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V.a.396: Receipt book of Penelope Jephson [manuscript].

front outside cover

front inside cover || folio 1 recto

[book plate for Joseph Lyon Miller M.D.]

folio 1 verso || folio 2 recto

penelope Jephson
Her Booke Annoque of
Domini 1674/5

folio 2 verso || folio 3 recto

Rules: ffor Wayte Viz:

- 1 A graine is the waight of a Barley Corne
taken in the Midle of the Eare
- 2: A scruple is 20 Graines
- 3: A Dram is 3 scruples
- 4: Eight Drams makes one ounce
- 5: Semis is the halfe of euery weight
- 6: Manipulus is a Great handfull
- 7: Pugillus is a small handfull
- 8: Ana signifies of Each a Like

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page 1: The *Receipt* Booke January 25th 1674/5

Mrs Lukes Cake

Take 5 pound of fflower breake small into itt
 one pound of Butter mingell into itt 5 pound
 of Curants washed & well pickt a quarter of
 a pound of sugar 3 Nutmeggs a littell Cloues
 & mace & Cinamon more in quantity then any
 of the former beate these very fyne & sift
 ffourteene Eggs haue of the whites of them
 throwe a way A pint & a quarter of Ale yeast
 & a quarter of a pint of sack mingell the
 yeast sack & Eggs together lett them stand
 before the ffyer not too neare riseing
 halfe an houere or more a pint & quarter
 of Creame put in it 3 quarters of a pound
 of butter set it with the Creame vpon
 ffyer let it be redy to boyle but not boyle
 take itt of & lett itt Coole a Little when *your*
 yeast begins to rise mingle your Cake pour

your yeast & eggs throwe a strayner then
your Creame & butter mingle all Lightly
together strowe a Little fflower one the
topp of itt & set it before the ffyer riseing
halfe an houer Covered with a Cloth then
breake heare & there one the top a littell
butter as bigg as a hazle nutt then put it
into the oven & lett it stand there bakeing
a hour & a quarter whilst it is

folio 7 verso || folio 8 recto

2.

Bakeing you must haue 3 quarters of a pound
of suger ffynly sarched & the white of an
egge & two or three spoonfulls of Rose
watter beate these together the Longer
the better & when your Cake is baked
Iyce it & set it into the ouen till the
Iyce is hardened then draw itt & eate itt
when you thinke good but itt will keepe
a yeare if you doe not Iyce itt

Receipt 2 To Make ffyne pan Cakes

Take a pint of very thick Creame &
sixe eggs well beaten with the breads
taken out halfe a porrenger full of melted
butter a littell salt suger & nutmeggs
soe much flower as will make itt of the
thickness of batter stirr them well together
& & poure them into the pann thinn
& they will frye them seelues without
butter ore any thing elce

Receipt 3 To Make Marmalett of Oringes

Take *your* oringes paire of the rine
very thinn then take of the other part
in quarters from the pulpe & boyle
the peelee in 4 ore 5 watters till the
bitternes be all out still putting them
into boyling watter when you shift them
then drye them in a Cloth & scrape
of the white one the in sid

3

very cleane the Cutt the peelee into little dice
then boyle a dozen of pippins in as much watter

as will couer them & take a quarter of a
pint of the Joyce of them & as much of the
Joyce of Lemons way your oringe peeles &
to 3 quarters of a pound take a pound & halfe
of them in watter & put them in your -
bason with the Oringe peelee & the dice of
pipins & boyle them very fast a quarter
of an houer then put in your Joyce
then put in the Joyce of Lemon lett
all this boyle together till the oringe
is cleare & till itt will Jelly then
put itt into glasses

The Custard possett

Receipt 4

Take ninteene Eggs & beate there whits
& all straine them & mingell them with
a pint of sack & halfe a pound of sugar
sett it one the fire tell it is scalding hott
still stirring it all one way then let your
quart of milke be redy boyled to pour
into your Liquer you must lett the
milke but Just boyle upp & hold itt
a good height & pour itt in before
itt falls then stirr itt altogether once or
twice & Couer it & Lett it stand a litle
before you eate itt

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3

To Make Whupt Sulibubs

5 Take a pint of Creame a pint of white
wine neare halfe a pint of sack & the
whites of 3 eggs put in hole whiske all
these till the froth ariseth which
put into your Glasses as fast as itt riseth
set the glasses in the Cold watter 3 or
4 houers sweeten your whites as you please
x

6 To Make Lemon Creame

6 Take the Joyce of 3 Lemmons & a Litle
more faire watter then Joyce in faire
watter some peelee according to your
tast then take itt out & sweeten itt
alltogether very sweete the straine

to itt the whites of 4 Eggs & two of the yolks then set it ouer the fyer & & stirr itt all one way till itt bee as thicke as Creame then take itt of & Keepe itt stirring a good while Oringe Creame is maid the same way only without the peels & as much yolks in that as whites in the Lemon Creame

7 To Make Mrs Rush her x^xCheescak puffs

Take 3 quarts of new milke put Runnet to itt & when it is come whay itt & putt itt into a Cloth & when the whay is Run from itt breake itt small & putt to itt 4 Eggs some Nuttmegg salt & a Loafe of white bread grated then butter a pye plate & lay them one itt in greate spoonfulls & sett them in an Ouen halfe an houer will bake them then take them of the plate & lay them in dishes & putt sack butter & sugar to them

x

8 To Make quince Creame

Take your quinces when they are Ripe scald them pare them & scrape them & put some sugar to them & sett them one the ffire a while stirring itt then Rubb itt through a seiue into Cold Creame & stirr itt well together

x

9 To Make a Plaine Cake

Take two pound of flower & one pound of butter & Rubb the butter in the flower soe small that itt Cannot bee seene two Eggs yolks & whites

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4 two spoonfulls of Creame 3 spoonfull of Ale yeast & blend it well together & sett it by the ffer halfe an houer

to rise then worke in halfe a pound
of Caroway Comforts as lightly as
you can & sett itt in the ouen
hot enough for manchant & lett
itt stand halfe an houer

10 To Pickle Cucumbers

Take the best beare vinegar or if
itt be not sharp enough put in a
litle wyne vinegar make it soe
salt as to beare an Egg boyle it
till the scum Rises take it of Cleane
& put in your Cucumbers but before
it boyle put in a litle long pepper
Mace & Nuttmegg & when they begin
to Chang Colour take them of & lay
them one by one upon a board when
they are Cold lay them in a pott with
Dill ffennill & a litle spice betweene
every Roe giue the Liquer one boyl
& let it stand till itt be Cold then
pour it to them soe let them stand
one weeke then pour the liquer
from them & giue it a boyle & put
itt to them scalding hott soe doe
now & then

11 To Make Cowslipp Wine

Take 2 Gallons of watter & to Each Gallon
put a pound of sugar add to this the
white of 2 Eggs then set them one the
fier & lett them boyle an houer Continully
stirring itt then take a Bushell & halfe
of pickt Cowslipps bruise them in a stoane
morter a litle put hem into a tubb
& the Liquer hott one them Couer
them & let them stand a day & a night
then straine itt through a hare seive
then take 3 or 4 tosts of browne
bread & good Ale yeast which itt must
be very sweete spread it one the tosts
one both sides & put them into the liquor
then put in 3 botles of Rennish wine
white or sack & take the Joyce of
& pill of 4 Lemmons & put into itt

then Couer itt Close with a Cloth
& when it begins to worke stirr itt &
Let it stand working 2 days then Tunn
it very Close & let it stand a month
then draw it into bottles & in euery
botle put in a Lump of Loafe sugar
& stop your botles well before you put
the yeast in you must warme such
a quantity of it as will make all blood
warme & then put in the Toasts

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5

To Make Raspisberry Wine

12 Boyle 2 Gallons of watter Gently for halfe
an houer then pour itt upon a Gallon of
Raspes & one pound of sugar & one pound
of Rasins of the sunn slit them but not
stoned put all these into an Earthen
pott & add the Joyce of 2 Lemmons
then tye one a Cover & Lett itt stand
3 days straine itt out afterwards botle
itt up

To Enamell Currants

13 Take the white of an Egg & beat it vpp
very well then take of the froth
then dipp your Curants in itt & take
them out & Role them about in fine
sugar being beaten & sarched drie
your sugar before you use itt then
when your Currants are sugared laye
them upon a shelve of paper & lett
them drye in a stoue ore the
sunn

To Make Bisketts Cakes

14 Take 15 Eggs beate them very well with
a whiske put in 2 pound & halfe of sugar
searced & when itt is well beaten in put
in two pound & halfe of flower putt in
Caraway & Aniseeds drope them upon
papers sift a Littell suger one the topp

& bake them in a quick oven take
them of whilst host & putt one Lattices
& sett them againe in the Oven
untill they are drye

To Drye Cherries Without Sugar

15 pull the Cherries from the stoanes then
put away all ther Joyce & boyle them
till they are as drye as you Can then
Clapp them together in little Cakes &
put them one paper one a seiue & set
them in an Oven

16 To Make Oringe Creame

Take 3 pints of Creame & put to itt a
quarter of a pound of new Candid Eringe
Roots shread very small & a quarter
of a pound of naples Biskett Cut of all
The Browne from the topp & bottom
& slice itt very thinn into your

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6

Creame with the Eringe sett them one
the ffier & lett itt boyle very softly for
halfe an houer then pour itt into a dish
& stirr itt till itt is Cold

17 To preserve^{dry} Aprecocks

Take a pound powdred sugar Clarifie itt
with the white of an Egg then take
a litle of the sirrup & make itt very
thinn with watter then let it boyle
up & haueing a pound of Aprecocks
redy pared very thin & a litle slite
itt the seame sid att the topp put *them*
into a gally pott & pour the boyling
sirrup into them lay a litle wayt
upon them to keepe them vnder the
sirrup & so let them stand Close kyvered
for 12 houers then take them out & thurst
out the stoans then take as much sirrup
as will make them swim in a presaruing
pot puting in a litle watter soe boyle
them as fast as you can for a litle
while then take them of the fyer
& those you find tender put them out

into a Cleane pot & set the rest one
again & soe till they are all anoufe
& then pour in the hott sirrup to them
& let them stand till ~~they are cold~~the
next day then take them from the
sirrup & take halfe the other

sirrup & put them to itt & warme them
twice a day for three days together -
putting them into the pot euery time
that you warme them when you find
the sarrup any thing sharp warme *them*
with the other sirrup be sure not to
let them boyl when you warme them
then lay then a drying in a stoue
turning them
If you make the last sirrup
with duple fine suger they
will looke much better

18 To Make Seed Cake

Take halfe a peck of fyne flower 6 oz
of Carroway seeds a pound & halfe of
sugar beaten small mixe all these
together then a dozen of eggs with whites
well beaten a pint of sack a quart of
good Ale yeast mixe these together
then take 2 pound of butter a pint
of Creame pour it into the flower
& mixe them well together then put
in the sack & Eggs & yeast & when
all is well mingled put itt into a hoope
well buttered & flower the paper
well then put it into a prity quick
ouen & let it stand an houer &
halfe

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7

To Make A Cake as Madmoysell

19 Take 7 pints of flower 2 pound & halfe
of butter a pint of Creame melt the
butter in the Creame beate one oz
of Mace small & put into the flower
with a pound of sugar then beate

20 Eggs halfe the whites taken out
& a pint of Rose watter & a pint of
Ale barme mixe all these well together
& haue 6 pound of Currances redy
washed & dryed & maid very hott
put *them* in & Keepe them by a good
fyer stirring for an houer then set
itt in a quick ouen let itt stand an
hour & halfe

20 To ffine Syder

When the syder has stood about 3 days
in a Cowle Close Couered with a hare
Cloth & a nother ouer that but not soe
Close as to make it worke pour itt
from thee Lees & Tunn itt up but not
stopp & if it only Couer the Bong lest itt
worke & if it bee not Indiferent Cleare
let it stand a fortnight & draw it of
again after which let itt stand 3
or 4 days & then take a gallon or 5
quarts of spring watter & boyle in
itt 5 or 6 oz of Iseinglasse

till the watter be halfe boyled away
& when itt is Cuole put itt into the hodgher
of syder & itt will fyne itt if your
quantity of syder be Less your quantity
of watter & Iseinglasse must be proportionable
a baited the syder will bee well fyned
in a fortnight time after putting in
he Iseing glasse & itt is afitt time
to bottell itt up

21 Mrs Chips Resei?t to Collar Beeffe

Take a peece of flank beeffe & salt itt a
weeke then let it Lye 3 days in pumpe
watter shifting itt once a day then take
of all the grissell strings & tuff sk...gs
skyn but keepe the great skyn as whole
as you can beate the beeffe with a Roleing
pinn till it be tender & hold together
then spred it a broad season itt with
peper 2 or 3 nuttmegs a quarter of an
ounce of mace this is the quantity if the
beeffe bee Larg & will make two € Collers

but if the beefe be small halfe the quantity
will sarve then take sweet yearbs & one
pound of suett shred small strew itt all
ouer the beefe & stirr itt up & downe to
make the beefe eauen & plain then
begin to Rowle itt up Like a Coller
of brawne as hard & as eauen as

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8
possibell you Can with tape when you
haue tyed it up Close then beate itt
soundly againe then draw the tape
to bind itt up hard then putt the beefe
& lapp the Coller in the skyn putting
it into a stoane pott with a quart of
Clarrett & a pint of pump watter
Couer the pot with past & bake itt
with your household bread & when
Cold take of the fatt hanging itt
up to draine 24 houres then wipe itt
dry & hang itt in the Chimley in a
drye Corner & keepe itt for your
use eating itt with elder vinegar the
sweete yerbs must bee sweete Margrum
time winter sauory parsly put a
Clove of Garlick in the bottom of
the pot

To Make Collops of Veale

22 Take the fleshy part of a Legg of
veale Cutt it into thynn slices &
hack it with the back of a knife
beate 6 eggs well with a Littell salt
take a littell time winter savory
& sweet Margrum shred itt &

slice itt into the eggs then put in *the*
veale let it stand two houres then heate
the frying pann with a peece of butter
& frye itt well with the Eggs about it
& a whole onyon then serue itt up
with some Graue or strong broth &
an anchouy disolued in it Rub the dish
with Garlick if you haue G gray you
may breake the knuckle boane & boyle
itt in strong Ale in sted of ~~gray~~ gravy

To make Jumballs Mrs Carrys

23 Take a pound of flower & a pound of sugar 8 Eggs but two whits beate them uery well put in what seeds you please into the flower & sugar put into your Eggs 4 or 5 spoonfull of Rose watter mixe all these well together then butter your plates & when you haue Roled them out lay them therone your ouen must be but Just soe hot as to Coller a white paper

24 To Make very Good Cheescakes Mrs Carry

Take 3 pound of uery tender Curd maid with new Milke then Grind itt in a stoane mortar fine as

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9.

wild Curds then put in a pound & halfe of butter *the* yolke of 6 Eggs halfe a nuttmegg grated a littell handfull of grated bread 6 spoonfulls of damask rose watter as much Creame grind all these well together till the butter is all broake & well mixt put in what Currance you please make your past with a littell Creame & butter & the white of 2 or 3 Eggs & make itt all Could

25 To Drie Plums Mrs Carys

After the plums bee stoaned take halfe the waite of *them* in suggar & to a pound of suggar take a quarter of a pint of ffaire watter melt the suggar & *then* lay the plums one by one in it & soe boyle them uery softly for feare the skynn shuld breake it is best to boyle them but halfe a nufe att first & *then* stand still the next day when they are Could lay them one a syue & let them not touch one the other & soe set *them* into an ouen when it is warme till they be halfe drye then dipp

a Cloth in scalding watter & wippe
them then set them in the ouen

again & drie them upp

26 To Stew Carpes

ffirst Cutt *them* in the heads & make *them* to
bleed then put in a littell salt & wine
uinegar in the blood & Role the
Carpes in itt being well sealed then
put to *them* 2 or 3 Cloues a littell
mace 2 or 3 Races of Ginger bruised
a good quantity of pepper a littell
bruised 2 or 3 oynyons a Cloue or
two of Garlicke a littell horse Radish
a bundell of sweete φ herbs take as
much Clarret wine with a littell
watter as will Couer *them* let the
3^d part bee wyne then set *them* a
stewing when they are a nough
disolued 2 or 3 Anchouis then take
out the Carpes & straine the licquor
into a sauce pann & beate 2 or 3
yolks of Eggs & sett the Liquor ouer
the fyer & put in a good peece
of butter & the Eggs & Keepe itt
stirring till it be thick a nough
then serue it up with sipetts
of white breade

folio 15 verso || folio 16 recto

10

27 To Make Aprococke Cakes Mrs Carrys

Take your Apricocks & waye them before
they are pared or stoaned *then* take
ther wayt in dubell refined suggar
or loafe suggar then slice *them* into
your suggar & let them stand till
next day. then boyle them on a
prety quick ffyer till they Come
from the pann keepe them stiring
all the while *then* put *them* into tow
molds & ~~the~~ set them in the stoue
when they are Could Keepe a Constant
heate to *them* till they are as drye

as you would haue *them*

28 To Make Apricocks Cheps Mrs Carrys

pare your Apricocks & slice *them* & make
a littell sarrop with a littell suggar
& watter & boyle them a littell while
then lay them a draining from *that* sarrop
then boyle sume suggar to a thin
Candy & warme the Chips 5 or 6
times letting *them* be Couled betweene
whiles *then* put *them* upon Glasses &
set *them* in a stoue till they are
drye

29 To pr^e sarue Cherrys: Mrs Carrys

take to euery pound of Cherrys a
pound of suggar & 3 spoonfull of watter

To pr^esarue Gusberrys: Mrs Carrys

youses ~~no~~ noe watter only take *them*
out the watter you laye them in when
they are stoaned put a quarter of
a pound of suggar more then ther
wayt

30 To preserue Damsons Mrs Carry

Take a pint of watter to euery
pound of damsons & let *them* stand
upon the fyer 2 days still hotter
but not boyle till the last time

31 To Make ffresh Chees & Creame

take a poringer full of Cheese Curds &
beate it in a mortar uery fynne
put to it the yolks of 2 Eggs & one
white a littell nuttmegg gratted & a
littell rose watter or orring flower
according to your tast
when you put in into your dish put
Cold Creame without suggar

11.

32 To Make Lemon Cakes *the* Lady Cogall waye

Take the thickest Rind Lemmons pare ofe
the yallow Rine then take the white
peepe & boyle it in watter till it is
so tender that you may brake itt with
the backe of a spoone shift your watter
3 times then take all the pulpe of
your Lemmons & put to it breaking
it small or Rub it throw a hare sive
then take the wayt in dubell refined
suggar boyle it all most to suggar
againe then stire in your pulp &
scald it seat in a stoue 3 days *then*
put itt into Cakes & drye *them* in your
stoue

33 To Make Aprecocks Jumballs or any fruit

take your Aprecocks scald *them* in watter
till they are uery tender then draw
the pulpe throw a sive beate dubell
Refinned suggar uery small & drye
it well one a Chafing dish or in
an Ouen 2 days before that it may
be uery drye then mingell as much
suggar with your pulpe as will make
it stife like paste *then* Role it in long
littell Roles & tye it in what fashon
you please

Mrs Carys

34 To Make Any sort of Cleare Cakes

Dubell boyle your ffruit very quick
if it be whight *then* let the Cleare be
pared from the rest & to euey pint
a pound & halfe quarter of suggar
boyle your suggar to a drye suggar
againe *then* poure in your Juce &
stirr it till it be scalding hot then
put it hot into your glases
you may drye ^{it} the wayt of suggar
will doe it for it will bee better then
more

To Make Cherrys a Cordiall & to: Keepe *the m*
35 all the yeare MrsPikes way

take a quarter of a pound of fine suggar
beate it put it into a Glace with a wide
mouth & a nutmegg sliced a littell Cloues
Grose beaten sum sinament *then* fill
the glass full with Cherrys & pouer
in as much brandy as the glase will
hold set it by for a mounth & doe
not shake it you must not pull the
stoanes from the Cherrys

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36 To presarue Raspes Mrs Carrys

take a pint of Juce to 2 pound of suggar
boyle it quick till it be well scume
then put in a pound & halfe of raspes
& boyle them up quick when they
looke Cleare they are a nough
put *them* up when they are allmost
Cold

37 To Make Aple Cakes Mrs Airs way

take the soureist Aples you Can git
Cut *them* in quarters from *the* Cors
put *them* in a pot & bake *them* with
browne bread Couer them Close
with some dowe when they are
drawne lay it in spoonfulls
upon plates & dishes & set *them* in
the ouen againe & an houer
after t??? turn them

38 To Make Sarrop of Oringes

to a pint of Juce take A pound
of suggar boyle it to a Candy hath
then put in your Juce & let
it Just scald

To Make Beene Bread or Almond
39 Jumballs - Mary Sandys

take a pound of Almonds blanch *then*
drye *them* in a Cloth & haue redy a
pound of uery fine suggar finly
beaten & strew some in the bottom
of your panns *then* Cut your Almonds
broad way uery thinn & put a laying
of Almonds & a laying of suggar
when they are all Cutt beate the
whits of 3 Eggs & as the froth
riseth put itt ~~itt~~ ^{into} your suggar
& Almonds when that is all in put
in 3 spoonfull of oringe flower
watter or Rose watter *then* set it
one your fyer & boyle it a good
while then put in a few Caraway
seeds & when your Almonds are
prety thick haue Redy some wafers
upon pye plates & drop your Almonds
a spoonfull in a place & whilst it
is hot stick in some 4 or 5 slices
of orring & Lemmon & settron then
set *them* into an Ouen not uery

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hott they must stand halfe an houer
but must not bee soe hot as to
Coler them
fflower Oringe watter will bee best
Caraway seed without suggar & not
put in till it is allmost dun
you may allso put in a littell Muske
you must Cutt the waffers Close
Round when all is done

To: Make any sort of suggar Cakes
40 the Best way

take fine suggar finly beaten
put it in a poringer & put into it
what Juce you please as much
as will wet it then set it upon
a Chafing dish & keep it stiring
till it is scalding hot be sure
if doe not boyle as soon eas
it it hot take it of & drop it
upon pappers strewed with fine

white suggar if it groes thick &
Could warme itt againe

41 to Make very good sasages

Take the lean of a legg of porke
put duple *the* weight of beef suett to it
shred both together as small as can be
& season *them* with a good quantity of sage
& some nutmeg & mace, & a pritty deal of
salt, & a little peper, mingle with all this
5 eggs yolkes & whites then fill *the* gutts
sheeps gutts are best

