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 salve
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 prety well
then put in the wax and
orcanett stirring altogether
till it be well mixt then
strain into pottes for use

53

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
to a candy height, with as much rosewater as will
melt the sugar; when your sugar is boiled to
that height: put in the pulpe of the fruite, & so
let it boyle together always stirring it, & when
you see it something thick, fashion it upon
a pye plate. some like leaves, & 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 discoloring of it, for when it is through
dry you may keep it all the year

How to make Coller Beefe X

Take the thin flank beefe and rub it well all
over with salt peeter and let it stand three Dayes
and then pull all the grisells and skins from itt and
put an ounce of pepper and an ounce of nutmegs and
a good deal 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 crumbs of white bread
and a wholl oynion put to it and let them boyle
halfe an hour then take them vp and put in a good
piece 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 handfuls of
green wheate & two handfuls of primrose leaues & two handfuls
of violet leaues & two handfuls of strabery leaues and one
handfull of sorrell pound all these and taste the luse
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 togeather 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 plume 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 togeather very small and put to it fowre nutmegs the quantytye of two nutmegs of mace a few Cloues & a little ginger beat two Eggs & mingle then make them vp with a little 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 little sage cut small and a little peper:

to make a fine lip salue sarue good for seuerall things

take 8 ounces of new chirmd butter without salt 4 ounces of beefe waxe 2 ounces of blew corrants 2 ounces of orcanett first boyle the correns in the butter pretty 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 very well then take sorrell and beets and a little Lettice and marygold leaues and a good handfull of pursley
pease and sparygrass if you please and when it is ready beate the yeocks of three or fowre Eggs and temper them with some of the broth and sett it vpon a Chafeindishe of coales being a good dishfull and well stired with a little 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 very 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 little mace Cloues and a little 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

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 coulored 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 little of each with a Lemmon peele 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 little salt & when
the liquor doth boyle put in your Carpe and keepe it covered
close & soe let it stew for one howre you must put into
it some lemmorn & 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

5

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 little
rose water a little 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 little while into rose water then fill them but not
to full but a little more then halfe full and let
them boyle almost an howre:

6

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 twenty fowre
howres then put to it a little 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
clean 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 very well and then chop them very
small and put in a little salt mingle all these
well together and fill it in beefe guts very clean
washed and boyle them enough

7

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 put them into a Tubb
and lay good weight on them and let them lye
a fortnight one a weeke clarifying the brine
and letting 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 it 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 little rose
water and suger and one spoonfull of flower then take
a thicke napkin wet 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 little Creame and butter
together and powre on itt and strew a little fine suger

8

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 sirrup 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 Turky 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 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^c ed fennell

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 drayning & when quite cold take of the tape & serue it to
To Dry Neats Tounge X

Take as much salt peeter beaten to powder as will ly vpon a halfe crowne and rub the touinge 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 damp 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 touinge and if it bee uery thick you may season it thrice and smo^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 sprincle some sacke vpon it and serue them with what meate you please

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 nutmegas a bunche of sweet hearbs and salt and and some Crums of white bread then take the pigeons wash them cleane and put into theire bellyes pudings made of grates bread penyroyall time sweet Margerum and suett cut small make them up with egg into balls not to bigg and then 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 togeather 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
little salt and halfe a pound of suger temper these all
well togeather 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 candied 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^0nfull
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 togeather 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 togeather then put
in fine flower a little melted butter and
aples and make it into batter for fritters
suger it as you like and boyle them in sacke

13
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 togetheer with three pints of  
Creame salt and nutmeg to your tast put it into  
beefe gutts very cleane scowred and when filled  
double tye them

An Aple Pudinge 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 peele  
make the pulfe of the aple very fine and then mix  
all well togetheer and just 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/

The Queens Puding X

Take twenty fowre pipins scald them and  
peele 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 morter 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 morter 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 togeather then straine the
creme from the Cowslips and put it into the eggs
and a quarter of a pint of sacke mix all well
togeather and fry it with a little butter vntill it begins
to thicken then put in muske the iuice of two Oringes and
strew fine suger and then serue it vp:

15

To make a ffrigesy X

Take your Chicken or Rabbetts quarter ^ them and brake
the bones with a rowleing pinn then take a little
sweet margerum lemon time and parsly and shred
them very small and strew them vpon the meate
then take some broth or water, one nutmegg cut
into quarters a little / whole peper two or three
peices of Lemon peele a blade of mace and a little
sharlott and a little oyster or mushroome liquor
put all these togeather 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 little peice of butter
and a little salt keepe the pann shakeing and when
you find it thicke enoughe put in iuice of Lemon
great Oysters diped in the yolks 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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16

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 togeather for halfe an howre if you can
notgett oysters get good store of Cockells and stew
after the same manner then cut good store of sippets harden them a little before the fire and lay them in a large dish and put the Cod’s head therein melt good store of fresh butter and beat it thick with white Wine and powre it upon the Cod’s Head then spread the Oysters or Cockles over the Cod’s Head then lay the mace upon the Oysters and then powre in the liquor the Oysters or Cockles were stewed in then serve it up hot.

17

To Roast a shoulder of Mutton X

Take a shoulder of Mutton so soon as it is kill’d steepe it in blood often pricking it when it has lain’d four hours take one handful of striped time a manchet grated some salt three quarters of a pound of suet nutmeg grated and a little fine peper mix all these with blood and stuff the mutton and wrap it up in a Cavle and so roast it thoroughly the sauce is gravy a little nutmeg and Clarett thickened with eggs.

To make Puffs X

Take two pints of milke and with some runnett whey it well then put in four yolks and two whites of Eggs and mix them well together with flour untill they bee a little stiffe then take a pound of fresh butter and put into the frying pan let your past bee laid in long slices and when your butter boyles vp put then in turne them and bee sure they burne not serve them up with sacke butter and fine suger.

18

To Pickle Oysters X

Take two hundred of Oysters and put to them one quart of faire water and a good handful 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 clean then take them of and put them in a pan with some mace beaten and some white peper/
To make an Oatemell Puding

To make an Oatemell Puding

Take great Oatmeale beate it a little 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 yolks 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

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 little time. chopt small then put it betweene two sheets of past, and put in the bottome of it a clove of garlike and a little beefe suett chopt small and on the top put butter soe bake it in the past:

To make A Cake

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 foure of the whites and something aboue a pint of good Ale Eest beate the eggs very well and straine them and your Eest with a little warme water then put in your butter cold in little 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 dissolue in rose water and a pound of suger your currants must bee made very 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 dryed and scearched three pound and halfe of butter nutmags mace and Cinamon one ounce and a halfe to the three gallons of flower a little 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 togeather 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 togeather 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 thorough a fine scarse then take a pound of double refined suger beat it very small and scarse it then take twelue new layed Eggs and six of the whites and beate them alltogeather 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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22

To make a Batter Cake X

Take two gallons of fine flower well dryed in an oven a little 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 together 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 candied Citterne and Orenge sliced in little bitts then put 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 beate your suger in itt and as soone as your Cake is drawne spread it vpon itt you may ad perfumes as you please

23

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 little 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 togetherr then powre in the eggs creame
and sacke and stir all well togeather 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 little 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

24
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 little three or fowre
spoonfulls of rose water mingle all these
togeather 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.

25
To make a very good Cake X

Take three pound and a halfe of very fine flowe
a quarter of an ounce of mace with which you
may if you please beate a little muske and amber
greace and mingle them togeather in the flower
then take a quart of good Creame and in it melt a pound of sweet butter and when it is a little cold put in the yolks of twelve 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 beinge well mingled togeather and made luke warme powre into the hole made in the flower then take three or fowre handfulls of flower and streue 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 togeather 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 crumby then take a pound of Currants and one ounce of nutmgs 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 togeather 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 occasion

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 butter small into it then put in two or ^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 a little 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 little 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 dryed) 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 Excellent Unboyled Creame X

