Naples Bisket X  
then ordinary

Take three Eggs and beate them well whites and all  
with a litle rose water put to them halfe a pound  
of double refined suger scarsed and a litle more  
then a quarter of a pound of flower beate these well  
together till you put then into the oven in card  
dripping pannels you may ad a litle beaten Carroway  
seeds

To make Allmond Paste X

Pound the Allmonds very well then take refined suger  
and put it into a preserueing pann with iust water  
enoughe to wet the suger then set it ouer a quicke  
fire and when it is melted put the Allmonds into itt  
stirring it all the while uery fast let it boyle a good while  
vntill it is pretty stiffe then take it of and put it into the mortar  
again and put to it whites of eggs and a litle rose water  
and beate them well together then let it stand vntill it  
bee cold and with as much fine suger as it will take vp  
mould it into a stiffe past and make it into severall shapes of  
Iomballs and bake them on papers after the bread comes oute

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To Dry any sort of Plumbs X

Take one pound of suger to three pound of plumbs  
then make the suger into a sirrip with a pint of  
water and when it is boyled and scumd powre itt  
boyleing hot vpon the plumbs but first slitt them  
in the crease and soe let them stand vntill the

next day then doe the same the second day and let them stand all night and the third day you must set them on a gentle fire and let them scald and simper a litel vntill you find them tender then take them of and throwe them into a Cullender to draine them then cut out the stones of the plumbs and fill it vp with halfe a plumbe soe three makes two and when you haue done this lay them vpon scives and set them in an oven not to hott and when they are dry wash them ouer with a cloth diped in hot water and then set them into a coole oven where they will bee quickly dry and looke as if they had the blew vpon them: they must scald and howre and iust before you take them of let them boyle/

#### To make Italyan Biskett

Take a quarter of a pound of scearsed suger and beate it in an Alleblaster mortar with the white of an egge and a litel Gum dragon steept in rose water to bring it to a perfect past then mould it vp with a litel annyseeds and a graine of muske then make it vp like Duch bread and bake itt on a pye plate in a warme oven till they rise a litel then take them out but handle them not vntill they are thoroughe dry and cold

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#### To make Prince Biskett X

Take a pound of suger scearsed and a pound of fine flower eight Eggs two of the redest yelks taken oute soe beate them together a full howre then take your Coffins and indose them ouer them ouer with butter very thin to the biskett stuffe put an ounce of anisseeds fine dusted and when you are ready to fill the Coffins put in the anyseeds and bake them in an oven as hot as for manchett

#### To make Allmond Biskett X

Take the whites of fowre new laid Eggs and two yealks and beate well for an howre together and haue in readinesse a quarter of a pound of the best Allmonds blancht in cold water & beat them uery small with rose water then take a pound of the best loafe suger beaten fine and beate that into the Eggs then put in your Allmonds and fiue or six spoonefulls of the best flower and soe bake them vpon paper or



plates you may haue in readynesse fine suger in  
a peice of tiffany to dust them as they bee in the  
Oven bake them as you doe biskett

#### To make Chery Wine X

Take your Cheryes and wash them with your hands and  
then let them stand two or three Dayes Cheryes: stons  
and liquor altogether to firment then straine out the  
liquor and put to euery gallon of liquor a pound of suger

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#### To make Cowslip Wine

Take three gallons of water and six pound of  
powdered suger boyle it togeather halfe an howr  
then take fowre or fiue quarts of Cowslips  
pickt and cut and stampe then in a mortar  
and when the water is pretty coole or blood  
warne put it into an earthen stand then put  
in the Cowslips and then take one spoonfull of  
Ale Eest and the iuice of two lemmons beate  
together put that alsoe into the water and let  
it stand a day and two nights then straine  
it thoroughe a haire scive and then put it into  
your Vessell and let it stand uery well stopt  
three weeks or a month then bottle it and put  
in eache botle a lumpe of loafe suger and  
you may drinke thereof at a months end:  
It will keepe A yeare if you please

#### To make Rasbery Wine X

Take your Rasberyes and iuice them and strain  
them and then put to euery quart of liquor one  
pound of suger and let it stand in an earthen  
pot or Vessell one monthe then put it vp into  
botles doe not stop your earthen vessell to close  
for feare of breaking and keepe it in a Coole  
sellar:

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#### To Pickle Oysters X

ffirst open your Oysters and saue all the liquor  
then take a third part of water a third part of

white Wine and a third part of their owne liquer  
with as much salt as you thinke fitt and set it  
ouer a quicke fire and scim it very well then  
put in the Oysters and let them boyle up and noe  
more then take them up in a skimmer and lay  
them broad on a greate plate and set them in a  
coole place then set on the liquer againe and  
put in cloves mace and peper Lemon rine and  
bay leaues of all these put in according to your tast  
and let them boyle well togeather that the liquor  
may bee indifferent strong then powre it into  
an earthen pan and when it is quite cold put in  
the Oysters and soe pot or Barrell them up:  
If they are to keepe melt some salt Butter  
and put into them

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To make Cowslip Wine

Take three Gallons of water and 6 pound of  
powdered suger boyle it togeather halfe an howre  
then take fowre or fiue quarts of Cowslips pick't  
and stampe them in a mortar when the water  
is pretty Coole or bloud warme put it into an  
earthen stand then put in the Cowslips then  
take one spoonfull of Ale Eest and the Iuce  
of two Lemons beate togeather and put into  
the water and soe Let it stand a day and two  
nights then straine it thoroughe a haire seive  
then put it into your Vessell and let it stand  
very well stopt three weeks or a month then  
botle it out and put in each botle a Lumpe  
of Loafe suger and within one month ^ you may drinke it and  
it will keepe a yeare if you please/

To make Browne Waffers X

Take the yelke and white of one egg halfe a pint  
of creame halfe a pound of fine powdered suger  
as much very fine flower as will make it of the  
thickness of pancake batter then heate your waffer  
tongs over charcoale and cleane them with a peice  
of sweet butter and keeping them hott vpon the  
fire take of your Cakes and rowle them into what  
shape you please and keepe them in a tinn box by the fire  
to prevent being Tuffe

## Another for Cowslip Wine

Take six gallons of water 12 pound of powdered suger mingle them well set in on the fire and when it boyles skum itt very cleane and let it boyle one howre then take it of and let it coole as you doe wort put to it two spoonfulls of Ale Eest beaten six ounces of sirrip of Citterne as many clipt Cowslips as will give it a sufficient tast and Couler let it worke two dayes then put in the iuice of two Lemmons and their peels and let it worke one day more then straine it out and put it into a vessell that will iust hold itt that it may worke ouer when it hath done working stop it vp close for a fortnight then draw it into cleane glass botles put in each botle a peice of loafe suger and corke your botles well:  
when you are Tunning itt put in two quarts of Rennishe Wine

## The Extract of Malt

Take fowre Gallons of the strongest wort and boyle itt vntill there bee but one Gallon left keep it stiring continually and when it growes thick haue but a very litle fire vnder it that it may not boile over let it boile but gently all the while: /

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## To Preserue Oringes X

Take the ~~the~~ thickest rind and deepest coulerd Oringes and pare them and as you doe them put them into cold water cut a round hole in the top and take oute the seeds then boyle them in three seauerall waters but let your water boyle before you put them in then take them out and draine them dry make a sirup ready of a pound of suger to a pint of water and let them stand in that sirup fiue or six days and turn them often then boyle them in the same sirip vntill they are tender then take them out and lay them vpon a pye plate ~~vntill they are tender~~ and scrape them cleane from that sirip vpon farther experience you must not boyle them in the ~~suger~~ sirup but powre

it scalding hot vpon the oringes euery day  
for the fiue or six days aboue mentioned  
and the suger must not bee to course:

To make Cinamont Water X

Take halfe a pound of Cinamond with two or three  
Nutmegs bruise them and steepe them in a Gallon  
of sacke or Clarett Wine put to it one pound of suger  
and lett it infuse twenty fowre howres then Distill itt

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*Doctor Chamberlaine* Soveraigne  
Water X

Take a Gallon of white Wine Ginger Mace Cloves  
anyseeds fennell seeds Carraway seeds Gallingate of  
each of these one dram then take Red Sage Red Mynts  
time and wild time Rosemary Camamell Lavender  
tops and pellitory of spaine of each of these one handfull  
beat the spices cut small the hearbs and put both into  
the Wine and let it stand twelue howres stiring it often  
and then distill it in a Lymbecke and keepe the  
first water by it selfe that is the best the second is  
very good

The Virtues of this

It comforteth the Vitall spiritts cureth inward  
diseases that come by Cold it is good against the shaking  
of the palsye that is the contraction of the sinnewes  
it helpeth consepion in women that are barren it  
killeth the wormes in the body it helpeth the stone  
in the blader it comforth the stomache cureth  
the Coughe helpeth the tooth ache it cureth the cold  
dropsye it helpeth the stone in the raynes of the back  
it cureth stincking breath presently and whomsoever  
vseth it somtimes not to often it preserueth the body in  
strength and will make one looke young a longtime  
it comforteth Nature marvellous *Doctor Chamberlaine* by  
Gods assistance preseed his life to a very great age  
and confessed hee vsed noe phisicke but this water in

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all former sickness Arch Bishop Abbott acknowledged  
this to bee the most soveraigne water and the second  
preseruer of his life and seriant Rowe vsed it

all his life time and left the receite wishing  
his friends to vse itt: In summer let it stand  
in the sunn/

To make Imperiall Water X&nbsp;nbsp;

Take scabious Bittany pimpnell and turm<sup>en</sup>tell  
roots and Dragons burnets leaues and knobs and all  
of each of these fowre handfulls pick them cleane  
and lay them a dryeing three days on a cleane table  
then chop them small and steepe them in as much  
white Wine as will cover them and soe let them  
about five  
pints of white  
Wine will doe  
stand twenty fowre howres then still it in an ordinary  
still then put to the water soe distilled two ounces  
of methridate three peny worth of turmary roots  
one pound of suger fowre stickes of liquorishe one  
handfull of annyseeds a pecke of Bewgles or Burrage  
flowers and a litle safforne and fowre ounces of  
Harts horne then distill it againe with all these in the  
before distilled water

This water is very good against the plauge either alone  
or with Bezar stone it preventeth Convultions it helpeth  
the burning feauor comforteth the heart and expelleth  
evill humors that offend the stomache you may giue  
it with a litle harts horne it is best to put in the suger  
into the double distilled water /

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To make Ginger Bread

Take the best cap Dates you can get and picke out  
all the whites then take halfe the quantitye of blanched  
Allmonds breake the dates and them together in a stone  
morter then take a quanty<sup>e</sup> of gum Dragon steep it in  
rose water and beate it with the dates and allmonds then  
X take as much good suger as will make it sweet and fine  
Cinamon and beat all together vntill it is very fine then  
take it out of the mortar and breake it in peices and  
then rowle it out with a rowling pin then take your pr<sup>i</sup>nts  
of what fashion you will haue them of and strow on some  
powder of cinamon and ginger and lay on your past  
and soe prince them then lay them on faire papers  
and sett them where they may haue the Aire of the  
fire soe they will keep a great while

To make sweet Water X

Take a drop or two of Essence of Oringe or any other Essence you like in a spoone and as much fine suger as the two drops may wett and stirr them with a bodkin well together vntill the suger hath dried vp the Essence then put in a litle water and stirr it then put in a quart of water and itt will bee sweet enoughe

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To make Perfumed Cakes X

Take three ounces and a halfe of Beniamin and lay it one night in rose water then beate it fine then take halfe a pint of Damaske Roses the whites being taken away beat them fine in a mortar then put the beniamin into the roses and beat them together vntill it come to a past then take it out and mingle with it halfe an ounce of muske finely beaten as much Ciuett and one ounce and a halfe of the best suger finely scarsed then mingle it well together and make it in litle Cakes laying a rose leafe on either side of them and soe lay them a drying in a place where noe Aire nor dust comes and keep them close and they will last two yeares:

To make Goosbery Wine X

Take a good quantitye of Goosberyes when they are ripe bruise them all and put them into a vessell and let them stand one day and one night then straine them into another vessell from the seeds and husks and let them stand six weeks vpon their Lee then to every gallon of iuice put three quarters of a pound of suger and soe botle itt it must not bee drunke vntill it grow briske

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To make suger of Roses X

Take the deepest Red rose budds picke them and cut of the whites and sift the seeds from them and dry the leaues in an oven vntill they bee as dry as possible then beate them to powder and scarse them then take halfe a pound of powdered suger and beate

very fine and put it into a siluer Dish with as much faire water as will wet it and set it on a chafindishe of coales and boyle it vntill it comes to suger againe then put in as much powder of roses as will make it looke very red stir them well togeather and when they are almost cold put them on plates

To make meat Ielly

Take a knuckell of veale and take of all the fatt and skin and let it ly in faire water fowre howres vntill the blood bee drained and it looke white then take one Calues foot sliced and boyle them togeather in three gallons of spring water vntill it is a hard Ielly vpon a soft cleere fire then straine it from the meate and let it stand all night an next morning take of the top and bottome and to every quart of Ielly put a pint of sherry sacke or white wine and as much suger as will sweeten itt and put in Cinamon nutmeg and Mace as you thinke fitt and six whites of eggs beaten vntill they looke like snow mingle all togeather then let it boyle one howre and let it run throughe a Ielly bag the noose of which you may dip in rose water

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To Preserue Morella Cheryes X

Take one pound of the fairest Cheryes you can gett stone them and saue the iuice that comes from them in stoneing them then take One pound of good suger beat it very small and strew three quarters of the pound vpon the Cheryes let them soe stand vntill the suger bee almost melted then set them on a quicke fire and cleere and let them boyle as fast as possible often shake them and as they boyle strew some of your suger vpon them that was left of the pound and when you think they are almost enoughe put into them something more then a quarter of a pint of the raw iuice of Currants and what remaines of your suger and boyle them more gentle sciming them very cleane when they looke cleare and iumpe and the sirip will ielly take them of and scim them as cleane as posible and when they are pretty cold lay them in the glasses one or two rowes as you please with a litle of the sirip then straine the remaying sirip throughe a scive and when it is cold lay it ouer your Cheryes vntill you haue filled the glasses

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## To Dry Damsons X

Take fowre pound of ripe Damsons put them into a preserueing pann with as much cold water as will wet them set them on the fire and let them scald vntill they bee soft then put them into a scive and straine them then take a pound of loafe suger and boyle it to a candy height then put your damsons in a broad earthen pann puting the skins as close as you can then powre on them the candy suger boyling hott all ouer them and let them stand all night the next day take the Damsons out of that sirip and lay them in another earthen pann and set the sirip ouer the fire vntill the candy bee loosened then powre it vpon the Damsons and stir them on the fire vntill they bee scalding hott then let them stand vntill the next day and so doe for six days but the first day you must take the stones out and then put them into the sirup againe to scald as they did before after six dayes lay them on plates to dry and put them into a stove turning them twice a day for fowre dayes then put them into cold water wash them cleane and wipe them very dry with a cloth and lay them on the plates againe and set them in a stove a day and night then they will bee dry to lay in a box when the water you wash them in looks red powre it out and take cleane /