To Make small mead Lord Gorge

Take China .1. ounce & a halfe, of Eringo
rootts not candyed 3 ounces, of lickorish .1. ounce^{ounce}
dryed coultsoot 2 handfulls, 2 spriggs of Rosmary
of Resons sliced one pound, of currence halfe a
pound, of curriander seeds a quarter of an ounce
of hony 3 pints & a halfe. Boyle all thes in
5 gallons of watter (skimming the same somtim's
) untill it coms to 4 gallons, then strain it
worke it up with yest, then tunn it in .7. or .8
dayes itt will be ready to drinke, it will keep
in bottles a munth in summer, 2 in winter/

42 Bolonia Sasages

Take the biggest gutts of a hoge, & when thay
are washed clean lay them in salt 48 hours
at least, when you would use them you must
wash them in severall watters, which must be warme
& in which you must keep them while such time
they are filled, take the leanest part of a
a legg of porke & be cure to pick it clean from

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skinns, sinews, & fatt, then beat it in a stone
morter, & in the beating add a small quantity of
the best fatt, & when it is well beaten to a pomis
then take .14. ounces of white salt beaten to a
fine powder, for every 25 pounds, (Italian weight
which is .12. ounces) five ounces of hole peper,
one ounce of beatten cloves, a glass of red or
clarrett wine, wherin has bin steeped a little

scuchineall & a little muske or amber greese,
mingle them all very well together in the
morter, then fill your gutts over scalding watter
stufing them so hard that ther remains no wind
or hollow place, then hang them in the chimley
while thay are through dry, which will be in 2
or 3 munths, & then you may eat them/

43 To make Goosbery wine

Take Goosburys when thay are allmost ripe
with the stalkes and leaves picked out, weigh
your goosburys, & bruise them very well in a
stone mortter with a wooden pestle, for every
3 pounds of goosberrys take a quart of faire watter
and a pound of lofe suger & mix them well together
then put it up into a barrell and stir it often
for 24. houres, the lett it stand a fortnight
well stoped, then draw it out into bottles, stop
them not very clos at first for fear of breaking
the bottles, but after .3. or .4. dayes you may stop
them as clos as you can, if you see at .14. dayes end

your wine is not very clear, then pour it into
other bottles at a munth or two you may begin to
spend it, it will keep the year round/

44 To make a Carrot Pudding Dr Garner

Take a 2 peny loafe grated & one good
big Carrot grated, mix these together.
Take 6 Eggs & a pinte of milke, and
halfe a pound of Butter melter thicke;
a nutmeg grated, halfe a pound of
Sugar, & a little salt. mix all these
together & bake it in an earthen Pan,
butter the pan before yow put it in.
3 quarter of an houre will bake it./

45 To make Chocolate

Take a pound of the ^{cacao} nuts finely beaten
& searsec, half a pound of hard sugar finely
beaten & searsed, an ounce of Cynamom,
quarter of oz. of Nutmeg, half quarter ounce of Ani
seede, half a drachm of long pepper, as
much of Iamaica pepper. Beate & searse
all these spices, then put in two sticks

of vanillo's beaten & searsed, * musk &
amber as you like the taste. When all

*two
drachms
of Achi
ote bea-
ten & searsed,

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these are poudered & well mixt, heate them in
an earthen pan till they are as hot as you
can endure *your* finger in it. keep it well
stirr'd that it burn not, then put it into a
mortar & beate it very fast till it begin to
oil, so as it will work like paste, then
make it into paste.

46 To make mince pyes

Parboyle a legg of mutton & mince it, take all most
as much beef suett as meat, a pound and halfe of reasons
of the sunn stone and minced, and as many currence
washed and dried, a few dates, some orange peell, 2. or .3
pipens all minced small, 3 nutmegs, 2. or .3 cloves,
halfe a pound of suger, a little salt, some rose, or
orang flower watter, mingle thes well, & fill *your* pyes

47 To harsh a calves head

best way

Take a good calves head halfe boyle it,
then slice it, & leave the bones whol & keep
them hott, then take some calves sweet breads
& lamb stones, & sheeps tongues, & oxe palatts,
boyle the tongues & palatts & blanch them, &
cutt them in little peices, put them all togeather
then slice a little bacon amongst the rest
take a bottle of white wine, & .6. or 7 anchoves,
& a good bunch of sweet herbes, an union,
a lemmon peel, 2 nutmegs, 6 hard eggs minsed
& put amongst them all togeather in a frying
pan
with a good piece of butter. then for the leine a pint
of good gravey, & 6 yolkes of eggs beat them up
together, & when you are reddy put them into
the rest, & make it very thick & so dish it away
fry some thin tosts in eggs & a little parseley, &
the braines, to garnish out your dish & some
lemman

48 To Stew a Rump of Beef

Take a rump of beef & take out the great bones, then season it with salt nutmeg, mace & a little pepper & stop your lean parts with beef sewet shread very fine & mingled with cloves, nutmegs mace, pepper & salt, & stuff it in very hard. put it into an earthen pott or pipkin, & put thereto a quarter or better of white or clarret wine, a pinte of wine vinegar, & six onyons pretty big cleft in sundar a bundle of sweet herbs & season it with salt to please *your* pallate. Then put as much water to it as will cover it & so let it stew gently, at least six houres. When *you* take it up to dish it, skum of the fat & take away the onyons & herbs, & put it into a larg dish powring the liquor upon it.

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49 To roste an hare in the skin

put into the belly an handfull of winter savory & some other sweet herbs, mince them small with some nutmeg pepper & salt, half a penny loaf of grated bread, with almost a pound of butter. mix altogether & sow up the belly, and when *you* lay it to the fire baste it with bear & salt, till the furr & skin peel off. And when *you* have pulled that off, baste it well with butter till it be inough.

50. To make a fricasee of Chicken

Take a couple of chickens, flea them & cutt them in peices; set them a frying in a frying pan with as much clean water as will cover *them*. Let them boil till almost all the water be boild away. put in a good peice of butter & some salt, let it boil a good while, Then put in halfe ^a pinte of white wine, & let that boil till it come to the *quantity you would have your* sauce of. Then mingle the yolks of three egg with the juyce of a Limmon, and *when* it is boild inough, putt it in. Let it boil one or two walms after the eggs are in, & dish

it up with sippets. if no Limmon, put in a little Vinegar.

22

51 To stew a Calfshead

Boil the head a little, take it out & cutt it in slices, stirr it between two dishes with claret wine & a clove or two & some Limmons with the brains & a little sage & parsley. when it is taken off put some butter to it.

52. To stew a pike

Take a little water, white wine, vinegar & salt; set them over the fire; take the fish, wash & scale it & wash it & put it into the liquor with a bundle of sweet herbs & a flake of Mace, two cloves of garlick. Take a little horsRadish root, scrape it, the quantity of half a spoonfull. put into a pinte of oysters & a quarter of pound of butter. So serve it up with sippets of white bread & the juyce of a Limon.

53. To boil a Carp

Take a little water & claret wine or white wine Vinegar; set it over the fire. Take the carp, scale it, wash it & sowe the blood & put it into the liquor together with the Carp; with some salt, 3. cloves of garlick, one Anchove & a bundle of sweet herbs a flake of Mace & a quarter of pound of butter. Serve it with sippets, put the liquor upon it with the juyce of Oreng or Limon.

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54 To stew a eia calfs head

Boil the head tender & cutt it with the tongue into thin small slices, only the eyes left with a little on the jawbones. Take a pinte of oysters with the liquor & half a pinte of white or claret wine, two or 3. Anchoves, spoonfull of capers, a little nutmeg, 6. cloves, a bunch of time, & sweet Marjoram, a peice of an onyon; let all these stew half an hour or less. Take out the herbs & onyon, & dish it in a broad dish. The brains being boild with some sage break them well with half a pound of butter & a little vinegar, & some

shred limon. powre it all over, laying the eyes first to the jawbones ~~with~~ on the meat. If you have no oysters, put not in so may Anchoves but more Limon. It will do well to lay some slices of bacon boild or fried, & sausage meat with sippet in the bottom.

55 To dress mushrooms hott

Take Mushrooms new gathred, pair off the outside if they be not wormeaten; take them & quarter them, with parsly & onyons shred small. put them into a skellet with a bundle of sweet herbs & season the mushrooms with pepper & salt. Boil them till the liquor be all wasted; put to them as much cream as will cover *them*. Boil it till it be thick & put in a slice of butter & serve it up.

56 Pease pottage from the Cook in

Suffolk Street

Take two quarts of pease to two gallons & a halfe of water. when they are very well boild, strain them through a Cullendar; and if you would make a quart of pottage, take almost a pinte of the pease broth & add to it as much of strong or jelly broth that ~~hath~~ hath no thickning in it; and half a pinte of new milk. Then take two ounces of bacon & stick 4. cloves into it. Shred into it an handfull of sorrel & spinage, with a little Mint. When it boils, put into ^{it} the quantity of a small egg of sweet butter & half a penny loaf sliced thin. Then season it with a little white pepper beaten small, & some salt. As soon as it boils the first time, put in the bread & butter. When it boils the 2^d time dish it up.

57 French pottage

Take a capon & neck of veal, boil them in mutton broth. When it is half boild put in an onion stuck with cloves. Boil the Capon very ten

der, & take it up. Let the veal boil to mash,
Then take turnips & carrots cutt into little peices,
boil then in a pan with fair water & 5. or 6.
onyons. When they are boild strain the water
from them & take out the onyons. Then take
out the clear broth from the veal & putt it into

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a stewing pan with the turneps & carrots & let
it boil a *quarter* of an hour. Thicken the broth
with a little burnt butter or a ladle full of drip-
ping & ^{some} flour. Season it with salt, slice bread
in the bottom of the dish. Lay the Capon in
the dish & poure out the broth with half
a pinte of gravy.

58 To make a Hare pye

Take the hare, break all the bones, quarter
it, season it with pepper & salt & little nut
meg. put it into the pye with 2. or 3. ony-
ons. a pound & half or 2. pound of butter.
serve it in hot with a glass of French wine
when it is taken out of the Oven.

59 Sauce for a Shoulder of Mutton

When the Mutton is half inough, prick it that
the gravy may run out. put to it a little
onyon water, a blade of Mace, a little butter
beaten thick, & one Anchove shred small &
dissolved in it Serve it up with the meat,
with oysters stewed in the gravy & water, be-
fore you put in the butter. The Anchove
dissolved in the gravy before you put in the
water is the best way.

60 Sauce for a fillit or Shoulder of veal

Take a little watter & shred a few sweet herbs
into it & few currence & boyle *them* well together
boyle 2 eggs hard & mince them small, a little
beatten butter, 2 or 3 spoonfulls of wine or
vargis, a little suger, mix all togeather and
pour it hott on your veal/

61 Sauce for any fresh fish

Take a little watter & a little vergis & boyle in it a oynion & a bundle of sweet herbs a blade of mace, & a few oysters stewed if you have any, then put to it a little beaten butter & desolve an anchove in it/

62 To make Jelly broth

Take 5 pints of watter, a pint of white wine also the knuckells of veal, & little end of a rack of mutton, or in steed of that a cock, and boyle in it, put not the whit wine till it be halfe boyled, put in a crust of bread, a bundle of sweet herbs, & some salt, lett it boyle till it is halfe enough then put in halfe a candyed lemmon, as muc much orange, & as much citron all sliced very thin & your white wine must be put in then, you may put in capers if you pleas/

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63. To make Pottage

Take a leg of Beef & break the bones very well & boil it to make strong broth; then take the flesh of a leg of mutton & a good peice of veal, all without salt; shred it very small with an onyon & put it into a frying pan with a peice of butter & let it fry a little stirring in a little flower; and let *your* strong broth be put to there a little at a time & stirring it while *you* have enough for *your* use. When *you* have a while fryed all these together, powre all into a stew-pan, letting it boil out the strength of the meat. *you* may put in some cloves, a little whole pepper, with a little gravy & a bundle of sweet herbs. Let all boil together till *your* broth be strong enough. *you* must let some white bread cutt very thin, be dryed ready, very crisp to lay in the bottom of the dish *you* serve it in : and on the top just when it goes to the Table. *You* may boil some herbs green & garnish *your* dish: and if

in pease time *you* may boil some green pease
and try them with sweet butter and

put them into *the* pottage. *You* may
also garnish *your* dish with a breast of
mutton fried.

64 To make Ginger bread

Take 3 pound of flour, one pound
& half of honey, one pound of Sugar,
one ounce of Ginger finely beaten &
searsed, set *your* sugar & honey on
the fire to clarify them; When it
is scumd, cutt in some candied oreng &
limmon peel & citron in long thin
slices. Not so much Orang peel as lim
mon or Citron. Wett *your* flour with
this, make it into rolls, and flour
or butter *your* Paper or tin moulds
and bake them in a temperate Oven
that they do not burn. Therefore try
it by throwing in a little flour till
it hardly colours it Half an hour
will bake them inough. Let them
lye in a dry place & they will keep
many year.

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65 To make Sausages to fry

Take a pound of veal or Mutton & three
pound of beef suet, mince *them* very fine
then season *them* with pepper salt and
Nutmeg & a good handfull of sage; as
many oysters as *you* think fitting Then
work it up with the yolk of 5. or 6.
eggs. so fry them for *your* use.

66 To fry steaks

Take as neck of Mutton & cutt it in
steaks, beat *them* with a rolling pin pretty
thin, but do not break the bones. Lay
them upon a cloth & strew a little salt
on them a little before *you* fry them.
Take a chop of Mutton, & a little cla

ret wine, a bunch of sweet herbs &
an Anchove & let *them* boil a pritty
while. Then put to ~~them~~ it some gravy
& heate the pan hott & lay in the
meate & fry them very well? white
There must be nothing in the pan but

only the meate. Put them in a dish, &
set them upon coales, then powre on Sauce
& stew them *with* a little chalote and
whole pepper; and serve them up with
tosted sippets.

67. an Orenge pudding

Take halfe a pound of Butter & work
it till it be like Cream, then add a *quarter*
of a pound of sugar & the rinde of one
oreng cutt small, *with* the yolks of ten
Eggs, stirr it well together. *you* must
have a thin paste on the bottom of the
dish & another on the top of the
pudding; but cutt it so that the pudding
may be seen ^{^ less than} Half an hour will bake
it

68. To picke Cucumbers Cosin Stones way

Take the best beer Vinegar; if it be not
sharp inough, put to it a little Wine Vinegar
Make it so salt as to bear an Egg
and ~~then~~ put in a little long-pepper, Mace

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and Nutmeg, boil it till the scumme rises,
take it off clean & put in the Cucumbers
and when they begin to change colour take
them off & lay them one by one on a board.
When they are cold, lay them in a pott *with*
Dill, Fennil & a little spice, between e-
very row. Give the liquor one boil & let
it stand till its cold, then powre it to them
& let it stand a week. Then powre the
liquor from them & give it a boil, and
putt it to them scalding hott; so do now
and then.

69 To make Raisin Wine

Take two Gallons of water & boil it; take off the scum that rises & then take 4. pound of the best Raisins & stone them, with a pound & half of loafe sugar: 3 limmons, the peel of two if them, Put the water into an earthen vessel & put all the other things into it whilst it is hott & let them stand 2. dayes, stopping up the vessel very close. Then strain it through a Gelly bagg & bottle it up ten dayes or a fortnight before you intend to drink it.

70 To make French bread

Take half a peck of fine flour, the yolks of two eggs, half a quarter of a pound of butter, and some salt, a quarter of a pinte of good yest; warm some milk & putt to the yest; stir it well together, with a little warm water. Wrap it in a cloth & lay it riseing by the fire.

81 to make clean plate

mingle a little Brandy with white wine, and put some cholke, or whiten in it, and Scour your plate with it, it will fetch out any staine or spots, and make it looke like new, as allso for guilt plate

872. To make the Bambury Cake

Take flower well dryed in the oven, measure a gallon of it into a pan, then put in 3 nutmegs & as much ginger, and mace, with sum cloves dryed & finely beaten, then bruse *your* salt & safron in fine powder & put it into *your* flower, & make a hole in the midle of it & put it into 2 pound of fresh butter cold *then* take 4 pounds of currence & strew them in your flower then take a pint of good raw cream & when it is ready to boyle put in halfe a pound of almonds

finely beaten with rose watter, or cream, & a quarter of a pint of sack put this into your hott cream then put it into *your* flower & butter, and straine in a pint of good barme being first very well beaten with 6 yolkes & 3 whites of eggs, then mix all thes together & when it is risen worke in it a pound of caraway cumfits & so bake it in a hoop of lattin, or wood bored full of holes & when it is baked draw it to the mouth of *your* oven & wash it over with feathers with this Ising. Take a quarter of a pound of butter, & as much fine searched suger, & put in it 6 spoonfulls of rose watter two graines of amber greece, melt all thes together on the coales, and when it is melted beat it in a dish with a spoone & so wash your cake and lett it stand a quarter of an houre then take it out of the oven; lett your hoop be well buttered /

28

73 To dress a cods head

Wash *your* head very clean & salt it for an houre *then* boyle it till it is enough in such liquor as you doe other fish, for sauce take halfe a pint of strong gravy & halfe a pint of white wine, a quart of oysters, another of shrimps, put thes into a sauce pan with sum of the liquor you boyle it in & 3 anchoves, 2 shalotts, thicken this with *the* yolks of 6 eggs, a pound of butter lay larg sippetts of whit bread with sh^r ed capers on *them*, between your sipetts lay little fish fried & elle & oysters fried & slices of lemmon send it up hott, & draine it well before you put *your* sauce to it /

74 to make a chicken pye Sis Purdon

take fore fatt chicken well scalde and and clean dran cutt eury chike in for quartars seson them with salt and spice and lay the quartars in *your* pye thro in a litle hole pepar take some sweet breads of ueall and palats of beens and boyle them then slise them and lay them in the pye ten har tychoke botams well boyled and cutt in halfe when you haue layd all into the pye ^{with 6 yuolks of hard eggs} ciuer it ouer with butur soe ledit and forget not to put in a good handfull of sug sugar into [^]it when its baked put in this caudle take a pint of whit wine and a pint of ~~uag~~ uargis

slice in the pill of a lemon and a nutmag putt

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a handfull of whit sugar in to it beat the
yeulks of ten eggs put them in to the wine and
uarges and sett it ouer the fiar stiring it all
the while when it begins to groe a litle thick
draw the pye out of the ouen and put in the
caudle

74: To Make Sawce for Cold Meat

Take *the* yolks of 3: Eggs Bruse them
very well *with* a spoon *then* take 3: or 4
Anchoves wash'd & Bon'd Mash *them*
very fine Mix *them* well *with* the Eggs
with a Little Mustard & fine Minced
Lemon peel put to these a Little
Lemon Juce *with* sume venegar and
Onion sliced Into water to make
it of *the* thickness of Caviare you
must stir all these things well
together & put in a sawsser

75 To Make Biskets

cousen Sandys
Take one pound of Loafe Sugar beatn
and searsed, put to it *the* yolkes of seaven
eggs, 4 whits, & 8 sponfulls of Roase water
beate thees together in a pan with a ???
whiske vntill it is white & thicke when you=
are ^ iust Redy to put them into the oven stir in ?????
twelve ounces of ffine flower dryed & Cold
i Butter *the* pans ^ & as you fill them search double
Refine suger & sett ^ *them* Quick, into a Quick ouen

To make Bisket Cakes . Sister Jephson

Take 15. eggs & beate them very well *with*
a whisk. put in a pound & half of sugar
searsed: and when it is all well beaten add
two pound & half of flour, *with* as much Ca-
rawayes & Aniseed as *you* like. Drop them on
papers; sift a little sugar on the top and
bake *them* in a quick oven. Take them out
hot & put them on latises, & set them into

the oven again till they be dry

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76 To make almon bisketts Raw good

cousin Sandys

Take a pound of almons & lay them in Cold water ouer night to blanch them; Take a pound of duple Refined Suger beatn & searc^hed; Then take tenn Eggs beate the white of fflower of *them* with halfe of the Suger then beate the almons to a fine past, putting in the rest of the Suger by degrees into the almons, & when it is a fine past put in *your* Eggs and beate them very well to geather; butter *your* pane & when you fill them Search a Little Sugar ouer them and when they are baked; putt them in againe to dry

77 A pottage Sister Jephson

Take a good quantity of onions & boil them whole in water, with whole pepper & salt half an houre. Strain the liquor from them & put to it the scragg end of a neck of Mutton with such herbs as *you* please or pease, & boil a while. When it is served it up put a little butter to it, with sippets of bread put in a dish over some coles, & softened with some of the broth it is good without any meat.

78 *cousin Sandys* Oreng Bisket

Take of the best Sivil oranges, pare them very thick, & boil the ^{peels} in a good quantity of water (the water boiling before *you* put them in) and let them boil pritty fast till they are tender. Then take them out & drain them well from the water & dry them with a cloth. Cut out all the white from the outside, & then putting them into a stone Mortar, beate them as Small

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as *you* can. When they are well beaten,

take them out & weigh them. To every half pound of ~~peel~~ peel put three quarters of a pound of Sugar, which must be finely beaten Then put both into the mortar again & beat them together, till they are well mixed. Then take it out, & with a knife spread it upon peices of glass, & set it into a stove, or any place where the Sun or fire may come to it. When it is dry on the top, cutt it into square peices, & turn the other side. And so let them stand till they are dry inough to carry in *your* pocket.

79. Mrs Gore

To Stew Pippins

Take of the largest & palest pippins, cutt them in halves, core & pare them put 20. of them in water. If *the* pan will hold them, to this number take a pound of Sugar, and beate it very fine, and have the peel of a Limmon minced very Small. Then take 3. pintes of water, put *the* limmon peel into the water, & halfe the Sugar, Then wash the apples very well & put

them in the water, the cutt side upward: they must lye one by one in the pan. Then cover them with a dish close, and set them over a clear charcole fire to boil as quick as may be; shakeing them now & then. Squuze juyce of Limmon into the other half of the Sugar, & make it thin with some of the Syrup out of the pan. When the Apples are very tender & begin to look clear, take them of, pour *the* Sugar & limmon on them, and cover them close *with* a cover & cloth till they are cold. They will keep a week in the house if the peels be good; and look as clear as if preserved.