Take a quarter of a pound of Allmonds blanch them and cut out all spotts then beate them in a cleane stone morter very small with a little 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 very 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 togeather 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 little orenge 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 little 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
To make Rice Creame X

Take two spoonfulls of fine Rice flower three or four spoonfulls of fine sugar mingle the flower and sugar together putting 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 together then set it upon a quick fire still stirring it and when it begins to bee thick enough put it into your dish stirring it vntill it bee almost cold that it may not cream a top/

To make a fresh Cheese X

Take six whole Eggs beate them very well and put them into a quart of cream and set it on the fire still stirring it 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 sugar then tye it vp in the cloth and let it drayne vntill it bee coole then serue it vp with cream rose water and sugar

To make a Creame to be Eaten with fresh Chees
Take scalded or roasted apples and take the pap from them put it into a dish and bruise it well with a spoon then spread it over the bottom of the dish you mean to put your fresh cheese into and upon the sides so far as you mean the cream shall come you must take very thick sweet cream and in a skillet set it over the fire and put into it as much rose water and sugar as you please let it boil apace and when it is so thick that it bubbles and froths with a silver spoon take off the bubbles and froth as fast as it riseth and put into the dish you spread with apples till you have filled up the dish as far as the apples go and when it is cold put in your fresh cheese and serve it to the table

To make a cream dish

When you have made a cheese of new milk take the whey and set it over the fire and make wild curds thereof and save the curds in a clean dish then pour them into a thin linen cloth tye them vp close and hang them that the whey may drain from them then take the curds and straine them thorough a tiffany sweeten it with sugar put in a little rose water and a little ginger beat small and fine scearsed soe searue it up in a fruite Dish beeing pricked with a knife on the Top

To make a fresh cheese of almonds

Grind your almonds as small as you can with rose water straine them and rub out some of the water with them to make milk then take the same milk and set over the fire and season it with salt when it seeths take vp a dish full of itt and put a little suger to itt then put to the other that seeths some juice 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 linen 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 cream cheese
Take two gallons of strokeings and put to it a warme potle 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 it and lay it in dry clothes and when you haue 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 juice of the Lemons to the rine and soe let them store two or three howres then take the whites of seauen Eggs beat them well and put to them the lemon juice and rine and alse the yeolks of the Eggs and one pint and halfe of water and some Rose water to your tast and with double refined suger sceleas 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 little muske and Amber grease

To make a Whipt Sullibub X

Take a quart of White Wine a little glass of sacke a little rose water a sprig of rosemary a bit of Lemon peele 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 tell 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 fouvre 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 juice 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
toeather very well then take aboute a quart
of thick creame and stir it into your Codlings
by two or three spoonfulls togeather 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
lugg 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 ^ 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 little Nutmeg and two or three spoonfulls of sugar the yelks of ten Eggs well beaten and put to them one quarter of a pound of sugar a Nutmeg or two grated then put your sack eggs spice & sugar 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

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 sugar 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 ^ that the sirrup 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 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 sirrup when you haue mingled them well togetherness then sett the pann on the fire againe and let it boyle fowre or fiue minutes togetherness as fast as it is possible you can make it then take of the pann and powr all the violetts and sirrup into a siluer bason and stir them aboute as fast as it is possible with a siluer spoone rubing the violetts and sugar towards you with the backe of the spoone and as the sugar coolls it will rub into powder and fall from the flowers (but you must rub it uery hastilly before the sugar is thoroughe cooolled otherwise it will dry into knots and lumps like a rose candy) and when you find the sugar is cleane come from the candy flowers then put the sugar flowers and all into a fine searcie and sift away all the sugar then put the flowers vp into a box with
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 covered 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 open with a bodkin and set them in the sunn a dryeing they must bee done with refined suger

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 very tender tender at which time they will loose their couller that you would thinke they were spoiled but though 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 iuice of three or foowre 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 togeather 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 takeing it in the morning fasting and late at night it alseo strengthens the heart and taketh away the shakeing and trembling of it it caryeth downwards chollerick 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 morter 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 quantityes 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 togeather with the hearbs and soe put into the baggs:

Powder of Roses X

Take Damaske Rose budds and cut of a little of the white then cut your roses small with knife or scizers then beate them in a morter and to euery two ounces of roses take two graines of muske and beate it a little 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 quantitye of Bengebine and storacke and a few beaten Cloues that it may not cary the smell then strew a rowe of roses and then a rowe of these powders and soe doe till the still bee full and when they are soe hot in the still that they sticke togeather 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 Ielly of Pipins X

Take two quarts of water twenty pipins and two John Aples let it boyle vntill lust halfe is boyled away then to every pint of luce beeing strained take one pound of double refined suger beaten and scearsed warme the suger dry vpon the fire and the luce warme by it selfe both being hot mix them both togeather and haue ready cut Lemon peele out of which the bitterness hath been boyled in water and the iuce of one or two Lemons put the peele 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 luce of Lemon
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 morter with a pound of double refined suger beate them uery fine togetheer 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 quantitye of halfe a pease and as much Amber Grease and the white of one egg well beaten mingle all these togetheer 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 outhe 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 ouте and set them in a place that they may bee kept dry: You must take a tittle of the suger and searce it thorou thorououghhe 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

To Pickle Mushroomes X

aproued

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 little while put them into a kittle and boyle them in there one liquo^r vtill they are tender and then straine them cleere from the liquor and put them into white wine viniger and soe let them stand vtill 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
leave or two

To make past of Oringes X

Take your orenges and shaeue 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 orenges
then wet your suger but with noe more water then
will dissolve it and boyle it to a Candy height a great
candy then put in your orenge 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

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 kittle
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 togeather and hang it
vp vntill it has draned all the liquor into a bason
and as it drynes with a spoone take some of the pulfe
of it to thicken youre iuice a little still as the iuice
scruiues 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
You must also take your purest quince kernell and boyle it in a siluer dishe with faire running or spring water vntill they are as thicke as jelly 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 jolly made of your quince kernalles 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 Berries full ripe and well pickt Nutmeggs Ginger Cloves and Mace of each fowre penywor th put these things in with your hopps boyle it well and order it as you doe other Beere

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 morter very fine puting now and then a little 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 thoroughge hott then take it of and lett it stand vntill it bee thoroughge 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 Jackolett Cakes X

Take two Eggs beat them well with a little rose water
then beate in as much double refined suger as will
make it a pretty thicke \ battery p... then grate in as much
lackolet as will make it neere the Couler of Jackolett
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 little rose water put to them halfe a pound
of double refined suger scersed and a little more
then a quarter of a pound of flower beate these well
toeather till you put then into the oven in card
dripping panns you may ad a little beaten Carroway
seeds

To make Allmond Paste X

Pound the Allmonds very well then take refined suger
and put it into a preservering pann with iust water
enough 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 morter
again and put to it whites of eggs and a little rose water
and beate them well togeather 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
lomballs and bake them on papers after the bread comes outhe

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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
boyling 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 Italian Biskett

Take a quarter of a pound of scearsed suger and beate it in an Alleblaster morter with the white of an egge and a little Gum dragon steept in rose water to bring it to a perfect past then mould it vp with a little anyseeds 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 little 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 togeather 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 anisseedes 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 yeaeks and beate well for an howre togeather 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 Cherryes and wash them with your hands and then let them stand two or three Dayes Cheryes: stones and liquor altogeather to firment then straine out the liquor and put to euery gallon of liquor a pound of suger

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 morter and when the water is pretty coole or blood warme 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 togeather put that alsoe into the water and let it stand a day and two nights then straine it thoroughge a haire scive and then put it into your Vessell and let it stand uery well stopt three weeks or a month then botle it and put in each 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:

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

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 morter 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 thoroughge 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 theire 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 little fire vnder it that it may not boile over let it boile but gently all the while:

To Preserue Oringes X

Take the theickest 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 palsy that is the contraction of the sinnnewes
it helpeth conseption 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 sticking 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 presearued 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

Take scabious Bittany pimpernell and turm^entell
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 little 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 quantiye of blanched
Allmonds breake the dates and them togeather in a stone
morter then take a quantytye 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 togeather vntill it is very fine then
take it out of the morter and breake it in peices and
then rowle it out with a rowling pin then take your pr\ints
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 spoon and as much fine sugar as the two drops may wet and stir them with a bodkin well together until the sugar hath dried up the Essence then put in a little water and stir it then put in a quart of water and itt will bee sweet enough

To make Perfumed Cakes X

Take three ounces and a half of Beniamin and lay it one night in rose water then beat it fine then take half 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 until it come to a past then take it out and mingle with it half an ounce of muske finely beaten as much Ciuett and one ounce and a half of the best sugar finely scarce then mingle it well together and make it in little Cakes laying a rose leaf on either side of them and so lay them a drying in a place where no Aire nor dust comes and keep them close and they will last two yeares:

To make Goosbery Wine X

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

To make suger of Roses X

Take the deepest Red rose buds picke them and cut of the whites and sift the seeds from them and dry the leaves in an oven vntill they bee as dry as possible then beate them to powder and scarce 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 through a Ielly bag the noose of which you may dip in rose water

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 little of the sirip then straine the remayning sirip throughge a scive and when it is cold lay it ouer your Cheryes vntill you haue filled the glasses
To Dry Damsons X

Take four pounds of ripe Damsons put them into a preserving pan with as much cold water as will wet them set them on the fire and let them scald until they be soft then put them into a scive and straine them then take a pound of loaf sugar and boyle it to a candy height then put your damsons in a broad earthen pan putting the skins as close as you can then powre on them the candy sugar boyling hot all over them and let them stand all night the next day take the Damsons out of that sirup and lay them in another earthen pan and set the sirup over the fire vntill the candy bee loosened then powre it vpon the Damsons and stir them on the fire vntill they bee scalding hot 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 /

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 little 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 changeing 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 above 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 peice 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 rubing 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
Disolve them in a spoonfull of rose water then take
as many cloves as rose buds then take one bud pullll
it of at the bottome and hold it fast in your hand
then take a clove dip it in the spoone and put it
into the midle 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 Apled bee cleere and are boyled to wash them
then take them of the fire and straine them thoroughe a
scive and set the Ielly 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 of 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 Apled and boyle them as fast as you can and turn them with a spoon
and when they looke cleare warme the former Ielly with litle peices of
Lemon peele first boyled tender in water put in your pipins and
boyle them apace vntill they begin to Ielly in the spoone then warme
five spoonfulls of Iuice of Lemon let them boyle a little after you put that
to them then put them into potts or glasses
To make plaine White Leache X

Take two pound of the best Allmonds blanched in cold water and beate them well with a little water then take Cinamon whole mace and nutmeg and six ounces of Isinglasse steeped one night in spring water boyle the spice and that togethher 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 use then take it from the fire and mingle well your beaten Allmonds with it then let them boyle gently againe a while then take it and straine into Dishes thorow a fine strainer and soe keep it for your use:

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 cover them and put into it Cloves Mace Nutmegas Ginger peper and salt of each a little boyle these togethher a while then put the Champions into an earthen pot with two or three bay leaues a Clove of Garlick and a Lemon cut in pceces 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 litlle of the best sallet Oyle. The spices must not bee very small onely bruised

A Cordiall Water X

Take sage rew wormewood Rosemary scordium Rosa solis Balme salladine scabious Egrimony Bittany of each one handfull alsoe the roots of Ellicompane Piony Angellico Gention Dragons Tormentill Cinquefoile and halfe a pound of liquerishe shred the hearbs and scrape and slice the roots 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 Cordial Water X