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## To Preserue Aprycockes or Malicatoones X Dry

Take a pound of either of the fruites peare and stone them then take halfe a pound of fine suger beaten fine and strew on them and let them stand vntill the next day and then boyle them a very litle while and put them into a pot and when they are cold couer them close and let them lye in the sirup two days then take them out and put them into a stove and every two howres bee changing them to fresh plates vntill they bee dry that will keepe them from claminess

## To make Oyle of Roses

Take the seed of Mellons well beaten then picke of the flowers of Roses and lay the flowers vnder



and about the seed for eight dayes then take a  
linnen bag and wet that in the water of roses  
and put in the seeds and leaves and press out the Oyle  
and keepe it close in a glass:

To make and keepe the forehead smooth

Take a new peece of kidds leather well washed and wash it in  
May Dew when it is dry Oyle it on the smooth side with Oyle of  
sweet Allmonds and when it begins to dry Oyle it with Oyle of  
white pepper haue in readiness a scillet of hot water with a  
plate on it and lay *your* leather vpon the plate and strew  
Parmacitye on it rubbing it with your hand vntill it is melted in

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To Perfume Rose Buds X

Take one hundred of buds and let them ly one night  
then take three graines of Civet and one of muske  
Dissolve them in a spoonfull of rose water then take  
as many cloves as rose buds then take one bud pull<sup>ll</sup>  
it off at the bottome and hold it fast in your hand  
then take a clove dip it in the spoone and put it  
into the middle of the bud and wind it hard aboute  
with thread and doe soe to them all then put them  
in paper baggs and let them dry in the shade

To Preserue Goolden Pippins

Take one pound of Iohn Apples paire and quarter them  
but not coare them put to them one pint of water and soe  
set them on the fire and let them boyle as fast as you can  
vntill the Aples bee cleere and are boyled to wash them  
then take them off the fire and straine them thoroughe a  
scive and set the Jelly by; then take one pound of golden  
pipins cut them in halfe the round way and cut out the coare  
then paire them and take one pound and halfe of double  
refined suger beaten and put into a silver dish wet it thin  
with water and let it boyle well vpon a Chafindishe of coales  
then take it off the fire and powree the pipins into the suger and  
set it on the fire againe and let them boyle vntill they begin to looke  
cleare then take halfe a pint of Renish Wine warme it on the fire and put  
it to the Aples and boyle them as fast as you can and turn them *with* a spoon  
and when they looke cleere warme the former Jelly with litle peices of  
Lemon peelee first boyled tender in water put in your pipins and  
boyle them apace vntill they begin to Jelly in the spoone then warme  
five spoonfulls of Iuice of Lemon let them boyle a litle after you put that  
to them then put them into potts or glasses

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To make plaine White Leache X

Take two pound of the best Allmonds blanched in cold water and beate them well with a litle water then take Cinamon whole mace and nutmeg and six ounces of Isinglasse ~~sp~~ steeped one night in spring water boyle the spice and that togeather in six quartes of new milke and twenty ounces of fine suger soe long vntill by cooleing it in a spoone you find it stiffe enoughe for your vse then take it from the fire and mingle well your beaten Allmonds with it then let them boyle gently againe a while then take if it and straine into Dishes thorowe a fine strainer and soe keep it for your vse:

To pickle Champions

Pick away the skin that is vpon them and if they bee soe big that they open take away the red that is in them wash them cleane and put them into boyleing water and let them boyle vpon a cleane cloth vntill they are cold then take as much White wine viniger as will <sup>^ halfe</sup> cover them and put into it Cloves Mace Nutmegs Ginger peper and salt of each a litle boyle these togeather a while then put the Champions into an earthen pot with two or three bay leaues a Clove of Garlicke and a Lemon cut in peeces and when the pickle is cold put it vpon them and as much White Wine Viniger as will cover them and vpon that put a litle of the best sallet Oyle.  
The spices must not bee very small onely bruised

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A Cordiall Water X

Take sage rew wormewood Rosemary scordium Rosa solis Balme salladine scabious Egrimony Bittany of each one handfull alsoe the rootes of Ellicompaine Piony Angellico Gention Dragons Tormentill Cinquefoile and halfe a pound of liquerishe shred the hearbs and scrape and slice the rootes and put them into two Gallons of white wine or sacke and let lye in that forty Eight howres close Covered stiring them sometimes then Distill them in a still with a soft fire doe the still aboute with past, the first water you may give to men and women the second to Children:

## Another Cordiall Water X

Take sage sallendine Rosemary Mugwort Wormewood Pimpernell  
Dragons scabious Egrimony Balme Rosa solis scordium Cardus  
Benedictus Centry flowers and leaues of Bettany flowers and leaues  
of *Saint Johns Wort* and of mary Golds of each one handfull and of  
rootes of Gentiem Angellico Tormentill Zodderly Petosists pyony and  
liqueorishe of each three quarters of an Ounce wash the hearbs  
and shake them in a cloth vntill they bee as dry as you can make them  
then shred them small and scrape and slice the rootes mix altogeather  
and put them into an earthen pann powre into them five quartes of good  
White Wine and cover them close and let <sup>them</sup> stand two Dayes and two Nights  
stir them once each night Distill them in an ordinary still with a gentle fire  
keeping the still coole with wet clothes often Changed past the still close with past  
made of Rye flower Eggs and Viniger to keep it from Evaporating you may  
distill it in two Dayes and one night it will yeild fowre quarts of water  
which is best to bee Divided into two or three sortes and make vse  
of the weakest for Children: //

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## Mr Gaskins Cordiall powder X

Take the Raggs of pearle or seed pearle of red Corall  
of Crabbs Eyes of harts horne of white Amber of each a like quantity  
beate them all severally into fine powder and scarse them  
very fine then take as much of the Toes of the Crabbs Clawes  
as of all the rest of the other five powders beate and scarse them  
as you did the rest of the powders then weighe them all severally  
and take as much of the tips or Toes as of all the rest of the five  
powders and mix them togeather and make it vp into balls with  
some Jelly of harts Horne wherein you must infuse some  
safferne more or less as you desire to haue it coulerd soe let  
them lye vntill they bee dry and fully decocted and vse them as you  
haue occasion: take the Crabbs Eyes and Toes either in the Month  
of may or september and if you can before they are boyled; this  
powder finely shaven or scraped with a knife may bee taken  
in a spoonfull of Dragon water or Cardus water tenn graines  
at a time washing it Downe with one spoonfull of the same water  
to a young child two graines is sufficient  
The Virtues it is good to prevent the small pox and put  
forth the Disease; It recovereth those that bee fallen into  
a Consumption if dayly taken a good time; It is ~~in~~ Excellent in  
burning and violent feavors and against all sorts of poyson;  
It serueth to *master* and Extirpate the plague nothing matching or  
Equalling it; It helpeth Qvoditian Tertian or double Tertian  
Agues for quarterne Agues it comforteth the spiritts and mitigates  
fitts and for other Agues it is equall to any animalls or Vegetables

whatsoever it is most excellent for trembling and passion  
of the heart; It preserveth from all diseases and keepeth in  
health and Vigor and worketh without any Violence to nature