Mrs Gore

80 An excellent receipt to preserve Citron

Rub the Citron well with bay salt, & then lay them in water one day & night, & shift the water. Then cut them in Quarters, & take out seeds & juyce. Then let them

lye in water one night. Then put them into a good quantity of cold water, & set them over a quick charcoal fire, boiling them apace till they are tender. If you would have them taste much of the peel, then shift not the water; but if you would not, then shift it

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two or 3. times. Let the fresh water boil when you put in the Citron. Then take out the peices; & laying them one by one upon a cloth, take to every pound of Citron (weighing it before you boil it) two pound of fine Sugar, almost half a pinte of water to every pound of Citron. And set it over a quick charcoal fire, and when it boiles power in, to the quantity of 4. pound of Citron, a quart of the best Rhenish wine, or for want of that, white wine. When it hath boiled again & you haue scummed it well, wring in through a strainer all the juyce of the Citron. Then let it boil pretty fast, scumming it all the while, till it looks clear. Then put the Citron as close as you can into a pott without bruising it, & strain syrup to cover it, & when they are cold cover them. The next morning pour out the syrup & makeing it scalding hot, pour it into them again, putting the peices uppermost that were undermost the day before. And so heate it for 7. or 8. dayes together. It will not be the worse if it should lye in the syrup a fortnight or longer. Then take the peel of 6. or 7. orenge being first wated & boil them tender in two waters: Then cut them into ?? long marrow peices slices & even peices. Then take 20. Iohn Apples & 15. pippins fair pippins which

~~must~~ ^{must} not be mellow & make pippin gelly with them. Then put in a good big peice of [^] double refined Sugar more then the weight of the pippin water, because of the juce of the Limmons. Put in the orenge peel & set it over a clean charcoal fire & scum it clean, and when it has boiled long enough to gelly, then strain in the juyce of 6. fair limmons & when it is gellied inough then put in a little amber grise in a bitt of tiffany and let it boil a little. Then take the Ci-

tron out of any strings that maybe in the inside of the Citron, and cutt it into what sell slices you think good that the syrup may cover them. Then fill up the glasses with the gelly of pippins; you may do some of the Citron with the peel on it, & pare the rest.

You may keep some in syrup & put it into gelly, as you please, it will be the better.

81. To make Italian Cream Mrs Gore

Take a dossen white of Eggs, beate them up to froth, with two or 3. spoonfulls of sack Then let it stand & settle before you take off the froth *which* you must put into another Basin and so do till it is all beate up into a froth letting it stand a little to settlebefore you take it off, that the froth may be the firmer Then take a Quart of fresh Cream not

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too thick & boil it with a little Cinnamon Mace, & Nutmeg till it have a convenient taste of the spice. Then take it out and sweeten the Cream upon the fire with some fine sugar. Then stirr in *your* whites of eggs *which* you have beaten, & let them have a boil or two. Then take it off & pour it into the thing you serve it in. If you like it better perfumed, it is best to perfume *your* sugar; *which* you may do by laying Musk or Ambergrise in the sugar over night

82 Mrs Gore A rich Cake

Take 15. pound of flowr, & 15. pound of Currance (weighed after they are wash ed) three pound & half of Citron sliced half a pound of oreng peel cut in smaller peices than the Citron, six ounces of Musk Comfits beaten, two oz. of all sorts of spices beaten together & sifted, a pound & half of sugar beaten & sifted, one ounce and quarter of Carroway seeds, one good spoonfull of salt. Mix all these well together with the s??? flowr, just when you are ready to make *your* cake. Then take three score eggs; and but twenty of the whites; beate them very well with 4. or 5. spoonfull of Rosewater

and three quarters of a pinte of sack. Then take seven pints & half of good Ale yest, put it to *your* eggs & so strain them all through a sive. Then take 3. pints of Cream, 3. pound & half of Butter, cutt into it when it is cold. Set it on the fire till it be scalding hot; but let it not boil. When this is done, take *your* flowr & fruit in the thing you mix *your* cake in, and lay it up very high in the middle, and then powr the Cream & butter on one side, & the yest & eggs on the other and so stir it round with *your* hands till it be well mixed. Then set it by the fire to rise for half an hour, being coverd with a cloth that must first be a little flowred. And then put it into the oven; one hour & half will bake it, if the oven be hot

Two yards & a nail makes a hoop of a good size for this cake.

To ice it very thick you must take 7. pound of double refined sugar beate and sifted, and then whites of eggs well beate, *which* must be mixed with five pound of the sugar. Beate them very well together, and make it so thick that you may spread it with a knife upon the Cake: when this ^{is} laid on, set it in

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just at the mouth of the oven till the iceing be hardned, but not at all coloured Then take it out; mix *your* other 2. pound of sugar with whites of Eggs, as before, but not near so thick. Lay it upon the Cake that it may run all over the Cake, & be a smooth Ice. If the heate of the cake do not harden this, you may set it a little at the mouth of the Oven

83 Mrs Gore Limmon Marmalade

Take a pound of double refined sugar, and beate it; a pound of pippins & 2. pippins above a pound; pare them and chop them as small as you can cut them into a skillet; first strewing sugar at the bottom. And as you cut them strow sugar upon them. Set them on the

fire, & put in a quarter or half a pinte of water & let them boil till they look clear. Then take two Limmon, pare *them* very thick, & boil the peels till they be very tender. Then mince them very small, cutting away as much of the white as you can after they are boiled. put them to the pippins & let them boil, till you think they will gelly. Then

take it off from the fire, and put in the juyce of both the Limmons, & let it just boil & no more. Then take it off and put it in *your* gelly glasses. You must strow the sugar on, as it is aboiling. Add to this a quarter of a pinte of pippin gelly, let it boil a little before the juyce of Limmons goes in, and allow a quarter of a pound of Sugar more. This will make it turn out very firm.

84 A Brown Frikase Mrs Gore

Take chickens, pull off the skins, cutt *them* into little peices, put *them* into water with a whole onion & a bunch of sweet herbs so set them on the fire, and let them stew a while. Then put in a little cha-lot, whole pepper, salt, & a blade of Mace Let them stand & stew till they are very tender. Then take the meate out from the liquor & fry it with butter till it be a little browned. Then take a little claret wine, a spoonfull or two of Verjuyce, 3. or 4. yolks of eggs, beate them well to gether, and put them to the liquor the meate was stewed in: and then powr it

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all upon *your* meate in the frying pan. As you hold it over the fire shake it round about, all the while, that the Eggs may not curdle. And when it is well mixed & the liquor very thick, it is inough. Then powr it altogether into the dish. ~~In~~ in *which* it must be served up. This dish may be enlarged & trimmed out with meat balls fried with small chickens or pigeons cutt in half & broiled & laid round.

If you would make this a white Frykase
the meate must not be fried by it self
at all, but put altogether into the pan
with the liquor & Eggs & white wine
or strong Cydar. And the balls must be
stewed with the meate about half an
hour before it be inough.

Gravy in the brown Frykase, mends it
much

85 To dry tongues. Mrs Gore

Take the largest neats tongues; make
a hole in either side with a little knife
and put in as much salt peter or ^{salt prunella} as will lye
upon a penny. Make two holes more
about the tip of the tongue & at the

root; put in the same quantity of salt
peter Then salt them with ordinary
salt, & let them lye some dayes. Then
salt them again & let then lye a forth
night. Then stretch them out & hang
them up to dry. Boil them as you use
them.

86 To make a French pottage Mrs Gore

Take a leg of bief and break it wel, and put
it into a little pot *that* wil just hold it. Let it boil
on a soft fire, set on by seaven of the clock
in the morning: Scum it very wel, and put in
a pint of *the* best white pease. Let them boil
together til the meat is boiled tender. Then
strein out *the* broth into a little pot; then take
an handfull of Sorrel, as much Spinage, & as
much white beet, a little Chervil, a pretty
deal of Lettuce, Sweet Marioram, speremint
half an handful of water Cresses wash and
pick them cleane, & give them a chop or two.
put them in *the* broth when it is almost boild
enough, with a slice of Bacon, some cloves, white
pepper. Then cut a penny Loaf in thin slices &
tost them brown or fry them in a pan with
butter. Then put in *the* dish you serve it in Some
chippings of white bread, & a little of the broth
Let it Simper a little on a chafing dish of coles

scum *the* fat off clean, then put in a good piece of fresh butter. Before you put it into the dish you may put in Asparagras, or Green pease or Cucumbers, or balls of forced meat, as they bee in season./

Mrs Gore

87 Beife ala mode.

Take the middle peice of the buttock of bief let it be very wel salted, *with* bay salt (cut of the hanging fat) for twenty four houres. then take bay salt, salt peter, cloves, mace, nut=
=megs, and a little white pepper les than of the other spices, beat al these together very wel. then take al sorts of sweet herbs as you like and slice them very smal. Mix the salts and spices wel together; then take *the* fat of bacon & cut it into square bits, such as are vsed for Larding, but bigger, & stuff the beif *with*the bacon dipt & rould in the mixture of salts and spices Then put it into a glazed pot pretty fit for it, & put therin whole Mace, cloves, white pepper of each a smal quantity *with* a bunch of sweet herbs an onyon or 2 quartered, rosemary & bay leaves strewed on *the* top & put in as much claret as will cover *the* beif. Set it into *the* oven having first covered the pot *with* a paste./

88 Mrs Gore To make an Almond Cream.

Take a quarter of a pound of Almonds, beat them very wel *with* a spoonful or two of Rose=
=water. Then put them into a pint of Cream & mix them wel together. Then strein it through a cloth, or streiner, & put the cream into a Glass churn, being first sweetned, and beat it til it bee as thick as butter just ready to come. then put it into the dish or glas you serve it in. There must be a blade of Mace put into the Cream as you beat it./

89 Mrs Gore

To make Almond Custard

Take a quarter of a pound of Almonds blanched in cold water; Cut them in thin slices, & mince them smal

then put them into a quart of Cream. When *the* Almonds are
al in, set *the* Cream on the fire with a blade of mace. &
boyl it. when you take it off, put in some Green
Citron, minced smal as *the* Almonds, til it is as thick
with Citron & Almonds, as you like it. Then take
a spoonful of Rose water, or orang flower water
put them into the Cream, & set it on the fire, & let it
stand til it be thick stirring it al the while.
When you take it off put it into *the* dish or glass
you serve it in. When it is cold stick it on *the* top
with long peices of *the* greenest of *the* Citron.

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Mrs Gore

90 To make a Good Plum Cake.

Take 5 pound of Corans one pound of raysins of
the Sunn, stoned & shred three quarters of an ounce of
al sorts of spice together viz: cloves, mace, nutmegs
& a little Ginger. Three quarters of a pound of sugar
beaten & sifted. a quarter of an ounce of Caraway
seeds, half a smal spoonful of salt. Mix al thesee
with six pounds of fine flower. Then take i5 eggs &
but half the whites, beat them very wel with a
quarter of a pint of sack, and a spoonful of Rose
=water. then put to them a larg quart of Good Ale
=yest, & strein them thorough an hair Sieve. Then
take a pint & half of Cream, a pound & quarter of
butter Cut it cold into *the* Cream. then set them on
the fire til *the* Cream be Scalding hot, but it must
not boyl. Then mix your Cake. Lay it ~~high~~ the
flower high in *the* middle, & pour *your* yest and
Eggs on one side, & *the* Cream & butter on the other
so stir it round til it bee wel mixed. Then set
it by the Oven. three quarters of an hour will
bake it. then take it out and ice it with a pound
of sugar wet with a little water & pour it over the
cake, spread it with a feather, & set it into
the Oven to harden./

91 To Make A Good Boiled Custard

Mrs Gore

Take a quart of cream & boile it with
some nutmeg cut in bits with some Mace
& Sinamon, & when it tasts strong enufe

of the spice sweeten it to your pallate
and when the suger is all melted take it
of the firer, and when it is cooll enufe
stire in 10 yolks of eggs well beaten:
with a spoonfull ^{^ of sack} half a spoonfull
of orang flower water if you like it,
you must stire ^{it} all ine way after you
set it on the firer with the eggs in it
tell it be very thick, then strain it
through a corse hare seive in a ba=
=son & fill your Custard dishes: if you
make them the day before you use them
they will ^{^ be} the better & thicker

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92 *Cousin* Stons peas potage without meat

When *your* peas are boyled very tender straine
from them what quantity of broth you will
use & put it into a dish over the fire putt into
it a good quantity of herbs, ^{^ of what sort you like} only mint if you
can get no other: a cuple of onions, 2. or 3 anchove
some balls of sasages and a little of brused to peeces
into the broth, some salt & a little small peper,
a peece of butter, & sum slices of bakeon very
thin & fryed crisp thin tosts of white bread
in the dish you serve it up/

cousin Sand Orang & lemmon watter

93

Pare twelve ^{or. 14. large} oranges as thin as you can
put the pareings into a quort bottle of brandy
lett them be clos stoped 3 dayes, then pour that
of & put to them peels a quort of watter lett that
stand 3 dayes more, then mingle the watters
together and ad about three quarters of a pound
of loafe suger or sweeten it to your tast, stir it
well together, and straine it through a duple
tifeny, and if you would have it extream cleir
through brown paper ^{too} but then it looses somewhat
of its strength it is so long runing through *the*
paper. duple refined suger is best, keep it stopd

94 Cousen Grenvil's pudings

Take good sweet cream boyle it, grate as much bread as will make it pritty thick and put into it as soon as you take it of the fire, then cover it up closs, and to every halfe pint of creame put two eggs beat them very well & straine them, and when the cream is pritty cold mingle all togeather and season it with suger and nutmegg and a little rose watter, & a little salt, put it into wooden dishes, but before you fill the dishes boyle them & then butter the insides and fill them full & flower the tops and ty them up clos in cloths and keep them constantly boyleing for a little more than halfe an hour, turn them out and for the sauce some sack suger and butter beat together you may stick them with slices of ^candyed citron, orang, or lemmon peel, or of blanched almonds

Lady Stuart To make Damson wine

95

Take eight gallons of watter and .32. pounds of malego reasons, and one bushell if ripe damsons, put them in a tub for 6 dayes, keeping them covered, and stir them with a stick twice or thrice every day, then lett them stand .6. dayes with out stiring, then draw the watter out of the vessell and collor itt with sirrup of damson^s that it be as deep as claret wine, then put it in=
=to a runlette stop it clos for a fortnight, then botle it up & corke it fastast, tyeing down the corks

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3 pints of sirup will sweetten 4 gallons of the watter which is more than can be drawn of this quantity, unless you add a little more watter than the resait, for the reasons suck up a good deal if not sweet enough ad a little knob of suger to every bottle

96 To make Almond Butter

Take a pinte of Cream & boyl it, then put to it eight eggs, with the whites, very well broken: put them over the fire again, & stirr them all the time, till they grow thick. If there be any whey strain it through a hair

sieve. put to the eggs & cream six ounces of fine sugar, and then rubb all through a sieve, & let it stand till it be cold.
Blanch 4 ounces of Almonds & beate them very well; put to them a ~~quar~~ some Rose or oreng flowr water (according as you like it) stirr them altogether & dish it out.

97 To brown Butter

Take [^] half a pound of Butter, brown it in a frying pan very brown, boyling it till it be so. Then putting in half a handfull of flower, put it over fire again, keeping it stirring till it be brown. Take care it burn not tro.
This butter gives stewed fish or hashes an high rellish.

98 Couslip Wine. Cus. S.

Take six gallons of water & ten pound of powder sugar, three or 4. whites of Eggs well beaten & put into the water cold. Then let it boil 3. quarters of an hour: Take off the scum very clean, & then take it off the fire & powre it upon *the* cowslips, being all bruised, the heads only pulled off, & without the stalks. When it is cold put in two spoonfuls of good Ale yeast, & a pinte of syrrop of Limmons well beaten together. The next day put in 3. Limon peel^s & the juyce of two. Let it stand 4. dayes. Then strain it out & put it in a cask. Be sure to fill the cask that may purge. And when it hath done working, stop it up very close for a fortnight. Then bottle it, & put into every bottle a little knob of sugar, stopping it down fast. Four dayes after give the bottles a little aire, opening them again. For it prevents their flying

99 To pickle walnuts Mrs Child

put *your* walnuts in water & salt seven dayes shifting them every day with fresh water & salt. Then boil them in clean water until they be soft shifting the water 3. times. Take them out into a seive till they be cold

For Pickle

Take a quart of Mustardseed 3. quart of white wine vinegar & one quart of white wine Ginger, Nutmegs, cloves & mace, a little salt with some Garlick, or chalot. Boil all together. when cold put them together in

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in an earthen pott

100. To make a Sugar luaf of Cream

Take a *quarter* of a pound of Hartshorn, & put to it a pottle of fair water, & let it stand close covered till it be consumed to a pinte. When you first put in this water, you must also put in two ounces of Iceing glass, & so let them stew together; till they come (as was said) to a pinte Then strain it & let it cool. Then take three pintes of good, thick sweet Cream & boil it with Nutmegs & larg Mace & a stick of Cinnamon. Then take a pound of fine blancht Almonds, & beate *the m* extream small, & keep them white in the beating by putting in Rose or oreng flowre water. Then mix the Cream & Almonds together & strain it hard out through a strainer. Then melt *your* pinte of gelly & powre that out into the Cream & sweeten it with sugar very well And perfume it with Musk, Amber grise, & a little Rose-water. Put it into a glass, made in fashion of a Sugar loaf, & so when it is cold, it will be a firm sugar loaf, which put forth

101. To make balls

Take a little veal or mutton & the like quantity of suet with a bit of fat Bacon, sweet herbs & one onion or two, a little pepper, Nutmeg & salt in it. Mix it together with 4. yolks of Eggs beate, make it up into balls & boil them in broth or what you please
These may be used in Fricacies or pottage.

102 To pot Duck or Teale

Bone & skin them, & haveing beaten them very well with butter, then season them with a good deal of salt & some pepper & spice & a little herbs, but not to be tasted any one of them. Bake it with brown bread in a pott & when it is cold take it out, & if there be any gravy powre it out & scrape all the moisture from the bottom of the meate. Put it into the pot again & into the oven or into a skil let till it be through hot: then cover it quite over with butter, & it will keep good an whole year.

103. To preserve green plumbs

Take *your* plums before they begin to turn colour, put them into a skil let of almost boiling hot water, & let them lye till *you* find the skin will scrape off. Then take the skillet off the fire & take out some of the water & put in some cold, for if they stand too hot after the skins will come off, they will be too tender. Then haue another skillet of water just warm, to put them in as fast as *you* peel them, & keep it covered; when they are all

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scraped put more fire to make them almost scalding hot, and when they are as green as *you* like them, take to every pound of plums a pound of double refined sugar: beate it small & well but half of it in water, & the other half must be strewed in as they boil. If *you* think they be not green enough, *you* may cover them in the boiling with the sugar, & it will green them much. When the syrrop gellies they are inough *you* must weigh them before they are scalded, & tell h... in any goes to a pound: for they cannot be weighed afterwards with^o ut breaking

104. To pickle Mushromes

As you pare them put them into fair water,
then put them into a sauce pan of fresh
water, & boil *them* with salt & a bay leaf
or two, with an onyon peeled. Let *them*
boil a *quarter* of an hour; & then ^{^ for the pickell} put in some
white wine & as much ale vinegar, &
set them over the fire with a good *quantity* of
Mace, cloves & whole pepper, & boil *them*

together; As *your* Mushroms are boiling &
Then strain *your* liquor from *them* very clean. put
your pickle scalding hot on *your* Mushromes & put
them into a galoon pott. keep them very close.
Be sure to boil as much pickle as will cover *them*

105 The Queens Cakes

Take half a pound of flour, half a
pound of loaf sugar beaten & searced
half a pound of currance picked, washt
& dried & rubd very well. Take half
the sugar & flour & mix them well
together; then half a pound of butter,
& work it with *your* hand till it be very
soft: *which* mix well with *your* sugar
& flour: ^{beate} five eggs, leaveing two of the
whites & powre them by degrees into
your butter, sugar & flour. Then by de-
gree put in *your* other sugar & flour,
leaveing out a little sugar to strew on
the top of *your* cakes. The flour & sugar
must be both well dried; put in a *quarter*
of an ounce of Mace finely beaten, & then
put in the Currance. You must be sure
to keep it continually beating with a spoon,
till the oven be hot. It must hardly be
so hot as for penny bread. Take *your* molds
& fill them but not too full. Strew a little
sugar on them as you set them into the
oven. Be sure you keep it beating all

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the time it is filling. If you will make
seed cakes leave out the Mace & put an
ounce of Carraway seeds to the other thing
you must not butter *your* molds for either

of these cakes, but wipe them very clean.

106 A very good wash for the face

Take halfe a pound of bitter allmonds blanch *them* in cold watter beat *them* very small and put in a little watter as you beat them to keep *them* from oyleing, then squeeze in the juce of a lemmon, a gr^o ates worth of campher beat smal, three pints of barley watter or of whit wine & watter watter of each the same quantity, straine it, and put in a bottle shake it when you use it. you may ad the froth of the whites of eggs

Cowslip wine my mother

to every gallon of soft water 2 pounds of sugar boil it 3 quarters of an hour, skim it well when *the* liquor is cold, to every gallon ad a pound of Cowslip *the* yellow tops only flowers to ten gallons put 3 spoonfulls of the yest with the juce of 4 lemmons & the peel of 2 let it work alltogether for 3 days stirring it twice a day, then tun it with the flowers into a large vessel, if tis fine bottle it after it has stood a month it will be in perferfection when the flowers come ^{again}

107 Limmon Cream

Take 3. larg Limmons, pare one of them very thin; infuse the pareing in almost half a pinte of spring water, for half an hour: Then squeeze out the juyce of all the Limmons, upon half a pound of double refined sugar. Then put the water to it, in *which* the Limmon was infused. Set it over coals till the sugar is dissolved. Then set it by, Take the whites of 4. new laid Eggs beaten very well with a whisk. Mingle these very well together; then strain all through a flannell bagg gently. And set set it on the coals, stirring it all one way without intermission. When it is as thick as Gelly, take it off or Else it will turn white & curdle. Put it into a Cream dish, an inch deep./

rich queen Cakes my mother -

take nine eggs leave out the whites of 4. beat them very well with 3 spoonfulls of sack & a little Mace a *pound* of fine sugar searsed which beat up with it, then take 3 quarters of a pound of the best butter, work'd till smooth with *your* hands, mix it by degrees with eggs & sugar, when the oven is near ready add a pound of the finest flower dried. Currance or Sweetmeats which you like best butter the pans half an hour will bake them.