Take sage sallendine Rosemary Mugwort Wormwood 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 Zoddery 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 altogether and put them into an earthen pann powre into them five quartes of good White Wine and cover them close and let them 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 Crabs 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 Crabs 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 Ielly of harts Horne wherein you must infuse some safferne more or less as you desire to haue it coullerd soe let them lye vntill they bee dry and fully decocted and vse them as you haue occasion: take the Crabs 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 graine at a time washing it Downe with one spoonfull of the same water to a young child two graine 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 poysone; 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 spirrits 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

Docter Burgeshis Remedy aginst the Plague

Take three pints of Malmsey boile therein one handfull of sage and one handfull of 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 togetheer and let it then boile a little 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 warme 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 utterly mortifyed 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 Citern or Lemone some put weight and halfe of suger and to every pound of suger three quarts of Water which may doe very well:

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 budds 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 togeather, then put to it forty Graines of Civett and as much Muske and mingle them well with the Rose budds and Beniamin and it will bee like a past then take
a Rose leafe and lay as much past vpon it
as containes the quantity of a hazell Nutt then put
another leafe vpon that and press it downe
with a scale 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

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 Corrall this makes it a hotter Cordiall but with
the flowers alone it will doe well:

To preserue Barbarryes X

Take Barbaryes and stone them and to every
pound of Barbaryes put two pound of suger
then take a quart of pulled barberryes and put
them into a lugg put in a handfull or two of
suger and set the lugg 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 jelly 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 four days then take them out and tye them in little 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 clarifyed suger as will cover them set them on the fire and let them boyle leasurely a little 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 little 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 violetts X

Take three ounces of the sirip of violetts 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 Cherryes to lye in Gelly X

Take a pound of Cherryes 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
Cherryes and breake them with the backe of a
spoon 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 Cherryes 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 upon 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:

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 togeather and after
you haue sunke six gallons of your vessell put
it in and it will preserue it to the last:

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 clarifyed 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 fourre 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 clarifyeing 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 fourre 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 little dryed time and grated bread then take grated bread and boyle it in water with who\[^{II}\] 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 togeather 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 ofuirgins wax 3 penny worth of parmicitty 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 thrugh 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 befors 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 outher 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 ounses of craways seds you must beat your eggs very well and take the buter and worke it very wall with your hands till it is saft an outh er must beat the eggs and put in a Little 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 flowar togather 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 as 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 somerset's 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 togeather then beate them a little with a rowleing pinn mingling the meate togeather 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 it 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 little 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 morter then take the rest of your seasoning and a
pound of butter broken into little 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 thoroughge hott
and when you draw them put in butter enough 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 togeather put in two Nutmegs
a litle ginger nere a quarter of a pint of sacke and a pint
of very thicke sweet creame beat them well togeather 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
nutmgs and a little salt then take wholl sorell Grapes or
Lemons and the yelks of hard Eggs mingle these togeather
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 boyling 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 togeather 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 boyling 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 togeather 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 skirrats
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 togethether then take Nutmeg Mace a few cloues & a litle Cinammon and season it to your tast then take the peele 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:

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 peecce 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 \^ 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\^ten it to your tast with good browne suger: If you will not afford white Probatum Sydenham
To make sassages

Take a pound of beefe and somewhat more then a pound of svett shred them very small togeather then take two large nutmegs and grate them some beaten pepper and a little 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 Little 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 little butter

To Dress a Calves Head X

Boyle it almost enoughe and take it vp cut one side of it and the toung 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 theire liquer halfe a pint of white Wine two good Anchoves some peece of nutmeg some whole peper some mushroomes an whole Oynion some Lemon peele a blade of mace put all these into the pann and soe let them fry togeather: 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 the 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 seaventeene 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 little 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 to be beaten small and when your wort is boyled take it of the page 108

108 of the fire and let it runn thorow 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
Too make Mrs Duncombe black plastar

Take one pint of the bast salet oyl put to it half a pound of Read Laed beten uery smale sture it while you are puting in the Lead then sate it one the fier boyle it till it begins to Luke black then put in as much rosin as a pullets egg beten uery small stir it uery wall all the time it is boyling Lat it not boyle to fast becos 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 rest up in Rols which you must throw in a kitle of watar and oyl your hand to work it and then role it