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#### Docter Burgeshis Remedy against *the* Plague

Take three pints of Malmsey boile therein one handfull  
of sage and one handfull of ~~rew~~ Rue vntill a pint be  
wasted then straine it and set it over the fire againe and  
put thereto one penyworth of long peper halfe an ounce  
of ginger and a quarter of an ounce of nutmegs all  
beaten together and let it then boile a litle then put to it  
one penyworth of methridate two penyworth of Treacle and  
a quarter of a pint of good Aquavite or hot Angellico  
water (that being better) keepe this as your life aboue all  
worldly treasure in a time of infetion; Take it always  
warne morning and Evening one spoonfull at a time  
if you thinke you are infected (and swett there vpon) if  
not once a day is sufficient all the Plague time  
vnder God trust to it for certaine it neaver deceiued  
man woman or child being taken before the hert  
bee vtterly mortified with the disease this is not  
onely good for the comon Plague called the sickness  
but alsoe for the small pox meassells surfetts and  
divers other Diseases:

In the preserveing of Oringes Cittern or Lemone  
some put weight and halfe of suger and to every  
pound of suger three quarts of Water which may  
doe very well:

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#### A Perfume to Burne X

Take three ounces and a halfe of Beniamin  
beate it very small then steepe it three or fowre  
Dayes in Damaske Rose water then take halfe a pecke  
of Damaske Rose buds cut them as for Conserve  
and beate them very small in a Morter then powre  
the Water cleere from the Beniamin and mingle  
it with the rose buds well together, then put to  
it forty Graines of Civett and as much Muske  
and mingle them well with the Rose buds and  
Beniamin and it will bee like a past then take

a Rose leafe and lay as much past vpon it  
as contains the quantity of a hazell Nutt then put  
another leafe vpon that and press it downe  
with a seale or your finger; soe lay them one by  
another vntill they bee Dry:

To make Cherry Water X

Take fowre pound of Cherrys take out the  
stones and put the Cherrys into fiue pints of Clarett  
Wine put into it halfe a handfull of rosemary  
two handfulls of balme two ounces of Cinamon two  
Nutmegs sliced let all these infuse one night in  
the Clarett and let the pot bee close stopt: the next  
Day Distill it an Ordinary still and if you please sweeten it

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To make Conserue of Burrge

Take one pint of Burrage water and put as  
many burrage flowers to itt as you can then cover it  
close with past and put it into a pot of hott water &  
soe let it infuse vntill all the couler and virtues of the  
flowers is out then straine it and put in fresh  
flowers renew it this three or fowre times till  
it bee very strong then put a less quantity of  
flowers in and let them boile vntill they are  
soe tender that you may rub them in peices  
betweene your fingers then ad to every pound  
of those flowers a pound and halfe of hard suger  
and let it boile to a great height then put to every  
pound soe boiled twenty drops of the spiritt of  
sulpher a booke of leafe gold six graines of Amber  
Greace three graines of muske twenty or thirty  
Graines of Magisterivm of pearle and as much  
of Corral this makes it a hotter Cordiall but *with*  
the flowers alone it will doe well:

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To preserue Barbaryes X

Take Barbaryes and stone them and to every  
pound of Barbaryes put two pound of suger  
then take a quart of pulled barberries and put  
them into a Iugg put in a handfull or two of

suger and set the Iugg into a scillett of boileing  
water and when the sirrip comes to the top  
take them out and straine them put the suger  
to the sirrip boile it vntill you see it will  
Ielly then put in your barberyes and give  
them halfe a dozen good boiles then take  
them of and glass them

#### To Dry Barberyes X

Take your best Barberyes and stone them  
and to every pound of barberyes put two pound  
of suger beaten to a fine powder then put a lay  
of barberyes and a lay of suger soe let them  
stand three or fowre Days then take them out and  
tye them in litle bunches vpon a scive bottome  
soe dry them either in an Oven or stove

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#### To Preserue Aprycokes X

Take Aprycocks before they bee two ripe and  
stone them and throwe them into as much clarified  
suger as will cover them set them on the fire and  
let them boyle leasurely a litle time then take  
them of the fire and scim them and shake them in  
the pann and set them on the fire againe and soe  
let them boyle vntill you see they bee reasonable  
tender then take them vp with a spoone with holes  
and lay them in a dish a cooling then boyle your sirrip a litle  
more and coole it and put it vp with the Aprycocks if you heat  
them the first day vntill they bee somewhat Tender let them  
stand vntill the next and then boyle them:

#### To make sirrip of Mulberys X

Take ripe Mullberyes the blackest and fairest  
press out the iuice from them and to every pint of Iuice  
take one pound of suger and boyle it to the height  
of a sirrip:

#### To preserue Damsons X

Take a pound of the fairest Damsons and a pound of  
suger and set them on the fire the suger being candied  
let the fire they stand on bee but enoughe to give them heat  
that they may simper very softly when the skins begin

to breake scim and turne them vntill the sirrip comes to a  
Gelly let them boyle very softly & when they are cold pot them

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To preserue Green Apracocks X

before they bee stoned

Take them when you may put a pin thorowe them  
perboyle them in faire water reasonable tender  
keepe them covered close then take them vp and  
dry them in a cloth throwe into them as much  
clarifyed suger as will cover them and soe boyle  
them well vntill your sirip growes somewhat thicke  
then betwixt hot and cold pot them and soe keepe  
them all the yeare if you please:

To make sirip of violettis X

Take three ounces of the sirip of violettis being  
ready pickt bruise them in a stone Morter  
and put them in a gally pot with faire water  
and let them steepe all night then warme them  
in a double vessell strayne them and to every  
pint of suger take three pound of suger and  
boyle it in a double vessell till it is a thicke  
sirrip:

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To preserve Cheryes to lye in Gelly X

Take a pound of Cheryes the best you can gett  
and cut the stalks halfe away then take a knife  
and cross every chery vpon the top and take away  
the stone then take a quarter of a pound of other  
Cheryes and breake them with the backe of a  
spooone and boyle them without any water  
till you see the liquer turne to the couller of  
Clarett then straine that liquer into a bason and  
take one pound and a quarter of fine suger  
divide it into three parts put one part thereof  
into the sirip and let it boyle vntill the suger  
bee well dissolved then take it of the fire & scum  
it and let it stand vntill it bee blood warme  
then put in the Cheryes and let them boyle

as fast as you can when they boyle to the top straine  
one part of the suger soe take them of the fire  
and scum them and put in the other part of  
the suger and let them boyle as before then  
take them of the fire and pricke ~~them~~ a thin  
trencher vpon the point of a knife and that will  
take of all the scum at one time when they bee  
somewhat hott take them of the fire take them vp  
and coole them and betwixt hot and cold put them  
vp and keepe them:

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To Preserue White peare Plums X

Take white peare plums before they bee to  
soft gather them with the sceales on then give  
them a scoth with a knife in the Dent to the stone  
then put them into as much clarifyed suger as  
will cover them and soe let them boyle very  
leasurely now and then turning them with a spoone  
and when you see them reasonable soft take them  
of the fire and let them stand vntill the sirip bee  
almost cold then set them on the fire warmeing  
them and shakeing them gently that will keepe  
your plums from sowreing the latter end of the  
yeare:

In this maner you may preserve  
muske Millions and pescot plumbs

To preserve Cyder in its life and quickness X

Take the whites of Eggs and some wheate flower  
first beat your Eggs well then put the flower  
to them and beat them all well together and after  
you haue sunke six gallons of your vessell put  
it in and it will preserue it to the last:

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To Preserue Oringes to ly in Gelly X

Take thicke rined oringes and pare them very  
thin and lay them in water three or fowre  
Dayes then boyle them tender in faire water then  
take them out of the water and put them into a  
pann of cold water all night the next day take



them out and dry them in a faire cloth and put them into as much clarified suger as will cover them and let them boyle in that suger leasurely now and then stiring them to take the sirip in to them then take them of the fire and put them into an Earthen pann and let them stand vntill the next day then set them on the fire againe and when you see them looke cleere and are tender powre them into a wooden scive and let then sirip drop from them then put a quart of apple water and one pound suger into your sirip and that will make your oringes lye in a quakeing Gelly

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To preserve Green Wallnuts X

Take green Wallnuts when you may pricke them throughe with a pinn pare them very thin and pricke them with a penknife in three or fowre places then throwe them into a scillett of faire water that is boyling and let them boile a pretty while shifting the water often when they are tender dry them well in a warme cloth and pricke three Cloves in either of them then put as much clarifyinge suger as will cover them put to them a graine of Muske and put them into a pipkin and let them boyle close covered leasurely three or fowre howres now and then turning them then betwixt hott and Cold pott them:

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To Roast a Pigg without the Coate

When your Pigg is roasted soe that the coate will come of pull the coate and sticke the pigg full of branches of time then lay it to the fire and roast it againe dredge it with a litle dried time and grated bread then take grated bread and boyle it in water with who<sup>^</sup> ll Mace and sliced nutmeg as you boyle punadoe but not soe thicke then take a lemon paire him and shred the rine small and the inside by themselves then mingle the sauce together powre it on *the* pigg and serve it vp:

To make Cold Creem

Take oyl of Trotters half a pint oyl of  
sweet almonds one ounce 3 quarters of an  
ounce of uirgins wax 3 penny worth of parmicitity  
put all this in a new eathen pipking  
Let it Iest semer till it is disolued  
then take it of the fire and pour it into  
half a pint of spring water and then  
beat it till it is frothy and white  
you cant beat it to much if it be rather  
to thick or to thin you must increass or  
diminish the wax in winter as wax  
will doo then in somar

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To Make Mrs windham sed cake

Take 5 pound of fine flowar and  
drie it half an ounce of mase 3 pound  
of butr a pint of creme 16 eggs and  
9 of the whits a quart of good ele yest  
3 pound of caraways comfits put the  
mase and flowar togather malt the  
buter in the creme and bet the eggs wall  
and mix them with the yest and strane  
them through a siue into the flowar  
with your butr and creme then mingle  
it wall togather and set it before the  
fire to rise a quarter of an ouer  
then put in the carways and mingle  
it wall to gather the ouen must be  
hot and shat the dore befor the cake  
goes in to make a good botam then  
put in your cake and a shet of paper  
one the top an ouer and half will  
bake it rather more when it coms out  
ise it

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an outhar sed cake

take 2 pound of fine flowar and  
drie it a pound and half of fine suger  
uery finly beten 18 eggs Leue out 8

whits 2 pound of butr 2 spoonfulls of  
rose water 2 ounces of craways seds  
you must beat your eggs uery wall and  
take the buter and worke it uery wall  
with your hands till it is saft an outh<sup>er</sup>  
must beat the eggs and put in a Litle at~~nd~~  
a time of the top that froths whilst  
you work it till thay are all in that  
your buter is Like a creme mix your  
suger and flower together and put it  
into your butr by a Litl at a time as  
you work it till it is all in you must  
beat it an houer with your hands till it  
goes in the ouen you must nauer Leau of  
working and beating it when it is began  
till it gose in the ouen; and when it is  
rady to goe in the ouen put in your seds  
and bake it an ouer and half

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The Dutchess of somerssets Hog hoof  
Powder good against the gravel

Take the horny part of a scalded  
Hogs hoofs dry them in the air  
and make them into as fine a powder  
as such a thing will admit of, take  
of this powder morning and night as  
much <sup>as</sup> will ly upon a shilling in syrup  
of Marsh mallow.

This powder is to be bought at  
Mr Bodens Apothecary in Old Palace  
Yard , the Price 2 shillings an ounce  
to be inquired after by the name  
of *the Duchess of somerssets Hogs hoof Powder*

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A Receipt of baked Meates

Take a fleshy peice of Beefe weighing Eighteen pounds  
and a very good Leg of mutton cut them into preetty  
good collops fat and leane together then beate them a  
litle with a rowleing pinn mingling the meate together  
then take fowre ounces of beaten nutmegs one ounce of  
beaten peper two or three rases of beaten ginger and  
salt to your pallatt season the meat lightly with some

of itt then take three pound of the best beefe svett  
and beat it very well with a rowleing pinn lay some  
of it in the bottome of the pott and when you haue  
put in your meat lay the rest on the top it is  
best to bake it in one great pott at first and then you may put  
it into litle potts at the second bakeing bake it with browne bread  
and cover the top with past and let it haue vent when it  
is cold take it out of the pott and breake it into peices and take all  
the grayne sinnews and skin cleane away and then beate  
it very well with the svett that was baked with itt in a  
stone mortar then take the rest of your seasoning and a  
pound of butter broken into litle bitts and knead it into your  
meat as you doe bread then take two pound of butter more and  
lay some of it in the bottome of the potts and strew in a litle seasoning  
and worke in your meat very close lay the rest of the butter on the  
top with some more seasoning and couer it with a paper and sett  
them into the Oven againe but let them bee but thoroughe hott  
and when you draw them put in butter enoughe to cover your meate  
and it will keepe a yeare or more: In wett weither there will  
rise a dew vpon the potts which must bee carefully  
wiped away with a dry Cloth:

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To make Pancakes

Take tenn Eggs take out three of the whites beat them  
well and put to them one handfull or two of flower  
and beate the Eggs and that well together put in two Nutmeg<sup>s</sup>  
a litle ginger nere a quarter of a pint of sacke and a pint  
of very thicke sweet creame beat them well together let  
them bee mingled thin and two or three howres before  
you fry them put a litle bag of safforne into the sacke

To make Oyster Pyes

Parboile the Oysters and season them with peper ginger  
nutmegs and a litle salt then take wholl sorell Grapes or  
Lemons and the yelks of hard Eggs mingle these together  
and put them into your pye with good store of butter and  
when it comes out of the Oven fill it vp with beaten butter  
Thus you may bake shrimps or Cockells you may bake  
scaretts or parsnips as you make your Chesnut pyes you  
must put marrow in all these pyes:

To Dress an Ele

Cut him into peeces aboute fowre inches and scarify them and  
salt them well in a dish and powre viniger on itt then put

them into white Wine fearcely boyleing with a great handfull  
of striped time the best part of an ounce of gross peper two  
Oynions when it is well boiled put some butter into the  
scillett and shakeing it well together put it into a dishe and  
squeese a Lemon into itt /

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To Dresse a Carpe with Blacke  
sauce X

The Carpe must bee taken alive and splitt in  
the midle, saue all the bloud and take nothing  
out of it but the Gutts the liquer you boyle it in  
must bee halfe water and halfe wine season it  
with salt put noe more liquer to it then will cover  
the Dishe the liquer must boile before you put in  
the Carpe abnd then kept boyleing then melt a pound  
of butter soe well that all the scum may bee taken  
of when the Carpe is halfe boiled powre in the butter  
and season it with ginger, Clove, nutmeg, when the fish  
is boyled serue it vp with this seause this must bee  
done with all speed and the sause will bee blacke