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108. Mrs Caryer

To make a Rice Custard

Take half a pound of rice & wash it in two or 3. waters, & then in a little milk; put to *your* rice a quart of new Milk, & let it boil till the rice be tender. keep it continually stirring, & put in half a Nutmeg sliced & some larg Mace; and when the rice is very tender put in a quart of the thickest cream you can get, & let the cream boil. And when the cream boils, put in the yolks of 6. or 7. eggs well beaten: and as soon as *the* eggs are in, that it doth but just boil, take it off the fire & sweeten it to your taste.

109 An oyster pye Mrs Caryer

Take a Quart of oysters & parboil them in their own liquor; season them with Nutmeg, Cinnamon & a little ginger sliced not beaten; together with a little limmon pele, & salt. Then put them in the pye with fresh butter under & over: put in a whole onion in the midst of the pye, the yolk of 4. or 5. eggs boiled hard

3. 4. oz 5. slices of limmon: and when it is baked take out the onion, & putt in some boiled Marrow & a Cawdell.

110. Almond Milk Mrs James

Take two drachms of Coriander seeds, & 10: Almonds, one ounce of French barley boild in a pinte & half of water first: and the barley is sodden, then peel *your* Almonds, & beate them altogether with the barley in a mortar, with the water which the barley was boiled in. Then take 3. ounces of Rosewater, and as much sugar as will sweeten it. Then strain strain it through a fine cloth

111 Mrs James A Sawce for young Ducklings

Take young onions green, & cutt them small, tops & bottom, with time & parsley, rost them in their bellies. And when your Ducklings are rosted inough melt butter thick, and in the gravy of the Ducklings & the herbs shred small, in the juce of half a limmon

folio 43 verso || folio 44 recto

Elder Flower Wine

Take a quarter of a 100 of Malaga Raisins & a quarter of a peck of pick'd sifted elder flowers ~~then~~ pick *your* raisins clean from *the* dirt & stalks & chop e'm small, sift out *the* seeds & unblown flowers *which* will make *the* wine bitter, put it into a barrel large enough to let it work in well so as it mayn't work out & tun into *your* barrel on *them* six gallons of boil'd spring water scalding hot stir it well & stop it close till its almost cold *then* stir it mighty well together with a stick, put in 3 or 4 lemmons sliced rinds & all put in a little yeast beat up with a little of *the* liquor & let it work about 30 hours to a good head *then* stir it mightily & do so 3 or 4 times a day till its well workt *which* will be in five or six days *then* stop it close, draw it off in 5 or 6 weeks into quarts not mighty close stoped & let it stand a fortnight *then* rack it into pints & corke it close & well & it will be fit to drink in a month or six weeks more leave out *the* rinds of two lemmons else it will be too strong/

To Rock Oringes Flowers

Take Orange Flowers *when* they are at *the* full bloom & fresh pick & wipe *the* leaves & put *them* into a deep silver or earthen bason or pan not laid too thick then take 5 pound of double refined suger wet it & boile it till it will blow thro *the* holes of a skimmer in flakes *then* pour it upon *your* flower holding *your* hand pritty high, clap it into a stove with a constant

heat & *when* tis hard candy'd at *the* top you must break a

little hole at one side of *the* rocking & let out *the* sirrorup with
your sirrorup stick *your* Rocks together as high as you think fit *that*
which sticks to *the* bottom of your bason or pan will have no
flowers in it but will serve to sweeten tea or coffee

Elder flower wine Mrs Edwards

Take 6 Gallons of fountain water Boyle it
(& scum it) an hour, let it stand till it
be Blood warm *then* have redy 20 pound of
Raisons of *the* son Pick't & Chop't small
put *them* to *the* water with *the* Peile of 6 large
lemons & *the* juce: Dry'd Elder flowers two
ounces let *them* stand together in a Tubb 14
Days stiring it Every day: & Put 2 ounces
of Isenglass to it Pull'd in peices *then* straine
it all through a Hair sive into a vessell
& put to it 5 Pounds of Loafe Sugar
Stiring it well together to make it
work & not stop it for 2 or 3 Days: then
Stop it down for 6 weeks & Bottle it vp

folio 44 verso || folio 45 recto

112 Mrs Henshaw's plain Cake :

Receipt Four pounds of Corrance weighd after they
are wash'd two pounds of raysins of *the*
Sunn whole. one ounce of Spice viz: Mace
Nutmeg and a little ginger. one pound
of Sugar beaten and sifted; half a spoon-
full of salt a quarter of an ounce of
Caraway Seeds: eight pounds of flower
one pound and half of butter: Rub *your*
butter very fine & small into the flower
Then put into all these a Large quart
of Ale-yeast, three pints of new
Milk warm'd, but not boyl'd put-
into *the* yeast four spoonfulls of Rose
=water, & four spoonfulls of sack. Mix
the fruit, spice & sugar very wel
with the flower, & then pour on it *the*
Milk & yest mixing altogether.
set it to *the* fire to rise, half an hour
or there abouts put it into *the* oven
with an hoop of paper an hour will

bake it.

To preserve Abricots whole
in Syrup to keep all the year or
113 to dry Mrs Henshaw

Take of *the* largest & fairest Abricots,
not too ripe; cut them in halves & pare
them curiously; weigh *them* before you pare
them; and take half the weight of *them*
of the best double refined sugar finely
beaten: and as you pare them lay *them* in
a silver basin or tin preserving pan,
covering *them* over with that Sugar.
When that is done, weigh the stones
& pareings, & what was wanting in
the weight, make it up, & strew it
upon it. Then cover *them* close & let
them stand two or 3. houres. Then set
them on a clear charcole fire, with
a *quarter* of a pint of spring water, to
about a pound & half of Abricots. Let
them boil till they look clear & are
tender; shakeing *them* now & then: & take-
ing the scum off with a peice of issue
paper. If you dry *them* take *them* out of
the Syrup, scrapeing it as clean from
them as you can, inside & out; and lay
them on glasse plates, sifting a little

folio 45 verso || folio 46 recto

sugar candy on *them* as you lay ^{turn} *them*. They
must be layd out when the syrup is hot
If you like stones or kernels in *them*, you, must
boil *them* a little in the syrup, before you take
them up: but either of *them* are apt to make
them sowre. If you keep *them* in syrup, onely
put *them* in a well dried pott; papering *them*
with issue-paper; which is best for all wett
sweet meats, & very good for the takeing
off the scum in the preserveing any thing.

114 To preserve red & white Currants

in Gelly Mrs Henshaw

Take the largest Currants *you* can get, pluck *them* gently off the green stalks, into some flat gally pott, *which* *you* must have weighed before. Then take to a pound of Currants, half a pound of double refined sugar, finely beaten. Then take off the black heads *with* a needle, & as *you* stone *them* strew sugar upon them; *which* will keep *them* from changeing colour. Then have ready pickt from the green stalks & squeezed through a strainer, being first mashed *with* the back of a spoon, the worst of your Currants, To this *quantity* of stoned

Currants, put half a pinte of juyce, & half a pound of double refined sugar. Let *the* sugar & jelly just boil, & scum it. Then put in *the* currants, & after they have had a boil or two, put in a lump of loaf sugar, *which* must be saved out of the weight. If it be a large one, when that is melted, it is inough. For white Currants, it is best in stead of mashing & squeezing *them* through a strainer, after they are pickt from the stalks, to boil *them* in water, till *you* think it is a moderate jelly. Then squeeze it through a strainer, & do it, just as *you* do the red; takeing *them* off now & then to shake *them*, *that* *you* may scum *them* the better.

115 A receipt to Collar pig.

Mrs Henshaw

Bone your Pig, wash it well in water; lay it in milk & water 2 days, shifting it night and morning: take it out & dry it very well in a cloath, and cut it into 3 collars according to the Bigness of the Pig; then slice off the flesh ~~very thin~~ where it is very thick and lay it on the thin parts; if you find any skins take them all out; for the seasoning take 1 large

folio 46 verso || folio 47 recto

Nutmeg & twice as much Mace, and salt to your taste; mingle them together & strew some upon your Collars; and if you like

herbs take a good handfull of sage shred
smal & put to *the* seasoning. Lay the flesh
you sliced before very even upon *the* seaso=
ning and then more seasoning & herbs as
you did before: then collar it up & sow it
in a cloth with consideration, that it must
be drawn closer when it is boyled: tye it
up at both ends before you sow it at all
Have your Liquor boyling upon the fire, *which*
must be 2 quarts of milk & as much water
as will cover it, with a few bay leaves and
a little salt: put in your pig with the head
tyed up in a cloth & let it boyle 3 hours;
then take it out, & tye it closer at both
ends first, & then lace it straiter, and put
it into the pot you'll keep it in, & powre
the hot liquor to it: let it lye til the next
morning; then take off your Cloths and put
into the Liquor a pint of vinegar. put in *the*
pig again & keep it for use.

When you serve it in, cut the Collars in the
middle & set them in a dish with bay-leaves
amongst them, & the head Head in the middle.
In summer time put in less milk & more wa-
ter in *the* sowcing drink & change it when it
grows soure./

115 A Dutch Leg of Mutton Mrs M.W.

Cutt out all the flesh of a good Legg of
mutton, leaveing the bone, and the skin
whol & thick, then shred a pound of the
flesh (or somewhat more) exceeding small
shred allso two pound of beefe suett very
small, then take a handfull of thes herbs,
parsley, Thime, marjorum, winter savory
& Rosemary, shred then and mix all toge=
=ther with the mutton, add to them a grated
nuttmeg, peper and salt, break 4. or. 5. eggs
into it to bind it, then thrust it into *the*
skinn againe and have in readyness 10. or
12 hard eggs the yolks whol, and so lay
one laying of meat then halfe the yolks
then a laying of meat & the othe yolks.
ty the call of the sheep ^{all} over it, to keep
the meat in or ty it up in a cloth, boyle
it 3 or 4 hours you may serve it up in

the midle of boyled chickens, ^{or} pegeons
& marow bones Colly flower, or Cabig.
with tosts

folio 47 verso || folio 48 recto

To presarue peare Plums. or: with Bull?e

Take of *the* fairest But not two Ripe
peare plums put *them* a Brass
scillett *that* hath in it scalding wa^{ter}
as much as will Cover them then
Cover them Close down with vine
Leaues Let *them* stand 3: houres to
Green them *the* skins will Crack
take *them* out & & poke *them* & put
them in *the* same Liquor they stod
in to green they must stand
over a small fyer all *the* while
they are in *the* scillett tho not
simer: to Every *quarter* of a pound of sug^{ar}
Plums take a *quarter* of a pound of sugar
& half a *quarter* of a pint of Codling
Geley & two ounces of sugar more
for *the* Codling geley mix *the* Codling
geley & two ounces of sugar more
for *the* Codling geley mix *the* Codling
geley & sugar together then put
your plums to it: Boyle *them* till they
Look Clear & Green & till *your*
syrup gellyes: Nixt day put *them*
up in pots or glasses for *your* vse

116 Mrs Sallters way to make Jely Hartshorn

Take half a Pound of Hartshorn wash it: & Put to
it 2 quarts of Watter a little Ivory: & sett it over *the* fire
& Let it Boyl till it will Jelly: then strain it through
a seiue & Let ^{it} stand till it is cold: then Put to it a Pint
of renish wine : & 2 or 3 spoonfull of Sack a stick of
Sinnimond & a nuttmeg cut in quarters: *the* white of 4
egges beatten to a froth: with *the* juce of 5 Lemonds
& *the* Peil of them cut very thine Put some of *the* Peile
into *your* Bag & keepe some for to Put into *your* glaces
cut in long slices sweeting ^{it} to *your* tast with duple re
fined suger: Put *your* Jelly & all *your* things together

in a Preserueing Pan then let ^{it} Boyle take it of *the*
Fire & put ^{it} into *your* Jelly Bagg: & if it runs not
clear *the* First time: then Put through a gain *you*
must wipe *your* seive with a cloth: if *you* Please *you* may
add musk & ambergrise

To Make Apricock Paste G: F:

paire & quarter *the* Apricocks then put them into as ^{much} strong
jelly of Codlings as will just cover them, boil it till pretty
thick then put an equal weight of double refined ^{pouderd} sugar
& give it a scald pour it into round glasses & when candyd at
the top turn them on glasses or China plates. to make clear
cakes boil the Apricocks in the jelly till tender then strain
of the Liqueur Liqueur & boil it well before you add *the* sugar

folio 48 verso || folio 49 recto

M.D. way to make Jelly of
116 harts horne Take of the best & largest

Harts horne = halfe a pound, put
2 larg quorts of spring watter to it, &
let it steep one night, then let it boyle over
a very slow fire about five hours as softly as
posibly, then straine it & lett it stand a night
then take it from the bottom put it in a sillver
or bell mettall scillet season it with the juyces
of 2 oranges, 2 lemmons, 6 blades of large ma
mace, a quarter of an ounce of Cinamon, a nutmeg
cut in quarters, halfe a pint of sack a quarter of
a pint of white wine, a spoonful of orang flower
watter and as much duble refined loaf suger
as will sweeten it to your tast, beat the white
of 2 eggs & put into it, with a peece of lemmon
peel, let all øthes simer over a clier slow fire
a little and when it begins to boyle take it
off and pour it through your jelly bag, and
the first which runs pour through againe
which doe till you find it as clier as can
possibly be
oysters & mushroms does well in this
frycase if you would have it tast high

117 Mrs Sallter

To make French Barly Caudle

take a quarter of a Pound of French Barry Pick
it & wash it uery well: lay ^{it} all night in watter: then Put
it into a Pipkin with 2 quarts of watter: & sett ^{it} ouer a
quick Fire & let ^{it} Boyl till it is of a fine thickness
then Poure it Through a Hair seiue: & let ^{it} stand ~~and~~
drain, to a quart of renish ^{watter} wine putt & a quart of the ^{a??or?d} watter
sett ^{it} ouer *the* Fire, & let it Boyl up: then take [^] ^{it} of the
fire: Put to it *the* yolkes of i0 Egges Beating & strain^{ed}
then mingele them with *your* caudle sweeting it to *your* tast
with duble refined suger: 2 spoone fulls of oringe Flouer
watter *the* juce of 2 lemonds & *the* Peil cut very thin set
^{it} ouer *the* Fire stir it continewly till it is of a card^uel
thickness but not to Boyle

118 Mrs Mortons frygace

Take *your* chickens & flee them cut them
in small peeces sett *them* on *the* fire with as
much watter as will cover then when thay
boyle up scum...^{scum} them & put to *them* cloves mace
peper and a little salt with sum shallots & a bundle
of sweet herbs when the chickens are tender
enough take *them* out *the* liquor, have ready
beatten *the* yolkes of 3 or 4 eggs beat your eggs
up with white wine shrid a little parsley
& sweet margerum & put to *the* eggs, put *your* chicken
into a frying pan with a good peece of butter &
your chicking liquor stired with the egs shake all
together till tis thick enough & hangs about the meat

folio 49 verso || folio 50 recto

Mrs Henshaw 118

To make Cotelets.

Cutt them out & beat them well with
a rolling Pin: Season them gently
with pepper & salt. Dip them in Vinegar
& melter butter. Roll them in grated
white bread & lay them on the gridiron
over wood Coales or set them before a
fire, turning them often, strewing them
sometimes with grated Bread, and as they
ly bast them with fresh Butter. make
gravy sawce./

A Biscuit baked puding

Take a pint and halfe of cream, cutt

into it fore naples biscuits, let them be well soaked then breake in 4 eggs leaving out one of the whites shred 2 or 3 peeces of Citron very small mix all well together, then poure *them* into *the* Dish in *which* pudding is to be Baked, then Cutt some of ~~the~~^{the} ~~broken~~ brown part of *the* biskett into Little small bitts, square and stick *them* here & there the brown side uppermost Just as itt is goeng to *the* Oven, when itt is drawn out of *the* oven stick itt with Long peices of Orange or Cittern, on *the* top, a spoonfull of sack and a little minced Lemmon peell or greatd does very well with it

Mrs Henshaw 119

To make fine Paste for Tarts.

Take a Quart of Flower & a pound of Butter & eight yelks of Eggs; knedd them together, use a little water in the tempering thereof, & work it exceeding well together: when you have so done roll out your Paste of an even thickness; before you put the Paste into the Pans strow the bottom of them with flower: the Quantity above mentioned will make paste for five Tarts: when you have erected & thus done your paste, take Apples & pare them & slice them thin taking out the Cores; then first Lay a Lay of Apples strowing a little fine Suger mixed with a little Limmon-pill shred small; then lay Another Lay of apples & upon them a Lay of Limmon cut in thin slices & strowed with sugar & limmon pill as before & lay a Lay or Apples over all. then wet your Lids & cover your Tarts & close the sides well: Before you put them into the oven take the yelk of an Egg & a little flower with butter melted. beat them very well together so wash the Tarts over & put them into the oven; you must keep the oven open all the time they are baking, & if you see them discolour you must dip paper in Butter & lay it about the Edges. When it is bak'd cut open the Lids and put in Quince or pipin jelley *which* you like best, and not put it in the oven afterwards./

folio 50 verso || folio 51 recto

Mrs Henshaw 120

To make Wiggs

Half a peck of fine flower half a pound of powder sugar, half a pound of Naples Bisket grated into the flower, a pound of Butter rubb'd very well into the flower, 3 Eggs, a pint of good yest new & thick, two ounce of seeds. mix it up with new milk & let them lye in paste rising while the oven is heating a wigg or two will do almost as well as bisket.

Mrs Henshaw

119. Syrup of [^] clove Gilly flowers

Cut the flower in pieces after *the* whites are clippd off & steep them in as much juice of Lemmon as will wet them. Let them stand a Night & a day close cover'd; then strain them. To every pint of juice take a pound & half of dubble refined sugar: boile it to a Candy then poure in the juice stir it over the fire till it is well mixed but not too hot, when it is cold boyle it.

this sirrurp is ^{to} colour Jellys giveing a plesant tast to it

Ratefea Brisket My Mother

take a of bitter & sweet almonds a *quarter* of a *pound* each beat them with 3 spoonfulls of orange flower water: 9 eggs leave out *the* whites of 4. put in by degrees a *pound* of scearsed sugar beat *the* eggs & sugar well together then the allmonds when *your* oven is ready stir in 8 ounces of fine flower dried.

120 To make fruit: Cream Mrs Henshaw

Take any fruit: pick & bruise them into a skillet with a little spring-water, boyle them till *the* water have a very strong taste of the fruit. then strain it, & to a pint of this iuice take the whites of [^] 50 eggs very well beaten, with fine sugar as much as will sweeten it to your palat, set all this over the fire & stir it till as thick as cream, & then glass if up scum *the* suger & juce before you put in *the* whights of eggs; cool some of *the* licour

Mrs Henshaw to mix *the* whights of eggs in

To make Lemmon Biskets

Beat the whites of 2 Eggs up to a froth, a pound of double refin'd sugar serced very fine, put the sugar by degrees into the egg till it is so thick that you may cutt it with a knife: then take the outside of a Lemmon grated very small, stir it into the Paste, cutt paper in small pieces & lay the Quantity of a Nutmeg upon a paper & set them into an oven a little more than warm.

Mrs Henshaw

121 To keep Goosberries all the year for Tarts

Take Goosberries at their full growth, cut off the blacks & stalks, and put *them* into wide mouthd glass bottles; stop them & tie them down fast. Wrap them round *with* hay, and set them into a kettle of water, *which* must be scalding hot. Let them stand till they be almost cold: then put them into other scalding hot water: so do them 3. or

folio 51 verso || folio 52 recto

times till [^] they be [^] scalded enough. Lett *them* coole in *the* watter 122

Mrs Henshaw To make plums look with a blew on *them*

When *your* plums are dry, take a wett cloth & wring it as hard as *you* can, & wipe them clean: then lay *them* in a Mazarine one by one; lay another Mazarine upon them; set them in an oven where Tarts have been baked, little more then just warm and let them stand an hour.

Mrs Henshaw

To make Cutelets of Veal or Mutton

Take a neck of mutton or veal, cutt it rib by rib, season it *with* a little fine pepper, nut-mug, & salt, with some stript time & winter Savoury, cut as small as can be. When they are season'd, broil them sò leisurely; and when the gravyd begins to rise, strew on grated bread: turn them often, strewing on bread to drink up the gravy: when they are enough dish them up & poure on the sauce, being made *with* gravy & little chalot, capers, anchovy & sliced limon, with a little butter

Mrs Henshaw To ?t pot Tongues

Salt the tongues a fortnight, and then boil them well, & so season them with pepper, cloves, mace & ginger, & put them into a pot with a pound of butter at the top, and bake them with small bread: and when you draw them, poure all the liquor from them

123 and wash off all the seasoning with the same liquor; and fill up the pot again with butter.

Mrs Henshaw Almond butter

Take a quart of Cream, ten Eggs well beaten & strained; mix them & set them over a clear fire, with continuall stirring; till it come to a curd like a cheese. Then take it from the fire, & stir it till pretty cool: then put it into a strainer, & hang it up till all the whey be dropped out. After that beate it very well in a mortar, with a little of the cream of the whey & mix with it half a pound of Jordan Almonds blancht in cold water & finely beaten. Sweeten them to *your* taste

Mrs Henshaw Chocolate Cream

Mix a larg spoonfull of chocolate; scrypt fine, with a pinte of good Cream; and set them over the fire to boil then put to them the yolks of two Eggs & let them boil gently to a due thickness with constant stirring; and then sweeten it to your taste. Mill it in a Chocolate pot, and poure it into *your* dish, holding it high./

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Mrs Henshaw 124

To make a Tansy to bake

Take a quart of Cream, a quart of juyce of Spinage, with some Tansy beaten in it, twenty four eggs (leaveing out half the whites) beate them very well; put to them a quarter of a pound of

Naple Bisket, & a penny Manchet, both grated very fine & sifted through a Cullender, a Nut-mug grated, mingle all those together & sweeten it to *your* taste. Then set it over the fire & thicken it a little, and bake it in a dish or pottingers. and butter *your* dish or pottingers before you put it in to bake. When baked put them on a plate & scrape Sugar on them

Mrs Henshaw To make Northern Biskets

Take a dossen of eggs (but half the whites) beate them very well, put in carraway seeds & sugar, less or more as you like. Mix them well with *your* Eggs, then with fine flowre make all up, into a pretty stiff paste, fit to roll. knead it a little & then roll it out in square thin peices, or *what* you please. You must be sure to prick them well before you put *them* to the oven: and bake them upon papers.