To Make Ratefel draps

take half a pound of biter almons blansh them won pound of dubel refine suger pouded sifted and then dride the whits of 4 new Lade eggs beat to of them with the almons and the outher to when you pout in your suger beat it all wall togather drap it upon whit paper bake them in a quick ouen ( Susan Powells writing

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 upon 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 togeather and lett it boyle halfe an howre very 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 very 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 togeather and take a little glass of it every morning sweetened with nutmegg and suger

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 snailies a quarter of a pound of ffrankcomsence beaten to powder henss 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 snailies dung and spices and let all boyle togeather 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 sinnew and Bones
An Oyntment for any pains of the stomake
or paines aboute the Heart or for any great
cold or long Coughe 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 togeather 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 grains
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 dissolved and when it is cold put it vp for
your vse:

Sexbys Exellent Oyntment

Take one good handfull of Vallerian halfe a handfull
of Rew halfe a hand sull of yarrow fowre good handfulls
of mouseare as much nightshade these are best
to bee had in upland dry grounds one handfull
of red docke roots those that looke yallowest and
let them bee washed very cleane and thorowly pickt
and well dryed 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 dryed 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 aboue the liquer then straine forth
the substance in a canvis bagg and keep it for the
vses followeing
This Oyntment is good for any inflamation
proceeding from the liver for any dry burne or scald vseeing 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 contagious Aire or any the like inflamation it cures any sore eyes putting it into them

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 Calamanṭis 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 grains well washt and made into powder of pearle in powder three graines mix all these togeather with a little 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:

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 morter 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 bigest 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 morter 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 Juniper 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:
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 togeather 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 Toung 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 togeather 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
clean as you can then set the Oyle againe on the
fire and put to it a little Turpentine and a good
quantity of yallow wax and rozin and let it boyle
as before:

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 stirring it vntill the hearbs seeme blacke and leave bubbling 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
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 togeather 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:

Oyle of swallowes for strainings of sinews and Old bruises

Take planton Ribwort Knotgrasse violets strawberry 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 togeather 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 foure howres but doe not vncover the pott then take it out and straine itt throughge a course cloth and keepe it in some vessell of earth:

600
Jun the 26
muslin 4 bushils
wheat 4 bushils
Juley the 9
a sack of muslen
To Make orange Marmalade

Take 12 of the best oranges pare
and grate them then cut and squeeze
out all the juice and pick all the
pulp from the skins and put it into
your juice then take the weight of
double Refined sugar a pound to a
pint letting it stand all night in
a silver tanker then put the peels
into water and the next day boil
them tender as you would have them
then pick out all the shings and
skings of them slice and mince
them very thin and small then
take there weight in sugar and
boyle it to a candy height then put
in your pulp and boyle it as quick
as you can till it is pretty thick
then put in your luce and the
sugar and giue it but 2 or 3 boyls
Lemon and so put it in your glases

To Make a fine pomatom

take uele or Lam fflat
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

20: grai²s| a scrople
3. scruple maks a drachm . ʒ
8: drames an once. ʒ
12: onces a pound. ℓb
℞ recept.
ℓb A pound
ʒ A dram
&amp;#8456; A scruple
gr. A grain
&amp;#8499; A handfull
p A pugil
p A part
&amp;#8470; number
A. ana, of each alike
ʃf. Ŧf. half aný quantetŷ ʒ an ounce
Q.: s. quantum satis
Q.u. quantum uis.
s.a. se⁶undum ar⁷em

dyet drink
take coulsfoot flowers
maiden hare
harts toung
long wort
whitloe grase
ground luý
scorvý grase
of each a handfull
roots of sharp pointed dock
of fenell roots
of oris roots
of each flower ownces
of inglish ruberb
to ownces
fine ruberb one ownce
luneper berýs 4 ownce
sweet fenell seeds
corýander seeds
and winter sinement
of aack too ownces

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

verso of insertion [4] before page 45