To Boyle Tripes

Take strong broth of beefe mutton or veale or altogether  
and of that and White Wine an equall quantity put  
your Tripes into it with a great handfull of green  
Oynions blades and all shread small a good quantity of  
sweet hearbs salt and peper according to *your* pallat  
boyle all these together vntill the Tripe is enoughe  
then mingle a good quantity of musterd with them  
with slices of french bread in the bottome of the Dishe

To make a Dish of Oysters X

Take two quarts of flower and two pound of butter  
crumble *your* butter into the flower then take two  
eggs and mak cold water make it vp into a  
reasonable soft past then rowle it into Lidds  
haue your oysters ready perboiled butter a dish  
and put in your past then put into it your Oysters  
lumps of marrow yelks of hard Eggs some skirratts  
if you please - soe close it vp with the other ledd  
when it is baked cut the top open and haue ready  
made sauce with White Wine and butter iuice

of Lemons and oringes

To make mince Pyes

Take six pound of leane double Tripe scrapte and five pound best Beefe svett shred them very small together then take Nutmeg Mace a few cloues & a litle Cinamon and season it to your tast then take the peepe of three or fowre Lemons shred very small about twenty large pipins shred small and put to your meate and put suger to your tast, then take two pound of prveons stone and shred them; then take six pounds of currants & three pound of raysons shred the reasons small and mingle them well with your meate; you may put in sweetmeats if you please:

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To make Plum Porredge

Take shins or legs of beefe or both and make strong broth then straine it from your meate and to five Gallons of water three shinns of beefe or two shinns and a Leg is requisite put it againe into your pot then take six penny worth of white bread and chip it and grate or slice it thin then take some of your hot liquer and put to it enough to soake it and cover it close then put into the broth fowre or six nutmegs as they are in bigness a quarter of an ounce of large mace one Large peece of Cinamon some seaven or eight cloves cut your nutmegs in pretty big peeces and soe let it boyle a pretty while & when you thinke your bread is soakt enoughe put <sup>^</sup> into it againe some of your warme broth and stir the bread in itt & put it into the pott; when it hath boyled a pretty while take three pound of raysons three pound of currants and two pound of proeons (one pound whereof you must put at first into your broth when you put in your spices to couler itt) and put them in and when your fruit is boiled enoughe put in a quart of clarret Wine and swe<sup>c</sup>ten it to your tast with good browne suger: If you will not afford white  
Probatum Sydenham

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## To make sassage

Take a pound of beefe and somewhat more then a pound  
of svett shred them very small together then take two large  
nutmegs and grate them some beaten pepper and a litle mace

you may vse

mutton if

you please

some salt let your salt and pepper bee to your tast as for  
other seasonings and ad your spice to it if you like hearbs  
a Litle Margearum sage and parsley shread small and  
some oysters shread small: make them vp into rowles or  
balls with the yelke of an eg and dry them with a litle  
butter

## To Dress a Calves Head X

Boyle it almost enoughe and take it vp cut one side  
of it and the tounge in litle peeces and put it into your  
frying pann and put to it some pallatts and Coxcombes  
then take a pint of strong broth or the liquer it was  
boyled in a pint and halfe of oysters with their liquer  
halfe a pint of white Wine two good Anchoves some peece<sup>s</sup>  
of nutmeg some whole peper some mushroomes an whole  
Oynion some Lemon peelee a blade of mace put all these  
into the pann and soe let them fry together: If you  
haue any Lambstones fry some and some sweet breads  
and litle slices of bacon and large Oysters and ~~lay vpon~~  
~~them~~ and some sasages and balls & when you dish it vp  
lay vpon itt

Take the braines and drop into a batter  
made of the yelke of an egg & flower and fry them  
in a pan as you doe Oysters & strew them vpon <sup>the</sup> head

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one side of the head must bee broyled vpon which  
you must strew some crumbs of bread and dredge it  
put it vpon a beefe forke and hold it to the fire vntill  
cut it cross

when you salt

itt

it is browne ^ bast it with butter and salt itt then lay it in the midle of your dishe  
with the other things squeeze some Lemon into it  
and if you please sett marribones round the Dish

## To fry Oysters

Take your largest Oysters and dry them in a  
cloth from the liquer dip them in batter which

you must make with an egg beat it and mingle  
it with flower like a pancake batter and dip the  
oysters into it and soe fry them

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### To Brew Ale

Take fowre bushells of Malt and to make a barell  
of Ale of it you must put into your Coper seavente<sup>ne</sup>  
pales of water that will containe Nineteene pints  
in eache pale let the water boyle a full howre  
and put into it a full halfe pecke of wheat brann  
and boyle it a litle then into the Tubb you  
mash in put this water and then put in your  
grounded Malt and stirr it very well togeather  
and strew on the top of it some wheat brann to  
cover the malt and cover the tub close and  
let it stand two howres and in the meane  
time put into your Copper twelve pales  
full of water put wheat bran in it as before  
but it need not boyle soe long as at first; at  
the two howrs end let your first runn out  
and set it in severall vessells to coole then put  
your second water to your Malt and stirr it  
three howres then straine it out and put it  
into your Copper and let it boyle two howrs  
when you put your second wort into your Copper  
put in two pound of raysons of the sunn ~~sto~~-beaten  
small and when your wort is boyled take it of the

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of the fire and let it runn thorowe a haire Cive  
and set it to coole as you did your first wart:  
as soone as your first wart is coole begin to work  
it vp with three pints of good Eest and when the  
other is coole put that to itt and take care when  
you put the second to the first you breake not  
the head and the next day Tunn it if you haue  
it very strong take but halfe the quantity of  
water or ad as much more malt:  
at a fortnights end you  
may botle itt  
The quantity directed makes a good sort of  
midleing Ale  
Ann Goodeenoff



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To make mrs Duncombe black plaster

Take one pint of the best salet oyl  
put to it half a pound of Red Lead  
beten very small sture it while you  
are putting in the Lead then sate  
it one the fier boyle it till it begins  
to Lique black then put in as much  
rosin as a pullets egg beten very small  
stir it very well all the time it is  
boyling Lat it not boyle to fast becose  
it is apt to boyl ouer then drop a  
Litle on a putar dish and if it Rols  
out Long it is enuf then wat a Cloth  
in it of new Lockrum with out  
sems or saluegs for sere Cloth  
and make the <sup>rest</sup> up in Rols which  
you must throw in a kittle of watar  
and oyl your hand to work it and then  
role it

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To Make Ratefel draps

take half a pound of bitter almonds  
blansh them won pound of dubel refine  
suger pounded sifted and then dride  
the whits of 4 new Lade eggs beat to  
of them with the almonds and the outhur  
to when you pout in your suger  
beat it all well together drap it upon  
whit paper bake them in a quick ouen  
( Susan Powells writing

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Lucitelles Balsam

Take a pint of sacke a quarter of a pound of yallow

wax thin sliced and put it into the sacke and put it vpon a Chafindishe of coales vntill the wax bee well melted then take it from the fire and take halfe a pound of Venus Turpentine and wash it in damaske rose water vntill it bee white then put away the rose water from the turpentine then take the turpentine and a pint and halfe of sallet Oyle and put it to the sacke and the wax and stirr them well together and lett it boyle halfe an howre uery leasurely then let it stand untill it bee cold then take the salue from the sacke and put it in a dish and let it melt then take an ounce of red sanders and put them to it and stirr it vntill it is cold and soe put it into a pott: you must bee uery exact in the makeing itt and bee very choice in your saunders /