Mrs Henshaw A Winter cheese

Take half New milk & half Cream set it together, not so warm as from the Cow, and when it is come, take it thin in the

125 skimming dish, and lay it into *your* cloth to whey & there let it whey about half an hour. Then put cold water into the Tub, where the cheese curd is, & when the cheese is very cold, let it be gently wheyed, till it be fit to press when *your* first weights must very small, & by degrees increased, but no great weight till next day: and then it must be pressed very hard.

To make a Cream Cheese Mrs Henshaw

Take two quarts of stroakings, & of Cream boil the Cream, haveing a care of smoake then put in the stroakings & cool it a little with a clean dish; then take a spoonfull of Rennet (the older the better so it be sweet) when it is well come, take a large strainer & lay it in a great cheese mote fit for a winter cheese. Then with a skimming dish, take up the Curd gently, and put it into the strainer & lay a cheese board

upon it: and upon that a weight of about two pound; & let it stand two or three hours, untill the whey be well drained out from it. Then take a cheese cloth & lay it into a Mote, about two fingers thick, into *which* put *your* curd & let not above six pound weight be upon it. Turn it 3. or 4. times before night into fresh clothes

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and early the next morning salt it *with* fine, dry clean salt, and turn it once in two hours, till Noon into dry cloths. Then take it out the next morning, and lay it thick & close upon it, the leaves of the largest Nettles pulled from the stalks: shifting it into fresh every morning. If at the first pulling off the Nettles the cheese be moist, clap it gently with a clean cloth & presently put it in fresh nettles. In a fortnight it will be ready & sooner, if it be hott weather.

How to gum Gloves Mrs Henshaw

steep gum dragon in Rose or orange flower Water overnight, pretty thick. Next day wash *your* gloves with a peice of clean sponge; hang them up to dry *with* care, that nothing touch them. When they are dry, press them in a clean Book.

Mrs Henshaw To make pulp Cake of White

pear plums

Pare *your* plums as thin as may be, & put them into pipping gelly, let them boil together as fast as *you* can Then pulp it through a coarse hair sive, & then boil it again a little, then stir in the weight of the best double refined sugar, finely beaten and searsed, and when it is melted, put it

127.

into *your* glasses & stove it, as *you* do other sweet meates.

To make a Seed Cake Mrs Henshaw

Take 3. pound and half of the finest flowre
three quarters of a pound of Butter: rub the
Butter well into the flowre. Then put in
a quarter of an ounce of spice (*with* must
be Cinamon, Mace, & Nutmug) mingle
it all together: add to it 3. ounces of fine
sugar, and mix them well in the flowre
Then take 10. Eggs, put away 6. of the
whites, then beate them very well, &
put them to a large pinte of good Ale yest
and strain them together into the flowre
Then have ready 3. quarters of a pinte
of Cream, blood warm, two spoonfulls of
Sack, and two of Rosewater, collour it
with Saffron if *you* like it. stirr all these
together & when it is well mingled, strew
in a pound of ^{rough} Caraway Comfits. Then make
it up, & put it on paper, *which* must be first
buttered. Then put it into the oven, 3.
quarters of an hour will bake it. If *you*
like it, *you* may keep out some of the
Comfits, to strew on the top.

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Mrs Henshaws fflomery. 128

Take Oatmeal that is not very small, beat it
very well; then put it into an Earthen Pot:
poure upon it a good Quantity of spring water.
Let it stand twelve houres: then poure *that* water
from it, & poure fresh water upon it, and let
it stand twelve houres longer: Then poure
the water from it, till the white of the oat=
meal begins to rise. Then put it through a
Tiffany seive, and with your hands squeeze the
oatmeal till it will yield no more. When the
oatmeal is clean strein'd from it, put to it as
much water as will make it somewhat thicker
than new milk. Then boile it upon a soft
fire, stirring it all the while till it be enough,
which it will be in something less than half
an hour. Then put it into shallow dishes
When you have put away *the* Oatmeal by well
straining it, if you are not minded to boyle
it presently, you may keep it a week or ten
days by putting fresh water to it every day

when the other is poured off.

129 To preserve Oranges Mrs Henshaw

Take the palest & thickest rind oranges either Ber=
mudas or sivil: cut a round hole in the middle at
the stalk, and take out the meat, but not so clean
as to leave the rind clear. Then put them in a large
pot of water; shift them twice a day for 3 days.
the third Evening pare *the m* very thin, and put them
into water again, next morning boyl *them* in a larg
kettle of water. if you would have *them* look very
well tye *them* uup in tiffany or muslin, let the wa=
ter boile before they go in. keep them under
liquor till they are boiled very tender. you must
have another kettle of water on to shift them into
of they will look too high. When they are tender
take them up into a cloth upon a pewter dish,
turn the other end of the cloth over *them*, and
wet them all over with some of the Liquor they
boiled in to keep them from growing dry, till they
are put into the syrup; *which* must be made thus:
Take to every pound of Oranges (weighed before
they are boil'd a pound & quarter of sugar,
and a pint & half of water; clarify the
syrup & scum it clean, and strain it through
a tiffany seive, then take the oranges out of
the cloth, and pick out all the skins of the meat,
and put them into the syrup & boyl them up,
scumming them & keeping *them* under the syrup all
the while they boyl. When they look clear
take them up with the syrup & lay on the lay the cap
you ^{cut} took off from *them*, having first fill'd your
oranges with syrup; and put *them* into the pot you

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130 intend to keep them in. If you would put any
in Jelly, it must be made whilst they are
boyling, as you usually make jelly for other
things; onely John-Apples are best for Oranges.
when the stock is made allow the weight of
sugar, because there must be a little juice of
Lemmon to cleer it a little before you take it
up. The oranges you designe for jelly must
be drain'd clean from the syrup, and put into
the glass or pot you design to keep them in, and
fill them up with jelly & put on the Cap; then
put in as much jelley as will fill the glasses
half an inch above the oranges./

Mrs Henshaws Oatmeal sack-Possit .

Take a pint of Cream & 2 spoonfuls of *the* flower of Oatmeal, you must mix it very well together. put in a blade of Mace, set it on the fire and let it boyle very well till you think it is enough, and the rawness off. In *the* mean time take two spoonfuls of sack, 2 spoonfulls of Ale & 3 spoonfuls of sugar; mingle all these together & set it on the fire for to melt the sugar. Then put a spoonfull of sugar into *the* boyling Cream, when you think it is enough take & poure it to the sack sugar & Ale, then set it on a soft fire till you think it is enough, then take it off.

131 Mrs Henshws Apricock wine.

Take 3 pound of sugar, 3 quarts of water, let *them* boile together, and take off the scum when it ariseth. put in six pound of Apricocks par'd and ston'd, let *them* up & when the Liquor is cold bottle it up. You may if you pleas let the Liquor have one walm with a sprigg or two of flowr'd clary, when the Apricocks are taken up; it gives a pretty flavor. The Apricocke makes a good service form your Table for present spending./

Mrs Henshaw Sack posset

Take a full quart of the best sweet Cream, and near a full pinte of sack; to *which* quantity take 16. eggs, and beate them wwell, near half an hour. Then put the sack to them & strain them; then sweeten both sack & cream to your taste. The sack should be sweetened most. If you make it in a silver Basin, heate the sack & eggs in it; but in a white Basin, heate it in a skillet, and poure it *immediate-*ly out, when they are scalding hot & begin to be thick. You must keep them constantly stir ring, only one way. When you think them so ready, poure into them the Cream; it have ing boild, & the scalding a little off poure it in as high as you can. Then give but one

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132 stir round, and cover it with a plate tied in a

napkin. Let it so stand warm half an hour, before it be eaten. When you mix it together, take it off the fire.

Mrs Henshaw To make Red Quince Marmalade

Mrs Henshaws

Take Quinces & pare them; and to two pound of Quince take a pound & half of Sugar, a pint of water, and a pinte of the juyce of Quince; *which* must be grated & strained over night, that it may be clear. Then put *the* juyce, water & sugar together, into the skillet you intend to do them in, & let it boil & Scum it. Then put in *your* Quince, and set them on a Soft fire & cover it, with a peuter plate tied up in a ragg: and let it boil gently till it is of the colour you like. Then take off the cover & break it: and let it boil as fast as you can till you think it be enough.

Mrs Henshaw To make white Quince Cakes

Take your Quinces the same day they are gathered, if you can, and quoddle them: and be sure to let *your* water boil, before you put in *your* Quinces to quoddle, and never let them cease boiling, till they are tender enough: keeping them all-ways down with a ladle in the water as they quoddle. Let them boil very fast in a great deal of water. When you think they are enough, take off the outsides very clean, and scrape the pulp with a knife to the core Mash it, that there be no great bitts.

133 Then set the pulp on the fire, haveing first weighed it; and when it hath had a boil or two upon the fire, stir in the weight of the best double refined sugar searced; and when it is melted take it off, & put it into clear cake glasses, and stove it as you do other sweet meates. Be sure not to let it boil after the sugar is in

Mrs Henshaw To make good Custards to bake.

Take a quart of Cream, the yolks of nine Eggs with two of the whites, well beaten Then strain them into the Cream cold; sweeten it, & put in a little Nutmug & strain it through a sieve, & bake them not in too hot an oven.

Put in a spoonfull of Rose water if you ^{please} or ~~ore~~
oreng flowre water or Sack or both

Mrs Henshaw Goosbery fool

Scald as many Goosberys as will be done
in a two quart scillett being clean picked
from the stalkes and blacks, when thay
are very tender bruise them with a
spoon, and putting in as much suger as
will sweeten *them* to *your* tast, then beat
the yolkes of six eggs with a little of *the* thick
watter and put into *them* setting them on
the fire and lett it boyle a little

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To Collar Brawn. Mrs Henshaw .

Let your Bo'ar be thorough fat, stick it
carefully that it do not dye presently, then
move it about gently to make it bleed, scald
it, and scrape it very well that it may look
white, and dress it as you would another hog.
Next morning bone it and cut it out in
Collars of what size you please. You may
either bone it whole or cutt in halves. where *the*
flesh is too thick slit it or cut it off, but let the
flesh be watered with the pieces that it may
look white, to fill the Collars, then lay it in
a good quantity of water wherein a good
quantity of Salt has been dissolved. Lay
it in two several tubs that the bloody pieces
and the other may not lye together. It must
lye thus 3 days being shifted with fresh water
twice every day and scraped with a good
strong knife that *the* outside may look white.
The night before you designe to boyl it, you
must roll it in Collars, It must be first washt
out in some warm water to make the brawn
buckle close: dry it very well and throw a
handfull of Salt into it. Wrap it in good strong
Linnen cloth not too course, Sow it up with
good strong brown thred two or 3 times double,

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Let your stitches, be 2 inches wide that there may be

room for it to lace in when it is boyled. When it is sowed along the middle set it on one and stuff it full of flesh, tye the ends, and the next morning let your Copper be filled with water, put in as much milk as will coulor the water white. When it's warm put in your Collars and keep them boyling and scumming for the 3 first hours, then let them boyl more moderately for 3 more. It must be tender enough for a straw to run through it. then take them up and lace them pretty close, and tye up the ends. Then put them into water colored with milke quite cold. Move them about in it some -times for an hour, then take them up and set them in some tub where they may not touch one another. A day or 2 after put them into the sowceing drink made of Bran and water seasoned with salt as you like it, boyld very well.

I generally let them lye in the sowceing drink a day or two before I take it out of the cloths, and except what I vse presently I let lye A fortnight in the cloths. instead of brown thrid, the twisted thrid thay net with is best to sew it with when you role the collars up pare one side pritty thin that it may close the better

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To Salt Bacon like Westphalia .

Mrs Henshaw .

Take A limd quarter of porc, Cut it like A Westphalia gamon then beat it all over with a Rolling pin holding it vp by the hough that the skin do not crack. then salt it well with beaten Nitre then with coarse sugar and then with white salt. then turn it every day for 9 days and then hang it adrying. Before it is boyld lay it in water one night.

Marmalade of Oringes. The Lady

Jones 's way.

Take 12 of the best Oringes, pare or grate them, Cut them and squeez out all the juice, and pick out all the pulp from the skin and put into the juice. Then take the weight, in double refin'd sugar, a pound to a pint, leting it stand allnight in a silver tankard,

then put *your* peels into water and the next day boyl them tender as you would have them, then pick out *the* strings and skins and slice them very thin, and mince *them* very small then take their weight in sugar and boil it to a candy height. then put in the pulp boyling it as quick as you can till it be

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pretty thick, then put in your juice and sugar, then give it but 2 or 3 boyls squeezing in the juice of one Lemon, and put it in your glasses./

To preserve Bayford pippens.

Lady Jones .

Take one pound of Bayford pippens, Core them with a scoop Take one pound and half of double refined sugar beaten and put some fair water to it to make it into A thin syrrup. Set it on the fire and let it melt and when you have scummed it clean put in your Apples, which must be curiously pared, and let them boyl as fast as you can. When the Syrrup begins to wast put in half A pint of Rheish wine. When the begin to clear, and are near enough, put in one pint of pippen jelly, and then let it boyl till the syrrup will jelly. then put in the juice of three lemons, then take it off the fire after a boyl or two, and put them in deep glasses./

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138 To make Elder Berry Wine

Mrs Marshall

Take 20^{li} of the best Malaga Raisins pickt & rubbd clean, shred them small & put them to 20. quarts of Water. Let it stand 10. dayes; then take five pintes of the juyce of Elder berries & put them together cold. But first first strain the Liquor through an hair seive, stirr it well together, & put it into a vessell. If the weather be cold, put a Blanket about *the* vessell while it is

working. Let it be stopped & stand six weekes at least. Then bottle it off & it will keep good a year.

Let the berry be ripe, but not too ripe, & gathered dry. The best way to get the juyce is to strip the berry into a Pitcher, & set the Pitcher in boiling water, and as it comes off strain it & set it in again till you have *the* Quantity. But be sure no water get into the Pitcher.

Take 2 of *the* Nutts at Night when you are Costiue or before takeing Plysick it is holesome against Infection Consum=tion or weakness

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Mrs Henshaw To preserve Goosberries

Take Gooseberries & slit them & pick ~~them~~ out the seeds & put them into cold water while they are done. Then put the into scalding water & cover them. When they will peel, take some of the water & heate it again, and put them in as you peel them. Then have some goosberry gelly made ready & weigh it, the Goosberryes & gelly together: & give them their weight in Sugar. Then set the Goosberries & gelly on the fire, together with the Sugar, and boil them as quick as you can; and when they begin to be clear they will quickly be enough. To half a pound of Goosberries, 7. ounces of gelly will be enough.

To Preserve Walnutts Physickaly

Take walnutts aboute Midsomer & Cutt of *the* Ends: then boyle *them* in two waters: but the bitterness must not be out to much Nor they to tender: then to Every pound of Nutts put a pound of brown sugar & half a pint of water: boyle *the* sugar and Scum it Clean & when it is allmost Cold put in *your* Nutts wipe *them* Dry & Cutt *them* in *the* side with a penknife to *the* midle & slick half a Cloue in Each of *them* then boyle *them* a little: & boyle *the* Syrup to a thickness & pour ouer *them* when at any time it is ~~is~~ grous thin boyle it againe & pour it ouer *them*

140 Cousine Courthopes

Quince wine

take your Large quinces pare them and
as you pare them put them into faire
water then grate them and squee out the
Juice in a strong bolter bagg then Let it
stand a Litell to setelle and then Let it
run thro a Jely bagg until tis as cleare as
water for so it will be then botle it and
to euery botle of wine put in a quarter
of a pound of double refind suger cork
it well and a fortnight after pour it
out of them botels into others for
theare will be som settlement and when
you botle it Last put a nob of suger
in euery bottle it will keep a great while

Cousin Courthop to Marinate Elles

take your eele clences it wipe out all
the blood wind it up first the head
ty it ouer with pack thread and fry it
in salet oyl fry it softly and turn it
often till it is well soakd when thay
are throw cold put them into this
folowing pickel

as much white wine uiniger as will couer
the eells put into it whole peper salt and
mace and sliced ginger and six bay Leaues
Let them boyl together a quarter of an hour
when tis cold put in the eels and press
them down that thay may keep couerd
they will be redy to eate in a weeks time
but thay will keep close couerd 3 or 4 mounth

Abricot

Lady Jones Cakes

Pare your abricots and cut them in Litell
peeeces to euery pound of abricots take 3 quarters
of a pound of fine sugar beaten and sherced
put them together in a preseruing pan and
let it boyll till it be thick Pape then Let
it cool a Litell and drop it upon glases &
as soon as that haue a skin ouer them dust
them with double refind suger in a fine

seiuē and put them in a stouē and when
one side is dry clape the to wet sides together
and so turn them euery day till thay be
enough.

Lady Jones fruit Bisket

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Take four ounces of any sort of fruit pulp
or Juice and six ounces of fine suger beaten
and scarced make them both scalding hot
seueraly then put the fruit to the suger
and beat them a Litell then put in to
good spoonfulls of the froth of the white
of eggs and so continue beating it an hour
or more till tis uery white and Light so
drop it into dripping pans made of cards
or stiff paper and set them into the stouē
it will be a fortnight in drying if you
plese you may put into the beating to grains
of mush and to grains of Ambergris

Cousin Stone To Pickle Cucumbers

Take 12 Cucumbers & slice them thinn & put
them into a pewter dish, put to them Six
onyons sliced, then strow them with two handfulls
of Salt, and let them stand 2 dayes then boile
up a strong pickle with white wine Vineger
and halfe beere Vineger, Cloves Mace &
whole Pepper, take *your* Cucumbers out of the first
liquor & put them into a Gally Pott then powre
you pickle made with Vineger boyling hott upon them

letting them stand till they are cold, then
strow a beaten Pepper, and they wilbe fitt to
eate in 2 or 3 dayes, according to this rule
you may doe what quantity you please

Cousin Stone To Make jumballs

Take a pound of sugar good weight, a pound
and halfe of fflower *your* flower & sugar both
well beaten & ceached being first dried, & Six
Eggs halfe the whites put out, beate them very
well with three spoonefulls of Rose water then

breake into the flower a quarter of a pound
of butter, and put in some Coleander & Carraway
seeds then make this into a paste & role into
what fashion you please they must be baked
upon Tinns

Cousin Stone To Pickle Tongues

Lay your Touns in pump water for 12 hours then
take them out & scoure the shine cleane off & rub
them dry in a Cloth: To euery Toung take as much

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much Salt petre as a Walnutt & beate
it small & rub your Toung with= it, then
salt them with= other salt and lay them in
an Earthen pan, and in three dayes after
take them out againe & salt them as
before with= Salt Petre and other salt, and turn
the other side downwards, & soe lett them lie
a Month, & then they will be ready to boyle
if you finde the pickle begin to decay
boyle it, and when it is cold, put *your* Touns
to it againe, if boy? your Touns to eate hott
water them 12 hours before/

Cousin Stone To Make Elder Wine

To euery quart of water you use put a
pound of Malagoes or Raisons of the Sunn
they must be chopt small putt them and
the water together in one or more Earthen
potts, and lett it stand 10 dayes stirring it
twice a day, & at the 10 dayes end you must
squeeze the liquor from the Plums, & to

euery Gallon of liquor put a large pint of juce
of Elder berrys, then putt it up into a barrell
but stop it not close untill it hath done
working, lett it stand in a warm place till
it is fine then bottle it, the plums must be
well rub'd in a course Cloth before you chop
them if you Bake *your* Berrys put *them* in to
pots & Bake *them* with *your* Brown Bred powr
of *the* Juce when it is hot & yous *the* sam quantity
as of raw juce raw.
Juce makes the pale wine

Orang Wine EC

Take 3 gallons & halfe of Spring Water on
Quarter of a hundrid of Oranges 7 pound of
fowre peny suger, the whits of two Eggs well
beat, the Water, Suger, & Eggs must be boyled
together, when it boyls scom it very well,
after You haue scomed it boyle it an howre,
then pare Your Oranges, & putt in the Picts,
when it is cold putt straine it & putt in a
pint of the Yest, Let it work 24 houers
Take the Yest off uery Clean, & putt in the
Juice of the oranges, & an Quart of sack &
two Quarts of Whit Wine, putt it into a
Vessell & the Picts with it Let it stand 12
or 14 days then bottle it & ty it Cloce, be
sure You doe not putt in the whits of the
picts for it will make it bitter.

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To Make a Lemon Pudding EC

Take 4 Large Lemons, pare them thick
boyle them in fiue or six waters when
the pile is tender brake it in a mortar
uery fine, then add to it 8 Youlks of
Eggs & fower whitts, beat them extreamly
well together ad 6 ounces of ordanary
Lofe Suger, & halfe a pound of butter &
Som of the Juice, still beat it in the Morter
till it is all mixt, Lay puff past att the
top & bottom of the dish halfe an howr
will bake it,

To Make Pancaks EX

Take a quart of milke & ten Eggs Leue
out halfe the whits, then putt in a wine
glass of Sack on Sponfull of Alle Yest
season it with Nutmeg & ginger & make
into thin batter with flowre & Let it
stand halfe an howre by the fier not to
nere, & just before You fry them putt in
a quarter of a pound of melted butter, You
need only rub Your pan with butter when
You fry them, if You haue no milk, Alle,
or Water, will make them good

To Coller a Calues head EC

Water Your Calues head a day & a night bring
clean Picked & boned, then Water it again 6
howres, wringing the blood clean, then season
it with Clous, mace, Nutmegs, peper of each
a Like quantity beaton, then take of sweet
herbs Sage & Spinidg of each on handfull
shred them uery Small & mix them with
your Spice & a good dele of sault, if Your
head is Larg halfe of it will be big enough
for a Coller, wash the inside of the head
with Yolks of Eggs & strow in Your seson=
=ing, then Lay on slices of backon the
Length of the head, pare a Lemon & Slice
it, & pick out the seeds, & Lay the slices
on the Backon, Role it up in a Coller &
to it Cloce & sowe it up in a Cloth &
bind it with broud filliting then boyle
it in a pipkin with whitt wine & wine
Vineger & som bace & som Lemon pile
& som hole Spice & an onyon pricked
full of hols, to three heads You must haue
a quart of wine & as much Vineger &
& halfe an ounce of each Spice & som sault
& what You want of Liquid to Cover them
You must make up with water You must
boyle them till they are tender they will

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keep 3 months
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To Make Orange Custerds

Take the Yolks of twelve Eggs, & the
Whitts of six, beat them uery well with
a spoonfull of orang flower water then
putt to them the Juice of eight oranges
& the bigness of Wallnutt in sweet butter,
sweeten it to your tast, then sett it ouer
the fire, & stir it all the whill till it is as
thick as Cream, then putt it into dishes &
eate it Cold,

To Make Wine Eager Mrs Henshaw

To an Ale gallon of spring water allow 3^{ll}
of Mallegoe raysons well washt & ^{not} pickt but
draind, your Runlet must be a third part
biger then you desine to make your quantety
well bound with Iorn Hoops Cutt the
bung hole so large that a hand may goe
in to clean's it, then lett your fruite be
first put in, & poure your water upon
it, paste the bung hole doune with a
Corse thick Cloath set it in the Sunn
from May to September, when you euse
it draw it ofe and not botle it

To Make Lemon Jelly EC

Take 4 or 5 of the depest Rinds
You can gett Rasp them into there own Liquer
about a quarter of a pint when this hath
stood a whill putt to it a pint of hearts
-horn Jelly made strong, & hott sit it on
the fier & boyle it uery quick a pritty
whill then strain it into a pound of
duble refined suger boyled to sugre agane
then squese in the Juce of an other
Lemon, Let it stand ouer a soft fire
till it begins to Jilly on the spone,
it will make Clear Cakes if you putt
them into Little glasses & stoue them,
with a small fire,

Raison Wine Mrs Beaumont

to 5 *pounds* of Malaga Raisons, a Gallon
of spring water pick *the* fruit clean &
put it into the vessel whole, pour *the*
water on it & stir it 3 times a day for
a fortnight or more stop the Vessel
close & let it stand half a year before you
bottle it if you keep it longer it will be better

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To make Cheescakes Mrs Henshaw .

Take 5 quarts of milk & put to it two good Spoonfulls of
Runitt, & lett it Stand till it comes very hard, then put *your*

hand in it & break it very Small, then put it in a cloath
& Strain all *the* whey from it. then put it in a mortar
putting thereto half a pound of blanch't almonds beaten
with *the* yolk of a Egg very small, & half a pound of
Sugar & 5 yolks of Eggs, a little Rose water a little
mace cut very Small, half a Nutmeg grated: beat all these
together with 3 quarters of a pint of good thick sweet
Cream. Then take half a pound of Currants wash't &
pick't & boyle *them* a little, then dry *them* in a cloath. Stir
them with *the* rest, take a pound of *the* finest flower, half a
pound of butter, a little Sugar 2 or 3 spoonfulls of water
*** make it up alltogether, & divide it into 6 Cheesecakes which
the Curd will iust fill, tye or pin a paper about *the* crust of
euery one of them, & when they are almost baked take off *the*
paper, then strew a little fine sugar on them & set them
again into *the* Oven till they are baked enough, the Oven
must be well heated, then *the* Top a little cooled with a mop,
& if you would have any of *the* m plain, you need take but a quarter
of a pound of Currants. If you would have ^{them} in little Cheesecakes,
you may take a pound & an half of flour & three quarters
of a pound of Butter./

You must add 3 yolks of Eggs to make the Crust
and little Cheesecakes the quantity makes 14./

To make white quince paist for pasty
to keep all the year.

Cozen Hanshaw

Take *your* clearest Quinces, & sett on a skillet of
water, which must first boile before you put
your Quinces in to coddle & never let them cease
boilling untill they are tender enough keeping
them alwais down with a Ladle in the water
as they codle, and let them boile pretty fast in
a good deale of water that they break not one
another untill they are as tender as a Codling,
then take of the outside very clean and scrape
the pulp with a knife from *the* cowre mash it
that there be no hard bits., To a pound of
Pulp of Quince put: 6 ounces of iuice of Quince
a pound & quarter of good sugger beaten and
sifted. Stir all together & boile them, tele you
think it is enough; Which it is when it looks
clear. You must shake it in the boilling to take
of the Scum.

To make Apricock paist for Pasty
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Cozin Henshaw .

Take ripe Apricocks pare them & cut *them* in bitts
and to a pound of Apricock put nere half a
pinte of Jelly of Codlings. Lett it boile till
it is all mash, then have redy two Basons
of an equall wait, & powre out [^] *your* Apricock in
one, & weigh your sugger in the other weight
for weight, And boile *your* sugger to a candy
hight then put in *your* Apricock & boile it 'till
the sugger be well melted & power it in pots
for *your* use. The next day paper it up with
issue paper wetted in clean water & dried on
a cloath before you put it on.

It is always best to beat *your* sugger very well
small as you intend to boile to a Candy hight
And put as little water as possible you can
to wett it./

To make Raisberry paist for Pasty
to keep all the year

Cozen Henshaw .

Clear *your* Raisberrys from *the* bad ons & mash *them*
as small as you can. And to a pound of Rais=
=berrys take neere 1/2 a pinte of *the* Juce of Red
corrance, And *the* weight of good sugger

put them all together in a skillet; Boill it 'till
you think it will Jelly scuming it now & then
And put it into pots for *your* use.

It is best to Paper all wet Sweetmeats with
issue paper just wetted in fair water and
dryed again with a clean cloth, And so lay it
on damp; W^hich makes it ly much closer *then*
if you lay it on dry. Paper the top of *the* pot
again with a white paper tyed or rowled
close.

Dryed Sweetmeats keeps much better in
fine white paper then in corse white paper.

To Preserve Oranges to make tarts

Cozin Henshaw s way.

Take 1/2 a Core or a dozen Oranges, Pare off the yellow rind clean, & tye them up close^{loos} in a thin cloth; Put *them* into a Larg Kettle of boiling water. Keep *them* under water 'till they are boilled very tender. Then take them out of *the* water & cut them in rownd slices not too thin, & pick out all the seeds clean. And to a pound of Orang take: 3 quarters of a pound of Suggester & half a pint water, set *the* water & suggester on first, Boil it & scum it then put in *your* Oranges, Let *them* boile

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till they look clear. When they are nere enough Squees in *the* juse of a larg Lemmon, let it boile a little after put it in pots for *your* use.

To make Nunes Bisket. Lady Jones .

Take half a pound of *the* best Jordan Almonds blanch *them* & beat *them* very fine Take *the* whites of 6 eggs & beat to a froth *then* add *them* by a spoonfull at a time in *the* beating of *the* Almonds till you have put all in then have in reddiness a pound of dubble refined suggester finely searced, *with* the peel of 6 Lemmons greated into the suggester; then put *your* suggester to *your* Almonds & mix *them* well & beat *the* yolks of 6 eggs very well & put to them. Then put in half a pound of fine dry flower beat all thgese together very well for a quarter of an hour, then bake them in little square Paper Coffins well buttered, Let *your* Oven pretty quick but not to Scorch them. One quarter of an hour will bake them.

To lay Lemmons in Jelly.

Cozin Henshaw

Take *the* Lemmons pare *them* pick all *the* white *that* there be nothing but *the* cleare skin upon *them* then take out *the* severall Cloves or divisions of *them* pick out *the* seeds *with* a bodken. Break *the* Cloves as little as may be *then* take their weight in suger. Wet the suger *with* a little fair water Set it upon *the* fire & let it boile a very little, then take it off the fire & put in the Cloves of *your* Lemons set *them*

on *the* fire againe till it be scalding hot, *then* set it
by till *the* next day & then give *them* a boile till they
look clear; Lay *them* out to drain while you make
your your Jelly of pipins *which* must have a Lemon Squee
=zed in it. Lay *the* Lemons in a pot as close as they
can lie without lieing one upon another, then
power in *the* Jelly to fill *the* Glasses rais the Lemons
from *the* bottom of *the* Glasses with a bodkin.

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To make cakes of Juce of Lemon
of the Juce of any frute

Take Duple refined Suger beaten and finely Sifted
dry it ouer the fire in a Silver porringer when it is dry
and very hot put in Somuch Juce as will make it
of Such a thicknes that may be dropt upon paper
and ly in Round cakes, but before you drop them
you must let the Juce and Suger Stand on *the* fire
tell they be very hot but not boyl, then drop
them out and if they dry as you do them you
may put in more Juce: with the Juce of lemons
you may put in violets or cowslips or shred
Lemon peel or any such thing you like Either
for fast or couler and they must be mixed in
the Suger when it is hot Just before you put in *the*
Juce: when they are dry of one side you may
pull them off *the* paper and when they are grone
hard which they will doe without a stoue
you may put them in a box all together
on heaps they will keep couller *the* better:
If you make these sort of cakes with Suger
boyled to a candy and *the* Juce and fflowers put
in when *the* Suger is but of a Soft cand.
they will hold couller better then *the* other
but are much more troublesome to make: /

To Make Paist for Sweetmeat Pastys or
any Pys in dishes or Pattee-pans

Take a pint of the finest flower; 2 eggs, a quarter
of a pound of butter, break the butter pretty small
into the flower, make it up into a paist with
a little cold water, as little as you
can, to make it into a paist, than rowl it out

with a rowling pin not too thin, and spread
a little butter all ouer it, then flower it=
after that lap it, or rowl it up with your
hand & let it ly a little, then rowl out your
Paistys of what size you please, & lay you^{??} your
sweetmeat on them raisberry corance quince
or apricock paist, that is not too thin, and
close them with a little water, lay all your
peeces you cut of one way upon another
by them-selves & rowl the paist out all one
way, els it will be heavy Just as you put
them into the ouen, doe them over with
a feather, diped in the white of an egg or
two, beat up to a froth, & sift some fine
suger on them, a quick oven does best.

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To Make ffrensh Bread Mrs *Henshaw*

Take halfe A peck of fine wheat flower
Dry it a Little in an oven then take Some
milk and warm it pretty hot but not Scald=
=ing hot then take a pint of new Ale Yest
and a Lettle Salt beat them together lett
the Salt be desolved, put it into the milk
stir it together then put it to the flower
and work it all together but not to stif
so done make them into Lofes what Size
You please set them upon a dry board
well flowered or put them into Small
dishes and cover them warm and Let them
Stand a *quarter* of an houer then set them
into the ouen stop the Side closs and Let
then stand an Houer,

To make good mustard Mrs *Henshaw*

Beat your mustard seed undryed, sift itt
through a hare sive, mix it prety thin with
vinagre for it will grow thicker with keeping
put into a halfe pint jugg 20 cornes of white
peper, 2 larg races of ginger slit a lump
of loaf suger, pour your mustard to it, &
stop it close with a corke tyed up in leather

To make a Sullibub. L. Pain

Take the white of 4. or 5. Eggs, beat them till they be very frothy with a white whisk, bound both ends together. Put in a quarter and half of searced sugar, or more if you love it sweet. Then wring in the juyce of a larg Limmon; & beate it till the sugar be melted. The powre in half a pinte of sack, & so beate it together. And a pinte of good sweet cram & beate it all together a good while. Then powre it into *your* Sullibub glasses and let it stand 5. or 6. hours at least, before you serve it up to the Table. It will be clear in the bottom, cream in the middle, & curd at the top.

To make an Oatmeal baked Pudding

Take a quart of new milk or thin Cream, let it just boil; & then powre it upon half a pinte of great oatmeal Cover it close, till it be tender. Shred some beef sewet very small, & stir it in the oatmeal while it is hot. Then beat 4. Eggs very well with a spoonfull of Sack, sweeten

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it to your taste. Mix it all together, & put it into the dish you intend to bake it in: *which* must be well buttered. Be sure you put in small shred Sewet inough to keep it moist. If the pudding be not thin inough, you may put in more milk. And ~~put~~ boil some Nutmeg & Mace in the Milk or Cream you put to the Oatmeal.

To pickle green Bacon

Scald the Hogg, & bone it as you do Brawn, Cut it into such peices as best sutes the Tub or earthen pot that is to receive it. To a large Hogg allow a pound of Salt-Petre. & rub every peice first with it; Then salt it very well with ordinary salt: and lay it thrust as close as you can in the Tub. So let it stand close covered about six weeks or more before you use it. And take the peices as they come not stirring the other. If the Brine do not cover it after it hath stood 6. weeks. then you must make a brine on purpose, boiled high & scumd: and put it in when it

is cold. If you haue any brine by *then* that is left of salting tongues or Hams, it is better than any you can make, to put to it. After you haue boiled it & it be cold, put it to it, keep it very cool in a collar & set the Tub on a board to keep it from rotting.

To make White quince Marmalade

to Keep all the Year./

Take the best quinces when they are newly gathered pare them and core them, when you haue cut them in quarters, ad to a pound and halfe of quinces, 2. pound of Double refined Suger, finely beaten and searced Lay Your quince quarters into the Sawce pan. or Skillet You intend to doe them in, Strew =ing all the Suger betwen as You Lay them in, and put in halfe a pint of *the* Juce of quince, then set it on the fire and boile it verry quick, cover it as Sown as the Suger is melted and as soon as it Look clear, take it ofe and break the quinces and put in 2 spoonfulls more of the juce, which will giue it a quick tast, then set it on again and Let it boyle a Little, then take it ofe and when it is cool a nufe put it into deep glasses or gllay pots: it will be best to prepare your juce the Day=before which must be dun thus/

Take your quinces and wipe *them* verry cleane and cut out the black tops,

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then grate them and squeeze out the juce as fast as you can, through a flanell as you doe it power p̄ it into your paper funell and set it into a glass bottle to drop through, the quicker you do it *the* better, The paper funell may be made of halfe a sheet of whited brown paper or issue paper./

To make Almond butter. Mrs ffremans

Take a pinte of Cream and boile it; then take three Eggs beat=
=ten very thin: put them to the Cream, and lett them boile un=
=till you see thin and thick separate. Strain the thin clean from
it. When the curd is could, take half a pound of Almonds xx
beaten very fine with a little Rose=water: also two ounces of
Dubble=refined suger, finely beaten, and searched: Being all
well mixt and beaten together in a Morter dish it up.
Put your Almonds into could water in the morning and
as you blanch them, throw them into cold water untill
you beat them./

To make Chocolate my Lord Gorg's way.

Take a quarter of a hundred of good Caraco=nuts. Parch them very a
well with a quick clear fire: no matter how brown, so they be not
burnt. Clense them well from the husks, and fan them very
clean. To this quantity of nuts (which will not be above twenty
pounds when parched) take fifty good Venellios, which will wey neere^r
six then five ounces (for under the last they must not be) and
ten ounces of Cinamon with four cods of red Guinea. paper: x
which must be dried before the fire, and the seeds shaken clean
out. Powder all this spice together, and sift it through a Tiffiny
sive very fine. To every pownd of parched nuts put three quar=
=ters of an ounce of this beaten spice, and one pownd of good
powder sugar./

To Make: Aprecock: Wine Mrs Carols

Take good spring water: and boyle it an
hower: and Let it stand tell it be Could: then for
Every quart: of water: two quartes: of Apre=
Cocks pared and stond Let them stand two
gether A night and A day then straine it
Throw A haire sive and me^a sur your Liquer
And two Every quart tak three quarters of
A pound of good powder shuger then stur
It well up: While all the shuger is melted
Then tun itt up into A strong uesell and when
It has done working Cork it down Close
And A top of that dubell white paper & Clay
bung A top of that: And at half A yeares
End botell itt Out

To Make Marmalade of Oringes

Take twelve of the best Orenge pare or
great them then Cut them and squease out
all the juise and pick all the pulpe from
the skin and put it into the juice then take
The Weight of dubell Refind suger A pound
Two A pint Letting it stand all night in
A silver tankerd then put your piles into water
And the next day boyle them as Tender
As you would haue them then pick out
The strings of them and skins, then slice
Them very thin and mince them uery small
Then take their waight in suger and
boyle it to A Candy height, Then put
In youer pulpe boyling it as quick as
you Can tel it be pretty thick then put
un youer juice and suger then giue
It but two or three boyles squeasing
In the juice of one Lemmon and put
it into youer glasses.

If you pare all the yellow ^{^ rine} of youer
Oringes youer Marmalade Will be the
Better

To Pickle sparragrass: Mrs Henshaw

Take the sparragrasse and ty them vp in small
bundles & put them up into A pot, then take
sum water and season it with salt tell
It will bear An Egge, and fill up the pot
With the solt water and Let them Remaine
so About A month or Longer as you pleas^e
but when you take Any out Let it be stopt
up uery Close Againe, Then them that you
haue taken out, put it into some faire
Water, shifting it often for 3 or 4 houres
And put them into A brass kettle and Let
Them haue A good fire under them tell
they boyle or tell you find that they are
green Then take them and Let them stand
Tell they are Could then boyle youer
pickle, as you doe for other things
putting them in when the pickle is Could
you may boyle them at any time in the

Winter, Laying them in fresh water 3 or 4
houres shifting them often when you
open the pot they will smell uery strong
But they Are neuer the worse for that/

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To Make Cloue Wine Mrs Henshaw

Take three gallons of water and seuen pound of
suger one gallon of Clofes, with the whites
Well Cutt of, Boyle the suger and water three
Quarters of an houre or more, skim it uery
Well, you may Clarifie itt with whites of Eggs
if you please, putt the Cloues into an Earthen
pott then pour youer Liquer Scalding hott
To them so Couer the pott uery Close, and
When itt is Could Enough two worke putt
In 3 or 4 spoonfuls of barme Lett itt stand
Two dayes & two nightes then straine out
The Cloues and putt itt into A pott Again
so Lett itt stand A week or more then-
Bottle itt with A Lump of Lofe suger in
Each bottle you may put in the juce of
A Lemamon if you please, the pott
should bee A steane that is a tape & fosset
To draw itt Out -

How to Make Lemmon Marmalade

Mrs Henshaw

Take a pound of duple Refined suger beatten
And A pound of pipens and two pipen Aboue
A pound pare them and Chope them as small
As you Can Cutt them into A skillet first -
strouing suger att the bottum and as you Cutt
Them strow suger upon them but do not
put all the suger on them, then set then on the
fire put in halfe A pint of water ^{^ or less} and Lett them
Boyl tell they Looke Cleare: then take two=
Lemmons pare them uery thicke and boyl the
pills tell they bee uery tender. then mence
Them uery small Cuting Away as much of
the White as you Can After it is boyled and
put it ^{the peel} to the pipens, and Lett it boyle tell you
Thinke it will Jelly then take itt of from the

fire and put in the Juice of both the Lemmons
In it and Let it Jest boyle and no more: then
Then take it of and put it in your Jelly
Glasses you must strow the suger on as it
is A boyling
Add two this A quarter of A pint of pipen Jelly
Let it boyle A Little before the Juice of Lemmons
goes in and A Low A quarter of A pound of
suger more, this will make itt turn out uery
ferine

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To Make Ink Lady Lidall

Take three Ounces and A halfe of gales: and
put thereto A quart of snow water Let the
gauls ie in it 2 or 3 dayes: then strain
It from the gauls and put thereto two
Ounces and halfe of Copperas: and two
Ounces and half of gum Arabick: keep it
stiring twice or thrice A day for A
fortnight together and Afterwards as-
you see Convenient or A White scum
A Riseing on ^{the} top: But take Care your-
Gauls be beate as small as meal, and *your*
gum as small as you Can get itt

L Lidal To keep fowl fresh A fortnight

kill the fowl and blud them well in the
head Leafing their heds on and all the
fe^a thers Also Let them be throughly
Cold, before you put them up two be
sent by A Carryer or other wayes; then
put two peper Cornes in their uents and
sow them up, undrawn: put them up
With dry bran; two keep them from
all air and sheaking: Thus they will -
Carry uery fresh: And Rost as white
as if newly killed
Espesiall patridg out of the mew.

L. Lidal. To keep Limmons all the year fresh

Let the Limmons be fresh and sound before they

Be soft, Couer them all ouer with bay salt
Lay your salt A Conseederable thickness
In An Earthen dish at the bottum perhaps
Three Inches deep: Then Lay in youer Limmons
At A distance from Each other, that they
May not touch, but the solt may fill up the
spase between Each Limmon; Then poure
ouer the Limmons as much salt as will Couer
them 2 or 3 inches all ouer, and Couer the
Dish they are in with A bowl or box-

To Make Otmeal Pudding L Lidal.

Take three pintes of new milk, and when it
boils put into it two good handfulls of
Oatmeal Crusht, but not small when it is
Creed and half made the milk prety thick,
take it of the fire and Couer itt Close down
When it is Almost Could, break in six-
Eggs and A little salt, A Little suger A pice
of butter, A nutmeg greated if it be two
thick put in 4 spoonfulls of Craime: butter
Butter *your* pans & put it in if you Loue it with
frute, put in A pound of Rasons & Currance
Jest before you put it into *your* pans, stir the
first well in & so put it in pans, well buttred
And beak it in not two hot an ouen

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L Lidal To keep Venison fresh & good

Take an hanch or any other parte Cutt
Out the brused blood, and wipe it with a Clean
Dry Cloth, Then Couer it all ouer with
Dry bran as Clear as you Can without
floure, Lay A great quantety of bran
vnder it as well as ouer it two keep it Close
from the Air: throw ouer the bran A
Cleane dry Cloth: Thus it may be kep
A week fresh and good

L Lidal The Queens Cream

Take A *quarter* of A pound of the best harts
horn, put to it four quartes of spring
water Let it boyle slowly down to
one quart: strain it through Jelly bag
And when it is almost Could put to it

A quarter of A pound of Jordan Almons
first blanched in Cold water, then
purly fine beaten with sum of the Jelly
And oring flower water warmed Else
it will Cool the Jelly and the Almons
will not beat so fine, when they Are
beaten eEnuf mix them with all *your*
Jelly, strain it 4 or 5 times through
A Jelly bag sweeten it with

Duble Refined Suger to your teast and
Add Oring flower water or Juice of Limmons
as you Like and put it in Jelly glasses -

L Lidal To Make A Lobster Pye

Make the Crust thus: to Euery pound of fine
flower Rub in half A pound of butter -
Three Eggs and as much faire water as
Will make it fine Light paste, work it
as Little as you Can and Roll only one way
from you, then divide the paste Equally
And flower youer patty pans, and then haue=
ing t??ed^{rolled} out one half of the Crust for the
Crust for the bottum, Lay it in the pan, thin
the other half for the top, one pound and half
of fine flower with butter and^{ect} proportiably
Makes A Crust for A midling siz^ed patty pans
your Crust this prapared, then take 3 Lobsters
Which will fill A middle siz'd patty pan; boyle
Them and take out all the Meat of the Claus &
Tailes, free them from all splinters & the
Red hard peices that are usually in the taile
peice, Cut the tail into four, and the Claws
If Larg into as many, season it with beaten
mace Cinamon safron to discreshun
Considering that fish Requires More.