#### To Cure the Scurvy

Take a quart of good white wine and a pint of the Iuice of scurvy grasse and the Iuice of eight bitter orringes mix all these together and take a litle glass of it every morning sweetened with nutmegg and suger

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#### The Greene Oyntment

Take of Rosemary Camamell sage red mints Elider blossomes and leaues southerne wood hearbe of grace Bewgles and Brookelime of each of these seuerall hearbs two handfulls a potle of blacke snailes a quarter of a pound of ffrankcomsence beaten to powder henns dung and Cowes dung new made of each a porringer full fresh Butter or May Butter eight pounds Mace Nutmeggs Cloves and Cinnamon of eache one ounce finely beaten: You must first boyle your butter and then stampe your hearbs and put them in and let it boyle vntill it bee thicke then straine it and sett it on the fire againe and then put in the snailes dung and spices and let all boyle together vntill it bee thicke then straine it againe and keepe it for your vse

This is an excellent remedy for the spleene Aches Bruises spraines swellings or Palsyes and gives comfort vnto the sinnews and Bones

An Oyntment for any pains of the stomake  
or paines aboute the Heart or for any great  
cold or long Coughes or any swellings  
The Countess of Rochester Receite

Take a quart of the best sallett Oyle or Oyle of  
Roses and put it into a long gally pot and put into  
it of wild time red mints wormwood Isup and balme  
of each one handfull two handfulls of red rose leaues  
one ounce of ginger halfe an ounce of mace grossly  
beaten chop the hearbs a litle and mingle the spice  
with them and an ounce of bay berries these must  
bee all well mixt together and put into the oyle and  
then stop vp the pot close with past and set it in a  
scillet of water and keepe the water as highe as the  
Oyle comes and soe let it stand boyleing gently for  
fowre howres then straine the oyle from the hearbs  
then put to it three ounces of orange flower iuice  
halfe a quarter of an ounce of Oyle of Cinamon a  
quarter of an ounce of oyle of Cloves tenn graines  
of Amber greace two ounces of the best Bees wax  
thin slised a quarter of an ounce of spirit of  
Cinamon then set it on a chafindishe of Coales till  
it bee disolved and when it is cold put it vp for  
your vse:

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Sexbys Excellent Oyntment

Take one good handfull of Vallerian halfe a handfull  
of rew halfe a handfull of yarrow fowre good handfulls  
of mouseare as much nightshade these are best  
to bee had in vpland dry grounds one handfull  
of red docke roots those that looke yallowest and  
let them bee washed very cleane and thorowly pickt  
and well dried with a linnen cloth then chop these  
and the hearbs very small and put them into a great  
scillett then ad to these fowre pound of the fatt of  
a Barrow hogg sweet and good and well dried vp melt  
the fat bloud warme or somewhat warmer then put  
to it all the hearbs before mentioned set them to boyle  
ouer a soft fire and keepe it always stirring vntill  
the hearbs swim aboute the liquer then straine forth  
the substance in a canvis bagg and keep it for the  
vses followeing  
This Oyntment is good for any inflammation

proceeding from the liver for any dry burne  
or scald vseing it coole with a feather it cures  
scald heads bee they neauer soe far gon but  
especially the dry scald it cures the heat and  
rednesse in the face Noli mi tangere good against  
swollen leggs cures any blast by contageious Aire  
or any the like inflamation it cures any sore  
eyes puting it into them

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A most Excellent Oyntment for the Eyes X

Take Hoggs Greace fresh and new two Ounces steepe  
it and wash it in rose water six howres after wash  
it againe then every halfe howre wash it againe twelve  
times more in the best white wine in which white  
wine Lapis Calaman<sup>tis</sup> aris must bee tenn or twelue times  
quenched then straine the Wine then take one ounce of  
Tutye well prepared and finely powdered stone of Acmalites  
well washed one scruple of Alloes twelue graines well washt  
and made into powder of pearle in powder three graines  
mix all these together with a litle red Rose water mingle  
them well in the water then beate it well into the prepared  
Hoggs Greace soe make it vp into an Oyntment and keepe  
it in pewter potts for your vse:

You must haue three pints of White Wine to quench  
the stone Lapis Calamantis in it must bee red hott every  
time and lye in the wine vntill almost cold quench it in a  
pewter or silver Bason you must wash the Hoggs Greace in  
a white earthen Dishe and mingle it in the same:

The seed of Tinsey however it bee taken both  
kills the wormes and Drives them out:

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Oyle of Earth Wormes and Swallowes

Take a potle of sallett Oyle and put into a glass  
botle that will hold a gallon then take a pound  
of rosemary flowers bruise them and put them  
to the Oyle and set the glass in the sunn stop it  
very close then take a pound of red rose buds  
Dill Vervine and *Saint* Iohns of each halfe a pound  
bruise all these in a mortar and put them in the  
Oyle and let them stand nine or ten Dayes in  
the sunn; gather after a showre of raine a quart

of the biggest earthwormes scowr them well in white wine then let them run on a cloth to clear them then take them and halfe a pound of Lavender tops and ten young swallowes out of the nest beat them togeather in a mortar vntill you see neither feathers nor Gutts then put them into your glass of oyle and let them stand one night the next day put all that is in the glass into a brass pann put to it one pint of the best Malmsey and halfe a pint of Acquavite set in on a soft fire till the Malmsey and Aquavite bee well wasted then take it from the fire straine it throughe a strong cloth into an earthen pann set it on the fire and when it boyles put in two ounces of masticke beaten & two Ounces of Cloves bruised let it boyle one quarter of an howre then put it vp and keep it for your vse:

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The Deane  
of the Chapell  
and  
out and  
halfe a pound boile  
when it is cold but barme to it  
five or six dayes it will bee ready to

The Gout Water

Take Cloves Nutmegs Ginger Mace Cinamon blacke & white peper saffron Zedoria Gallingall Iuniper Beryes rinds of Citterne rindes of Oringes sage Basill Rosemary Mint Margarum Bayberyes Pennyroyall Gentian Callamint Elder flowers white and red Roses spicknard Cubebs Aloes hepatt Lignum Aloes Cardemum Callamus Aromaticus sticas Germander Canupe Balme olibanum Motherwort of each of all these two Drams Blew figgs Dates Allmonds pine Apple kernells raysons of the sunn of each six ounces fine hony one pound fine suger fowre pounds muske one Dram bruise them altogeather grossly and put them into fifeteene pints of the best spiritt of sacke stop the vessell well wherein you put itt and let them infuse therein for tenn or twelue Dayes then distill it in Balneo vntill it bee allmost dry and circulate it in a pellican in horse dung for two months:

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into a spoone then  
Crimson Naple silke cut it  
put it into the same spoone soe take  
take after it two spoonfulls of sacke a litle  
warmed take this thrice together morning and Evening

An Excellent salve to bring vp the  
flesh in green wounds

Take a good quantity of the leaues of the hearb  
called Maudlin and as much of the leaues of  
Adders Tounge stampe then in a stone Morter  
and put them into a brazen vessell and add  
thereto as much Oyle olive as will well wash  
the same and boile them together on a soft fire  
vntill the iuice bee consumed into the Oile which  
is when it leaueth bubling then take it from the  
fire and straine the Oile from the hearbes as  
cleane as you can then set the Oyle againe on the  
fire and put to it a litle Turpentine and a good  
quantity of yallow wax and rozin and let it boyle  
as before:

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A most pretious Oyle for wounds

Take the leaues flowers and seeds of *Saint Iohns Wort*  
stampe them very small and put them into a glass  
and fill vp the glass with Oyle Olive and set it in  
the hott sunn for severall weeks together then strai<sup>ne</sup>  
the Oyle away from the hearbs and put the Oyle  
into the same glass againe and put to it the like  
quantity of the same hearbs but put not any more  
Oile and set it againe in the sunn the offer you soe  
doe the Oile is the better by changeing the hearbs  
fowre or five times the Oyle will bee as red as  
bloud and is a most pretious remedy for deep wounds  
or sinnews that are prickt thoughe with a venomed  
weapon  
In this maner make your oyle of white  
Lyllies and such Oiles but you need not change  
them soe often:

An Excellent salve

Take of the green Leaues of yallow henbane which is English  
Tobacco three pounds and a halfe stamp it very small in a stone  
morter and put to it one quart of oile Olive-Olive set it to boile

in a brass pann on a gentle fire keepe stiring it vntill the hearbs seeme blacke and leaue bubleing then straine out the Oyle and set the cleere Oyle to the fire againe and put to itt halfe pound wax foure Ounces of rosin and two ounces of Turpentine

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An Excellent frownse water for a sore mouth  
or any Kind of wound or Canker

Take sallendine Tutsen periwinkle bugles penniwort comfry hony suckle leaues daysyes rosemary red sage broome yarrow planton hasty Roger plullarium selfe heale white collumbine leaues White batchellour button leaues simicle sinquefoile Estrige Orpine woodsorell Alehoofe Hisop Thrist of each of these a good handfull wash them cleane and shred them & boile them in two gallons of runing water vntill it bee halfe boiled away then straine them and take one pound of roa<sup>c</sup>he Allum three pints of hony and one gallon of white Wine and boyle it againe softly aboute an howre and scim it very well then set it a cooleing and when it is coole enoughe put it vp in glasses and vse it when occation is:  
If In two or three yeares time the water will bee apt to bee sharpe then mingle a litle hony with itt when you vse it for a sore mouth serrenge itt when for a wound dip a cloth into the water & lay it on & often moisten the rag with itt, it will stop bleeding but if it bee a great wound vse the following salve and wash it with the water:

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A salve to Vse with the Frownse Water

Take three pounds of the green Leaues of yallow henbane stampe them very small in a stone mortar put to them one quart of Oyle Olive set it on a gentle fire keep stiring it vntill the hearbs seeme blacke and will not buble any more then it will bee an excellent green Oyle then straine the hearbs and set the cleere oyle to the fire againe and put to it halfe a pound of yallow wax fowre ounces of Rosin and two ounces of good Turpentine melt them together and keep it for your vse:  
This is an Excellent salve for cureing old vlcers appostems burnings green wounds cuts and Chaps:

To make Bullis Oyle

Take a potle of Neats foot Oyle three pounds of Mutton  
svett hott out of the sheeps belly one quart of Goose greace  
one pound of red sage one pound of hearbe of grace a  
quarter of a pound of rosemary and bayes of wormwood  
feather few Comfry and Ragweed of each one handfull  
beat the hearbs very small then put in the svett hot  
beat it together till it is all of a Couller then put it in an  
earthen pott and put to it the Neats foot Oyle and stop itt  
close and put it nine dayes in a Coole celler then it  
being stopt close seeth it in a pot of water seauen dayes or  
eight howres then straine it and put to it fowre ounces of Oyle  
of spike and stop it close in a gally pott:

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Oyle of swallowes for strainings of sinews  
and Old bruises

Take planton Ribwort Knottgrasse violets strawbery  
strings Tetson leaues young bay leaues Lavender  
spike small Lavender Lavender Cotten sage of virtue  
french red-sage small sage Camamell flowers  
rosemary flowers hisop Roman wormewood the leaues  
of red rose buds of each of these one handfull then  
take one potle of Neates foot Oyle twenty young  
quicke swallowes beate them with the hearbs feathers  
and all and put to it two ounces of cloves bruised  
put all together into an earthen vessell stopt close  
with earth or clay set it in a low celler but beware  
noe earth get into itt let it stand forty dayes  
without vncovering it; after that set it over the  
fire in a Kettle full of water that it may boile  
in the water three or fowre howres but doe not  
vncouer the pott then take it out and straine itt  
throughe a course cloth and keepe it in some vessell  
of earth:

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Jun the 26

muslin 4 bushils

wheat 4 bushils

Iuley the 9

a sack of muslen



~~and a sack of whete~~  
~~Iuley the 16~~  
~~a sack of wheat~~  
~~and a sack of muslin~~  
~~agust the 7~~  
~~a sack of muslin~~  
~~a sack of wheat~~  
uell 18 pound  
[ W.a. 332 ]

**back outside cover**

**spine**

**head**

**fore-edge**

**tail**

**recto of insertion [1]**

To Make orange Marmalet

Take 12 of the best oranges pare  
and grate them then cut and squeeese  
out all the Iuce and pick all the  
pulf from the skins and put it into  
your Iuce then take the wieght of  
dubel Refined suger a pound to a  
pint leatting it stand all night in  
a siluer tanker then put the peels  
into water and the next day boyl  
them tender as you woud haue them  
then pick out all the shings and  
skings of them slice and mince  
them uery thin and smal then  
take thare wieght in suger and  
boyle it to a candy hight then put  
in your pulf and boyl it as quick  
as you can till it is prity thick  
then put in your Iuce and the  
suger and giue it but 2 or 3 boyls

**verso of insertion [1]**

.....g in the Iuse of won

Lemon and so put it in your  
glases

**recto of insertion [2]**

To Make a fine pomatom

take uele or Lam ffat  
Leat it step 3 days in  
water and then take it  
and put it in to whit  
wine uineager for 9 days  
then take it out and beat  
it wal and put it in to  
a pot to infuse some whit  
Lely Ruts and som mas  
malo Ruts the 4 cold seds  
and palm a sety a on to  
a pound and beat it up  
witht what swets you plese

**verso of insertion [2]**

**recto of insertion [3] before page 27**

20: grai<sup>n</sup>s| a scrople  
3. scruple maks a drachm . 3  
8: drames an once. 3  
12: onces a pound. lb  
R recept.  
lb A pound  
3 A dram  
#8456; A scruple  
gr. A grain  
#8499; A handfull  
p A pugil  
p A part  
#8470; number  
A. ana, of each alike  
ll. ll. half anÿ quantety  
3 an ounce  
Q: s. quantum satis  
Q.u. quantum uis.  
s.a. se<sup>c</sup>undum arrem

**verso of insertion [3] before page 27**

**recto of insertion [4] before page 45**

dÿet drink

take coulsfoot flowers  
maiden hare  
harts toung  
long wort  
whitloe grase  
ground Iuÿ  
scorvÿ grase  
of each a handfull  
roots of sharp pointed dock  
of fenell roots  
of oris roots  
of each fower ownces  
of inglish ruberb  
to ownces

fine ruberb one ownce  
Iuneper berÿs 4 ownce  
sweet fenell seeds  
corÿander seeds  
and winter sinement  
of aack too ownces

**verso of insertion [4] before page 45**

the seeds and sinement  
must be brusd  
and the roots all slicst  
uerÿ thin then put all  
together in three gallens  
of alle