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Seasining then flesh: their flesh being-
Then Re^ady, put up on the bottum of you^er
Crust A Layer of butter, next A Layer of
Lobster, and then A Layer of butter Again
And so do tell all your Lobster be in, then put
on the top A good Layer of butter, before-
you Lay on youer Crust: it will take near
A pound of butter, Let not youer ouen be

sco^hrching hot to burn the Crust: An hour
And half will beak it when it Comes out
of the oven, And you are Redy to dish it
vp. haue Redy A gill of good grauy
Disolue in it two Large Anchoves, Clear^{ing}
them well from the bones, then put it
into the pye uery hot shake it well Among
the meate, and serue it up, This is the
Exact way for Lobster peys: which must
neuer be made in standing Crust but in
A patty pan, The formes Crust being
????ing two dry for fish

A cement for braken China or glass

Take unslaked Lime and mix it well with
the white of an egge, the Lime being first wel
beaten and searced, the white of the egg
well beaten allso, & mixed with it, to such
a thickness as you find will fix the peices
together

To Make Little pastyes of A kidney of uéal

first shred youer kidney uery small, and if
It be Large put two Large pipins shred uery
small to it almost A handfull of Clean
picked Corants what suger and nutmag you
Think fit 5 or 6 spoonfulls of thick Cream
The yoke of one Egg, sharp them with A Little
Lemon, And Cut in some of the peell uery
small, if you haue no Lemon quicken it
With good uerjuce, Lay the meate in your
Crust Close the Edges of youer pastyes
Well, And besure you Let the fat be boiling
hot when you putt in the pastyes, fry them
Crisp, but not too browne, you may bake
Them but then you must make the Crust
A Little fatter

To make french White Custerd

Take one quart of thick sweet Cream
And set it to boyle, stir it with A spoon
all the while, then take the whites of twelue
Eggs uery well beaten with A Little oringe
flower water, sweeting your Craime as

you think fit before you put in *your* Eggs
And when your Cream is almost Could put
In *your* Whites of Eggs stiring it all *the* while

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Then when the Eggs & Cream are
Well mixt pass it through a hair siue
then set it on A slow fire to thicken
stiring Continually, and when it is
Thick Enough pass it through a uery wide
hair siue, but if it will not go through
fill *your* Custerd dishes with it as it is
If you find twelve whites of Eggs two
Little you may take one or two more

To Make Oyster Loaues;

Take a peack of the Largest oysters you
Can get take Care to saue all the pickle
as you open them and when they are
all open, put to them A pint of white
Wine, and wash them one by one, then
set *the* pickle by to settle strain it
Through A Close hair siue to take out
all the shells and scales, then Let your
oysters be putt into the pickle Again
And set them ouer A slow fier with
A blade or two of mace 2 or 3 Cloues
A Little hole peper A Little peice of
Butter a greated nutmag and A quartered
onyon, so Let them all haue a gentle
Boyle ouer the fire, then take 4 Egg
yolks and beat them with Juice Lemmon

And thicken your Lequer with them when it is
Redy to serue up, then take three french Rowles
and make A hole in the topp and take out all the
Crum of the Loues, And make the Crust as thin
as you Can, then take A pint of Cream ^ & 4 egg yolks more beaten in the cream then
dip your Loaues uery well inside and outside
Then haue Re^ady Clerified two pounds of butter
In A depp sawce pan, make it uery hot and
then put the mouth downwards to drain *the*
fat Clear from them then put the Cream &
Egg spars to *your* oysters and set them on the fire
keeping them stiring till it be pretty thick, so
fill *your* Loaues *with*the oysters and pickle & if Any
spares of filling: put it on the dish with the
Loaues, and serue it up as hot as you Can

With sipits of bread & slic'd Lemon

Turky or Pullets Alamode

Breake the breast bone uery well, Lard them
Thick fry them a Little brown on the
Breast, so put them into A stew pan
With some grauy and strong broth,
A Little bunch of sweet herbs, two onions
A Little peice of bacon stuck *with Cloues*
still keeping Liquar to them till you
Think they be Enough, Let your in-
gredients be sweetbreds Lambs stones
sausages sheeps tongues sliced or whole

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And Larded pullets truste or Murraile,
Artichock bottums, or Anything in season
A Cording to *your* discretion, Let all these be
Tossed up thick, *with* A Little Anchoue
pepper greated nutmag & A Little white
Wine, And when you dish it up put all
The ingredients ouer it

Pottage of Squabb pidgons

Take A Leg of beef & some ueal & mutton
And boil *that* strong broth till it Come to
the quantity as you think it will gelly
season it with Jamaca pepper & Cloues
And throw in an handfull of sweet herbs
And some onions, half Rost your pidgons
And then stoue them down, for your in-
gredients Let it be sweet breads tops of
sparragrass Artichoke bottoms, bottoms
of Cardus, young pease for the herbs-
spinage Cabbage Lattis, Cut some of
them in quarters and Lay Round the dish
And some bacon, Cheruill and sorrel
And wash them uery well, and Cut
them not too small, put them into ^a sauce=
pan with 4 ounces of butter or as much
As you think fit & A slice of Limmon
With them a Little pepper and solt

stoue them down by themselues, till they be
dry, so put a quart of grauy & another of strong
broth stoue them down in that till they be tender

Take the ingredients Ragg on Euery one of
them by them selues, browne a Little
butter and shake a Little flower in it and
so put some grauy into them and toss
them up in that, And keep them till you top
your pottage, Let your bread be well
dryed and stoue it half A quarter of an
hour before you top it, so Lay the pidgons
Round the dish, and some in the middle,
All these are uery good when they are two
be got, when they are not you may put
Any thing in Room of them, as mushrooms
pullets troofe Murrall, grapes or
Any such thing

To Bake Herrings

Take fresh herrings, Cut of their heads, wipe them
Cleane with A Cloth, after you haue scealed them
But do not wash them then put them into A pot
uery Close, and between Euery Row of herrings
strew some salt mixt with pepper, mace
and Iamaico pepper, put as much uineger
as will ouer flow them the depth of three
fingers, set them in an ouen with brown bred
And Let them stand twelve hours, so keep
them for the use, They must be Eaten
Cold with oyle & uineger if you Like it

back inside cover || folio 1 recto

Part II

II MX MS ??? 357
?elsbi 37 V.a. 396

folio 1 verso || folio 2 recto

P J
her Booke

May *the* 10
1671

&endy end

To make

various pen strokes and lines

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Receites ffor Diseases &c

For: The: Kings Euell

divide

Take a pound of Lygnun Vite & devide
it into 3 parts put one part into an
earthen Jugg with a potell of watter
& past it up Close then put the Jugg
into a pot of watter *that* boyles & keep
it boyling 12 houers when it is Could
straine it out & drink a good draught
first warme in the morning & Last at
night & at 4 in the afternoone to
drink noghting elce is best you must
drink it a mounth spring & fall this is
allso to be used with the following
oyntment

Take the fflower of fox Gloues a peck
stamp *them* in a stoane Morter & when
they are uery small put to *them* 3 pound
of fresh butter out of the Churne *then* set
them one a soft ffyer in a new Earthen
pipkin & let it boyle 4 houres stiring it
Continually with a flat wooden sticke
then put it out into an Earthen pipkin
that neuer had salt in it soe that
you may heat it againe when it
needs which will bee once a moneth

folio 5 verso || folio 6 recto

you must set it in an ouen after the
bread is drawne & put in a peece of
butter without salt to Keepe it moist
When you use it you must take noe
more then you need at a time & warm
it not soe hot soe that the party may
well endure it it must be Layd one
euery place where the euell is broke

deress the sore, twice in a day you
must anoynt the sore with some of
that oyle that Runs from the
Composition as farr as it is hard
you must Lay it one the Cloth nether
to thicke nor to thinn you must allways
keepe the same Cloth next to it but
the others you may shift when you pleas
there must be no salt in the butter
you use nor must it be washed but
well beaten out of the Churne there
Composition if well Kept & that is the
oyle that is spake ofe whilst you use
this use the diet drink

Another

Take 3 ounces of guntion sliced 9 ounces of
the barke ^{of each} Infuse them 29 houres & a halfe
in 16 gallons & halfe of Cleane Runing
watter on hot ashes in a pipkynn

Close Couered *then* boyle it ouer a gentell
fyer without smoake till the 3^d part
be Consumed then add Epythininen of
pelypodism of the Sake of Each 12 ounces
of ffinnitonery fflowers & borage flowers
of each a littell handfull Rosemary flowers
succory Roots Prim Rose Cowslips Camomell
violet fflowers of Each a Littell handfull
Anniseeds sweete ffennell seeds of Each
halfe an ounce boyle all these things
till ther remaines but 16 pints of *your*
Liquer then straine it Cleane & Let
if Infuse as aforsaid 12 houres in
hot Ashes with 13 ounces seana: beaten
then after once boyling strayne it
& Clarifie with the whight of an Egg
then put in a littell suggar according
to your pallet & Let the party take
20 or 30 ounces in the morning fasting
Continuing it 18 days add or dimminish
as you find it work 2 or 3 times
a day is sufficient
This is the most Approued Medesine for
this disease in the word & it neuer
fayles to Cure if it be taken before
the Euell be gotten into the bowell

though otherwise it may haue

folio 6 verso || folio 7 recto

Continued many yeares

4 A Cherry Watter Good *Against* Malencholey

Conv??tons fitts *the* spleene

take 3 pound of Red Cherrys 3 pints of
Clarret wyne about the wayt of
a shillengs of these spices ffollowing
Cloues mace nuttmegg & Ginger &
of Cinnamont the wayt of 2 shilleng
let these spices be bruised a littell
& steeped with the Cherrys & wyne
24 houres in a Glass or Earthen
Vessell being Close stoped up after
they haue bin soe Long steeped
take the Cherrys out & beate them
& soe put them in the wyne
stilling stoanes & all then put all
these things in the still after
soe Long steeping as foure & twenty
houres it must be a Rose watter
still & let the still be Closed up with
a paper first wetted with the
white of an Egg beaten with a
littell flower to Keepe the
strength from goeing out

& in the glass the watter is to Runne
into being a quart glass put sixe ounces
of white suggar Candy or dubell
Refined Suggar beaten & searched
through a fynn sarch & soe Let *your*
watter Run into the Glass to the
.. Suggar shaking the glass now &
then to mixe it soe Let it still
till you haue 3 wyne pints or
better of the watter & when you
haue drawne this quantity mix all
the watter together adding to it
all 3 ounces of sugar more for
you must allow to euery pint
of *the* wyne 3 ounces of sugar
more if you put in a good handfull

of Cloue Gillyflowers buglas &
Borrage or any Cordiall flowers
it is the better

5 An Exceclent Medisin to Breake

a Cold in the stomack by *Docter* Baites

take halfe a pound of browne
sugar Candy & beate it uery
small & put it into a bladder
that will Keepe out watter

folio 7 verso || folio 8 recto

& hang it up in faire watter till
it be disolued into a sirrurp then take
a Spooonefull or two at a time 3
or 4 times a day or more if you
please

6 A Very ^{^ good} Cordiall Watter

take a pound of Loafe suggar
finely beaten put to it a quart
of Running watter stirr it well
together & straine it through
a Cotten bagg 7 or 8 times then
put to it a pint of Damasque
Rose watter a pint of the best
Cynament watter a quarter of a pint
of Angellico water as much of Rosa Solis
water & as much of Cloue water
3 pints of ordinery aquavita a quarter
of a pint of Annyseed water mingle
all these together & poure them
through your Cotten Bagg foure
times or more then take halfe
an ounce of Muske Comfits bruise
them & put it into your glasse

you intend to put your water in &
shake it together & set it up for your
use

7 A Very Good Drink for *the* Ricketts

take of harts tongue 6 or :8: Leaues

2 handfull of Egrimony as much lyuer
wort wash *them* Cleane & put in *them*
some 3 pints of Runing water or
more halfe an ounce of Annyseeds
& as much Liquorish sliced a quarter
of a pound of Currance & as many
Reasons of the Sunn stoaned boyle
all these together till it be halfe
boyled away then straine it Crushing
it hard & sweeten it with browne
suggar Candy & Let the Child drink
a draught in the morning & a
nother in the afternoone it will
bee the better it you put in a handfull
of Mayden haire as much blodwort
& as much speedwell

The oyntment for the same

take Rose^{mary}water Maiden haire
Issope buyse penny Royall southerne
wood spike ffetherfeu of each a
good handfull Chopp *them* small

folio 8 verso || folio 9 recto

put them into pound of fresh butter
nether washed nor salted & boyle
them til the herbs begin to groe
drye then straine it & chrush
it hard & anoynt the Child euery
morning & euening all the knots
of the Ribbs & the breast if at be
narrow let the Child be purged
first with Rue bab 3 days before
it take the drink you may take
the wayte of 4 pence in Rubab
sliced & laye it in soake all night
in beare you must let the Child
blod in the Eares once or twice
as you shall see Cause when *your*
moon is eight days old

8 Mellolet oyntment for Ach of Bruise

Take Mellolet when it is Ripe & stripp
the leaues & flowers from the stalke
then take to euery pound therof
a pound of butter Chopp the Mellolet
small let it boyle one a soft fier till
the herbs begin to bee drye then

straine it in an Earthen pott &
keepe it for your use

A salve ffor an old sore

9 Take stone pech beeswaxe Rozin of one
as much as the other ~~three~~ take of
fresh butter halfe as much as the other
three put them alltogether into an
Earthen pot & set them ouer a soft
fyer & let them boyle about an houer
then take it of the ffyer & put it
into a Gally pot you may spread it
eather one lint or as a plaster as you
see occation

10 The Red Powder An Approved

Remedy to Keepe one: ffrom : Miscarring

or ?o stopp

Take one drame of Dragons Blood 2
Graines of Amber greise ? dram of Red
Currall 3 graines of besorstone beate
these uery small in a marbell
morter then mix them uery well
& put as much as will lye one a
penny into one spoone full of burnt
Clarrett & take it 3 tymes night
& morning as much as will lye
one a penny & sleepe after itt

folio 9 verso || folio 10 recto

A snayle Watter Good for a Consumcon
11 of the Jaundeys

Take a peck of gardaine snayles wash them
in a great boule of beare then make
your Chimney uery Cleane & kindle halfe
a bushell of Charcols & when they are
well kindled make a hole in the midle
of *them* & put the snayles therin & Cast
some Ashes one *them* & Couer *them* with

Charcols & Let *them* remaine there soe
long as they make any noyse then
take them out & with a knife &
Corse Cloth pick them & wipe all
the greene from *them* very Cleane
then bruise them in a stoane mortar
shells & all allso take a quart of
Earth wormes slit them one Knitting
needles & scoure *them* Cleane with salt
diuers tymes then wash *them* & beate
them to peeces in a stoane mortar *then*
make *that* pot very Cleane one which
you meane to set your Limbeck
& take 2 handfulls of Angelica
& Lay in the bottom & 2 handfulls
of sollandyne upon the topp of *that*
the a quarte or 2 of Rosemary

fflowers or in the want of *that* the
herbe may sarve Allso bear foot-
Eg^r imony the Red ofe dock Root *the* Bark,
of barbarry tree wood sorrell & bittony
of Each 2 handfulls halfe a handfull of
Rue ffine grake & Turmerick of Each
one ounce well beaten *then* Laye the
snayles & wormes upon the topp of all
these & pour into it 3 Gallons of strong
Ale & stopp the pott Close & Let it stand
all night or Longer if you please &
in the place wher you meane to put
fier under to drie the snailes in an
ouen in stead of the ffyer is better in *the*
morning put in 3 ounces of Cloues beaten
to powder allso 6 ounces of Grated harts
horne you must not stirr it after *the*
hartshorne is in Lest it goe to the bottom
then set one your Lymbeck & stopp it very
Close with Ric dough & Let it be Kept
with a soft fyer & Receiue the watter
in pints you may receiue 6 pints or
more the first is best & must bee Ke?
kecept by it selfe you may mend *your*
smallest by putting in some of the
strongest when you use it This
watter must bee giuen in the

folio 10 verso || folio 11 recto

In the morning fasting & the
patient must fast two houres

after it & not sleepe & at foure
of the Clocke in *the* afternoone you
must take of the strongest two
spoonfulls to foure of the white wine
ore Ale or beare & of the weakest
as much watter as Ale or wine this
watter hath bin stilled in a Common
still & hath bin found uery efectuell

his Receite for the
12 *Docter* Burges : Plaugue

Take 3 pints of Malmesey & boyle
therin one handfull of sage & one
handfull of Rue untill one pint-
therof be wasted then take it of
& straine it & set it ouer the ffyer
again & put ther two one penny
worth of Long pepper halfe an ounce
of ginger a quarter of an ounce of
Nuttmeggs all beaten together then
let it boyle a Littell & put therto
4 pennyworth of Methridate two
penny worth of treacle a quarter
of a pint of aquavita or rather
hot Angelicae watter stirr it
well together & take one
spoonfull therof morning &

Euening to prevent & avoyd the
Infection but if the party be allredy
diseased then let him take 2 spoonfulls
therof at a tyme & swet ther upon
once a day at the least or oftener
if the Abillity of the body will endure
it Chang the Lynnen wherin he swetts
for fresh very well agrees In some
short time this will helpe them vnder
god if the hart be not Cleane-
mortified & drowned with the disease
before: this is not allso good for the
Common plaugue but allso for the
small pox Measles or any other-
Infectious pestilent diseases-

13 The Balsom

Take one quart of sallet Oyle & one
pint of faire watter boyle *them* a while

in an Earthen pot then put therein
halfe a pound of yallow wax *then*
take Rosemary Bayes sweet Margrum
& balme of each one handfull & shread
them & put *them* into your Liquer also halfe
an ounce of Redd saunders Rose watter
& plaintaine watter of each 2 ounces &
let *them* boyle a Little then bruise 4
drams of Mummey & halfe an ounce
of dragons Blood & put *them* in

folio 11 verso || folio 12 recto

And Lett *them* boyle a Little *then* take venice
Turpentine a quarter of a pound & wash
it 3 tymes twice in faire watter &
the third in Rose watter & put it into
the pot & let it boyle a little then put
in Oyle of Apericion halfe an ounce of
Naturall bolsom halfe an ounce of
of Liquid florax 6 ounces Letting *them* all
boyle a quarter of an houre *then* astraine
it & Let it Coole & when it is Cold power
the watter from it & melt it a gaine
if it be fowle you may straine it
again *then* put it up you may keepe
the watter to wash soares-

14 To Make Docter Stephens Watter

Take a Gallon of good Gascoigne wine
galleng Nuttmeggs graines Cloues Annyseed
& ffennell seed Carraway seeds of Each a
drame *then* take sage mint Red Rosses
Gardaine ~~Ve?i?e~~ thyme pellitory Rose Mary
wild Margerrum organ or penny Royall
wild time Cammamill Lauender auens
of each of them one handfull bruise
the spices small & stamp the herbs
& put all into the aforsaid wine

& if you please put therto a good-
quantity of ffyne Muske & Let it stand
Infuseing 7 houres & stirr it diuers
times & then still it in a Lymbeck
& keepe the first watter by it selfe
which is the best the second by it
selfe which is not soe strong the
vet vertue of it Comforts the spirrits
it helps Inward diseases Coming of

Colds the shaking Palsey it Cureth
Contractions of sinnews it ~~strenneth~~
strengthneth the marrow in the
boanes it helpeth the Conception of
women *that* be barren it helpeth worms
it Cureth the Cold Goute & Cold dropsy
it helpeth the tooth Ach it Comforteth
the stomacke it helps the stoane in
the bladder & in the Reines of the
back in helps the Canker & stinking
breath it makes one seeme young
a great while if you put if you put
much peny Royall it makes it haue an
Ill tast

folio 12 verso || folio 13 recto

The Eddington Plaugue
Watter

15 Rake Rue Eng^rimony wormwood sage-
sallendine balme Burnett Rosemary-
Mugwort Dragons Pimpnell feathfoy
sorrell Motherwort Cardus Benedictus
Angelico bettonny Scabius Turmentil scordium
Cowslipps avens & Marygolds of all these
yherbs a quarter of a pound by waite
only the Rosemary & the scordium
bee halfe a pound Alycompaine Roots
Sweete fennell seeds Carraway seed
harte eas or paunces of each one ounce
Chopp the herbs & Roots uery small
& bruise the seeds & put *them* to the
herbs into a new earthen pot well
glased & washed Cleane a pottell of
white wine $\frac{2}{5}$ quarts of sack stirr *them*
all together & soe let *them* steep 3 or
4 days stirring *them* euery day & Keepe
it Close Couered then still this in
an ordinnary still & Keep the first
& second watter by them selues take
3 or 4 spoonfulls of this watter-
warne with a Litle suggar it is
good for the plaugue small pox
Measles ffeauers & any distemper in *your* stomach

To Make Amber Cakes good for the
Palsey or ffalling sicknesse or ffitts
16 of the Mother

Take ^{halfe} a pound of Loafe sugar seroed 12
drops of oyle of Amber as much ~~Gumdragon~~
Gumdraggon as will make it into a stiffe
paste Role itt out thinn & Cut it in
Little Cakes with a Ring drie *them* in
a stove & Let the patient put one of
them in their mouth & let it melt when
they feare a fit

For A Rume ffallen suddainely
Into: the Eyes

17
Take some bole armarick & beate it very
small stirr it with the white of
an Egg spread it on some leather
& Lay it about the Eye brow this
doe euery day att the same time
dropp in some plaintaine watter
wherin Conserue of Roses hath bin
melted-

folio 13 verso || folio 14 recto

To Make the Greene Salve

18 one pound of Bees wax one pound of Deer
suett or if you Cannot git *that* mutton suet
one pound of pigg Grease ffresh take also
Isop^E Grimony wood bittony sheapheards
purse safe heale Mayden haire Dandelion
Hounds tongue leaues sillgreene-
Grunsell fiue leaues Grass polipodium
of an Oake hearbe of Grasse hearbe
of uertue sage Chickweeds Archangell
woodbine leaues one handfull of euery
one of these let all these be well
shred & beaten in a mortar &-
boyled in 2 quarts of white wine
or strong Ale together with the things
first menticioned let *them* boyle till
all the liquer be wasted then straine
it uery hard through a strainer &
let it Coole & settle in porringers &
then take it forth & Keepe it for your

use-

19 A Very Good water ffor *the* Consumcion

gather the eares of wheate when it is in *the* milke still *them* in a Cold still & sweeten with white sugar Candy take 3 spoonfulls att a tyme 2 or 3 times a day fasting

20 To Make Oringe Watter Mrs Careys

only paire your oringes as thinn a you Can Take 2 dozen of good oringes & paire ofe the outward Rine as thinn as euer you Can then Cut of the peel as farr as the yallow goeth & as you Cut it put it into a gallon of sack & let it stand & Infuse in an Earthen pot 3 or 4 days *then* put to it a pint of brandy & halfe an ounce of Candymums *then* put it into a Cold still & past it well upp & wrapp about the Nose of it a papper soe let it drop into the botle & make as bigg a fyer in your still as you Can you must haue allso a pail of watter with 2 or 3 napkins into which you must dipp *them* & Continue Cooling *the* topp of your slice with them use not your napkins untill the paper about the nose of the still groe dampe then you must *then* you must put a quarter of a pound of duple refined sugar into each quart

folio 14 verso || folio 15 recto

To Make Rare Good Aquamirabilis

21 Take of Cardimum Cubube sedary Gallingall Grains of parillis of each one drame Cloues mace nuttmeggs sinamont Ginger of each one drame melolet flowers marygold flowers dried or greene Gillaflowers Burrage flowers Rose mary flowers Cowslipp flowers- Viollets of each of all these one once dried one quart of Juce

of sallindine of mint balme
& Angelico of each one pint
take one Gallon of Malligo
sack bruise your spices & seeds
& Infuse *them* with all othere
Ingredients in the sack with
three pints of spirit of sack or
brandy destilled it in a Rose
watter still or Lymbick put in
it halfe a drame of saffron
6 orringes slised meete & Rine
alcermis & harts horne as
you think fitt

you may dropp of one quart very
strong 2 quarts very good & a pint
of small sweeten all to your tast
with duple Refinned suggar

22 To Make Surrap of Gilliflowers

Mrs Careys

Take a pound of Gillyflowers the
whight being Cut Cleane from *them*
& a pound & a quarter of Loafe sugar
finly beaten put it in a pot a Laying
of sugar & a Laying of fflowers duple
boyle them three houres *then* straine
it out whilst it is scalding hott &
keepe it stirring till it bee quite
Cold-

The Bitter Drink for Agues
or the stomach.

23 Take Camamil flowers, the tops of Cen
tory of each ~~an scruple~~ a pugill, carduus
seeds a drachm, Gentian root dried half
a scruple, a drachm of Rhubard; boil these
in a pinte of Spring Water till the third
part be consumed. Drink a Quarter of
a pinte of it in the morning.

folio 15 verso || folio 16 recto

24 Elder Berry Ale

Take half an hogshed of strong Ale, a

peck of ripe Elderberries well pickt, two pennyworth of Ginger, as much of Mace & cloves & Nutmugs. When the wort is boild put all the ingredients into it, and let them boil well all together. Let it work as other plain Ale. putt into it half a pound of hops, because it is not usuall to drink it till spring Strain it like other Ale.

Mr Vernons oyntment for Aches & pains, or sore breasts

25 Take a pound of May butter & clarify it, then take of red Sage, parsly, smallage, featherfew, Nip-adders tongue, raw Callamint of each one handfull, and a little Cammomile. Cutt all these small with a knife, and boil all together one hour in the butter over a gentle fire, still stirring it. Then take it off, and strain it into a pott.

The Gentian Water

26 Take one Gallon of White wine, four ounces of Gentian, twenty four ounces of Centaury; stamp them all together; and then put the wine

to them, & let them soak together five dayes. Then distill them in a Rose still. keep the water in a close vessell, & when you use it drink 2. or 3. spoonfulls morning & evening.

The Vertues

puts off Imposthumes, gives a good colour, resisteth the plague, breakes the stone in the reines, is good *against* the Spleen purges eoll cholera & corrupt blood, cleareth the eye sight &c.
v. 32*

A glister for the piles

27. Take the yolk of a new laid Egge in a spoon, and stirr to it as much Venice Turpentine as the spoon will

hold. Then stirr it together with
half a pinte of New Milk warm from
the Cow, and give this clyster no
warmer

folio 16 verso || folio 17 recto

28 The Red oyle

Take as many as you please of the flowers of S^t Iohn
wort, stamp them in a mortar, & steep them 4
dayes in as much white wine as will cover them
setting them in the Sun. Then strain out them
flowers, & put in fresh till the wine be was
ted. To this wine & the last flowers, put as much
Salet oyle as the substance of them both; and
let these stand also 4. or 6. dayes in the Sun.
Then to every pinte of oyle add of Turpentine
2. ounces, of saffrom half a dram, of Nutmegs
& cloves beaten each half an ounce, of myrh
& rosin of the pyne tree each 2. ounces &
of sarcocolla half an ounce. Put these
into a butter pot close covered, and set it in
a kettle of water & hay, which must boile com
pleate 12 houres, haveing boyling water
by to supply the kettle. Then strain it &
skim off the oyl while its hott
A woman may take 20 drops, and half a
spoonfull morning & night. Its good for a
consumption or any cough; for ulcers within,
or any outward wound, either green or old.

29

A water for any swelling

Take two handfulls of Rosemary, two
of Bayes, boil them in two Quarts
of spring water, till almost half
be boiled away. Then put in two
ounces of Allum & after it hath
boiled a while, strain it & wash the
part with it

30 An approved Clyster for the Worms

Take an handfull of Wormwood, as much
of Camomile, a littlew rue, with a spoonfull
of Anniseedas, boyle them well in a pinte
of Milk; then strain it & put to it a spoon

full of Salt. One ounce of Clyster Sugar, &
30. grains of powder of Aloes.

Ratifie

To Every gallon of brandy fiue hunderd
Apricock stones Just Crackt without
breaking the meates A pound of white suger
Candy beaten fine and 3. or 4 stikes of:
Cinnamon steep all these in A stone Jarr
sett in the sun six Weeks: Pour it through
A Jelly bagg and if tis not fine Enough
Put it through A paper

folio 17 verso || folio 18 recto

An approved remedy for the stone &
31 Gravel

Take sassafras wood sliced thin 6. oz. Sarsa
parilla sliced 6. oz. Anniseeds, parsly seeds,
& saxifrage seeds each 3. oz. Horehound
one oz. Iuniper berries one oz. the inner
rinde of Elder & Water cresses each an hand
full. Steep these in 3. *Quarrts* of White wine
with 3. Limmons sliced rinde & all into an
earthen pot glazed close covered 24. hours.
Then put it altogether into a plain still, powr-
ing half an ounce of oyle of Vitriol on it
And with a soft fire let it distill as long
as you can for burning. Then mixing the
severall distillations equally together, put it
up in glasses close stopped that no air
come to it.

Of this Water take 8. spoonfulls mixd with
as much white wine, & two spoonfulls of the
syrup Marsh Mallows 3. or 4. dayes to-
gether every full moon in the morning fasting
& at 4. in the afternoon. Then walk
& do what you please, only take care of cold
This this will gently break & bring away gra-
vel or stone, & prevent it from troubling
you again, if you continue the use of it.

32. * Another much better

Take six quarts of White wine & steep therein
a pound of Gentian & half a pound Centory
& a *quarter* of a pound of common Dock roots
scraped & sliced, & an ounce of Rhubarb. put

them into an Earthen pot & stop it very close. Set it by a fire nine dayes, stirring it once every day. Then distill it in an ordinary still close pased. Take two or 3. spoonfulls morning & evening

Dr Willis his water for any weakness
33 in the Back

Take of Oake buds, clary, comfry roots slit, archangel, of each a larg handfull steep them in Malaga Sack & new Milk (a larger quantity of the sack than the milk) & draw it off in a cold still, with a penny loafe of Bakers bread slit in it

A Plaister for the Back to prevent miscarrying, (*which* is good also for all 34 aches & pains in the limbs) *Cosin S*

Take a quart of good sallet oyle & twelve ounces of Castile sope, one pound of red lead & as much of white lead: Put them all

folio 18 verso || folio 19 recto

into a great earthen pott wel glazed: beat them together half an hour: then set them on the fire & stirr them continually with an iron ball at the end of a long handle It must boil till it turns of a greyish ~~oiler~~ white (*which* will be in about 3. hours) then put to it two ounces of oyle of Bayes & as much boars grease as an hens Egge. Boil them together a little while: Then rub a Board or Table with some sallet oyle & powre it out, & make it up into rolls When you use it, spread it on leather (or on dowlis) & lay it to the reins of the back. It will keep many year

35 Dr Waldgraves receipt for the Scurvy

Take a ^{two} spoonfulls of Mustard ^{seed} & bruise it: put it over night into a quart of small Ale, or Ale & bear. powre the clear off & drink it in the morning, walking after it. & at 4. of the clock in the afternoon. A bottle may serve for 3. draughts. Use this a month together. It purges the blood rarely well; & hath done great cures for

the Scurvy, when it hath been much in
the head & in all the limbs.

Sir William Mans receipt to
36. prevent Miscarrying

Mastickm, Olibanum, gum dragon, of each
a drachm & half; Amber, red corall
red rose leaves, of each one drachm; Cinna-
mom one scruple; cloves half a scruple;
to which add of Melon seeds hulled two
drachms. Take the Quantity of a scruple
of this powder every morning, and last at night, in
Conserve of red Roses.

37 An oyntment for Sprains

Take a quarter of a pound of Nerve
oyle ^{or oyntment} as much wax as hens Egge
half an ounce or better of train oil, one
ounce of white Mercury powdered very
fine, as much fresh butter as an hens
Egge, and as much Hogs lard, with the
like quantity of Venice Turpentine. Boil
all these a little while; then take it from
the fire & put into it one ounce of oil
of Turpentine: Stir it very well toge-
ther, & powre it into a gally pott & keep
it stirring till it be almost cold
It is good for Sinnew strains in Horses,

folio 19 verso || folio 20 recto

as well as sprains in us, by anointing the
place pain'd well *without* warming the
oyntment, only tying a cloth on it. It may
be done twice or thrice, but once many
times cures. For an horse it must be
well rubbed in with a flat stick: it needs
no cloth about it.

38. The Lady Allens Water

Take of Sage, el Celendine, Rue, Rosemary
Wormwood, RosaSolis, Mugwort, Pimpernell,
Dragons, Scabious, Egrimony, Balm, Scor-
dium, Carduus, Betony, Centory, Marigold
leaves & flowers, Angelica leaves & stalks,
each of these a good handfull. Then take
the roots of Enulu Campana, Angelica,
Turmentill, of each a handfull: of Ze-

doary & Gentian half an ounce of each
Let these herbs be picked & shred small,
The roots sliced thin & scraped small. Then
add half an ounce of Caraway seeds bruised
which being mixed with the herbs, put this
quantity into every gallon of sack that
you intend to distill: adding these flowers
Marigolds, Rosemary, Cowslips, Bugloss
Borage, clary & parsly, of each half

a pound. Put all these together & steep
them in sack three dayes & 3. nights, stir-
ring them once a day. Then out it into
a cold still, & lute it close. Make a
gentle fire under it, & distill it as *you* do
roses. Of every gallon of sack *you* may
take a pinte of the strongest water first, &
a quart of the second, & a pinte of the
third: all of *which* will be very good Waters.
Then let it drop as long as it will, & this
will be good to make Julebs of in feavers.

39. A receipt for a burn or Scald

Take a pound of fresh butter in the month
of may or June, put it in an Earthen pip-
kin, & add to it so much of the ~~inner~~
~~peel~~ Moss that grows upon an old Ashe, &
tree, & the inner peel of the twiggs
as will fill it to boil, the outward peel bee-
ing lightly scraped of. Let it boil for half
an hour gently, then strain it through
a linnen cloth that is not very thin, &
keep it for your use.

The first two hours keep the burn or scald
moist with butter that is salted, or with
sallet oyl, or snow water, *which you* please.
Then after this, annoint it with this oyntment
two or 3. times a day. Use no more

folio 20 verso || folio 21 recto

fresh linnen upon the sore than *you* need
must. It certainly heals without any scar
being thus applied.

Approved Medicines in the small pox,
to be used to make the pox in the face few
40 & bigg

When the pox begin to fill, take Saffron,
Dry it & beate it to fine powder, & put as
much as will lye upon a three pence, into
a Saucer full of the fatt skimmed from off a
fresh beef pott. Stirr it together & with
a feather (it being warm). annoint the
face here & there.

This will draw up the malignity out of
the flesh into the skin & contracts the
venom to the places annointed so that they
are very bigg & but few. Besides, because
the watter is not dispersed, let a chafeng
dish of coles, be held before the face when
it is annointed: though saffron, being very
hot, doth abate both the tense & danger
of cold

To prevent Scarring by the
small pox

When the pox begin to itch & the scabb
is crussle, take some bay salt dried &
beate; put to it so much fair water as

will make it brine, somewhat stronger
than the broth of it Salt beef pot. And
with a feather dipped in this (it being war-
med) wet those places only that itch; a
chafeing dish of coals being held before the
face. This kills the itch & so prevents
scratching of the pox before they be ripe,
which is the only cause of scarring. It also
safely & suddenly dryeth the pox; so that
they will fall of with a smooth bottom,
leaveing no pit behind them.

To hasten away the red spots left by
the small pox

Take a leg of Ewe mutton, the fattest
you can get: boil it in a larg proportion
of water, till it be all in peices. *With* the
fat broth whereof, being warm, wash

your face, 10. or 12. dayes morning & night
This will pale the spots & smooth the
face; and if a frosty season comes within
12. or 13. months, lay a cloth all night
upon a bush & in the morning whilst
it is hard frozen, rub the face therewith,
which will do it much good.

folio 21 verso || folio 22 recto

41 An oyntment for the worms

Take of wormwood, Walnut leaves, laven-
der cotton, southern wood, spearmint, rue &
Savine, of each an handfull. Grinde all the
herbs small, & infuse them on a soft fire
in a pound of May butter, untill all the
strength of the herbs be in the liquor. Then
take about the bigness of a Walnut of Co-
loquintida & infuse therein on the
embers for 24. hours. Then strain it
again, & keep it for *your* use.
Annoint the pit of the stomack down
wards, towards the Navel, morning
& evening the day before the change of
the Moon & two dayes after

42. An exallent Syrrup of Colts foot

Take 3. quarts of distilled water (two of
hyssops, a pinte of Coltsfood & as much of
borage) putt into a little handfull of the
tops of hyssops, & of penny royell, harts-
tongue, horehound, liverwort, Marigold
flowers, a little handfull of each of these.
Then put into it a quarter of a pound of
raisins of the Sun stoned, as much of

figgs, & as much of dates: two ounces
of licorice, one ounce of Anniseeds, as
much of Elecampane, parsly & fennel.
roots washt & cut to peices. Put them
all together in the water in an earth-
en pipkin, then take so much coltsfoot
as you can well put in, rub it wash
it & cut it in peices. Put in one little
handfull of the tops of Rosemary, &
then cover *your* pipkin close, tying it down

with a double paper. Let it stand & infuse in embers 2. or 3. dayes together, till you think there is not one part left of three then strain it out into an earthen basin. Let it stand & settle, take a quart of the clear of it, put it in a skillet, & put to it two pound of sugar candy & one pound of loafe sugar. Then boyle it up to a Syrrup, & put it up for *your* use.

43 For the falling Sickness

Take a quart of Canary & a pinte of Dragon Water; put into them one ounce of the powder of Angelica root; as much of the powder of male piony root,

folio 22 verso || folio 23 recto

let *them* boil together above a *quarter* of an hour; then take it off the fire & have in readiness a groats worth of saffron, tied in a thin cloth; crush out the goodness with the back of a spoon & when it is cold put it in bottles

Let the patient observe what time of the moon their fits take *them* & let them take this drink 3. dayes before & 3. after. Divide the drink for 6. mornings. When it is drunk, the person much la?e herself very hard & use exercise & fast 2. howrs after it. Let them have a peice of piony root *with* a hole in it, to hang about their neck on the left side, as near the heart as they can. This being taken thrice, hath cured those who have been thought incurable.

44. Snail water of^{for} a Consumption Dr Eliots

Take snails that have shells on (& wash them in water) the quantity of a quart bruise them a little & put them into two quarts of New Milk, with the peels of two Orenge & six handfulls of ground

Ivy. Boil the milk before you put them in, & then distill these together in a cold

still. Take about half a pottinger of it
a time thrice or 4. times a day; sweetened
with a little sugar as you like it.

A good salve for cutts, fellons,
Boils, or prick with a thorn
45. or nail. Sister J

Take three pound of Rosin, one pound
of Bees wax, four penny worth of oyl
of capers, one ounce of sallet oyle, two
ounces of horse Turpentine, two ounces
of barrow Hogs grease. Break the Rosin
in lumps & the wax, & putting them
into a kettle or pipkin sett all together over
the fire. Let it boil till all be melted
& mixed: Then powre it out into cold
water, & work it up into rolls.

A drink for the Scurvy to be taken
46 spring & fall. Dr Lidall

Take of the shaveings of Guaiacum, of the
roots of Sarsaparilla cutt small, of each
two ounces. Infuse these twenty hours in
a gallon & half of spring water, in a pip
kin close covered, blood warm. Then add

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of the roots of Male Piony, Angelica, fennill
& Chervil of each an ounce: of the leaves of
Sage, Betony & the sprigs of Rosemary, of each
an handful. Then gently boil the water untill
a 3^d part or better be consumed: adding toward
the end of the boiling two ounces of Candied
Eringo's half an ounce of licorice & a quarter
of an ounce of Coriander seeds prepared & bruised
When you take the Pipkin from the fire, add
two handfulls of Brooklime & one of Scurvy grass
Let it stand till it be quite cold, *which* will be in
5. or 6. hours
Mrs James

47 To make the oyl of charity

Take Wormwood, Red Sage, Rosemary, Ca-
momile, Lavender *with* the green leafs,
each a like quantity chop them all very
small, & infuse them in oyl one Month
stirr them once in two dayes, boyl & strain

them at the end of the Month. Then put new herbs to them, Charity and Corveriall & boil them with an easy fire, so that the oil may be but wamble. Then strain it again & let it cool & settle two or 3. dayes. Then boil it the third time, & that shall the mother out of the herb. Then it will be a perfect green colour; the best time gather the herb is about the 9th of May. Apply this for a bruise outward or inward, Drink 3. or 4. drop in posset ale, and annoint the place bruised or pained. If it be a wound fill it with lint Dipped in the oil. it will eate out proud & dead flesh, It cures a wound safely or any ach or bruise.

48 For the Wind Mrs James

Take a pinte of Milk & make it into a posset drink with bear & Ale; Boil in it a good handfull of Tamerisk, and drink a good draught of it hot every day for 3. or 4. dayes in a week, & then rest

49. For a Sniffing cold Mrs James

Take pippins roasted soft & put into ~~fare~~ ^{fair} water; sweeten them with loaf sugar, & eate it when you go to bed. And roast pippins & put them hot into fair water, & sweeten it; and drink as often in a day as you please of it

50. Mrs Wrights sack for a Consumption

Take a quart of the best sack; being put into a strong bottle put into it of Elecampane roots & Dandelyon roots each of them 4. drachms; of Angelica roots two drachms. All the roots must be scraped clean & sliced thin. When

folio 24 verso || folio 25 recto

it is well corked & strongly tied down, set it in a pot of water, with a small rope of hay about it. keep it in boiling ^{watter} 12. oz 14. hours without intermission. Let it stand pretty high in the water; & note that you must not open the bottle when it is hot, for it will

fly all out; but when cold it is very quiet
Note also, that the hay must be all over the
bottle, and let not the bottle touch the bot-
tom of the pott.

three spoonfull of is the dose, to be taken
morning & evening. Nothing more rectifies
the blood, & clenseth it, it wonderfully
strengthens, a weak liver & is admirable
for weak spirits, for loss of strength either
by sickness, or letting ~~blø-d~~ blood, or by
takeing too much physick

A plaster for the stomak to
52. be used at the same time with the foregoing said

Take Burgany pitch Bees wax, venice
Turpentine, of each halfe an ounce, cutt the
wax thin, then mix all thes & sett them on a soft
fire & lett it boyle a little then take it of the fire
and put in halfe an ounce of ^{the best} oyle of mace, which is
called the extraction of mace stir it well together
and spred it on lambs leather then stiffen it
well with nutmegg & lay it warme to the stomack
this wonderfully strengthens the stomack

52 an aproved medison for a loosness

cousen Sandys

Take as much burnt r^hubard as will
ly on a shilling first in the morning & last
at night, for 2 or 3 dayes together in a
spoonfull of what liquor you pleas.

53. Lady Mews Sirrorup of Quinces

a great cordiall, for the heart which it
strengthens, and is exceeding good against
a consumption, that hath a loosness with it
which may be given a woman with child, or
in child bed

Take of Quinces seeds & all 3. pound, Cyna-
mon half an ounce, cloves & saffron of each
48. graines; of Lignum Aloes made into fine
pounder an ounce & half, of Benjamin
half an ounce. Beate these together in a Mass
or lump, put it into a glass still, & powre on
it seven pintes of sack, & distill it till you
receive a pinte. Then take off the head of the
still, and let that *which* is in the body stand
till it is cold; then strain it once or twice

& put to it 4. or 5. pound of white Sugar
and make a thick syrup. When it is boild
almost inough, put in the, water that was
distilled, into it, & give it a warm or two.

folio 25 verso || folio 26 recto

an aproved medison for a cough
54. in children Mrs ffincham

Take a handfull of moss cups that growe
on oaken pailles, rub it clean, devide it into
3 parts, boyle one part at a time in a
pint of milke with a little stick of licorice
(and if the child be costive a few reasons
of the sun stoned) let it boyle till halfe
be wasted, then straine it & sweeten it
with white suger candy powdered, a
little watter in the milck dos best, it
may be done in ale if the child likes it
better, drinke it 3 mornings.

55. Mrs Whitakers eye watter

of Red fenil watter 12 spoonfulls as much
white Rose watter, as much white coperice
as 4 large peas, as much prepared totty in fine
flower as you can lay heaped one a six pence at
fore times, as much white usger candy in fine
flower as totty, mingle all thes togeather
very well with a spoon, stiring it in a bason
at least two houres togeather then pour
it into a glass viall & keep it closs stoped
the wait of powder of Tutty must be 2. Drams & a
half, & *the* quantity of Sugar Candy, & *the* wait of the
white Coppes two Scruples
it will keep a year, when you use it shake the
glass & wash the outside of the eyes morning
noon, & at 4 aclock, but not later

56. Rosemary Water

Take a gallon of white wine, 8. pintes of
Rosemary flowers, a pinte of shell snailles,
3. limons, balm & flax seed of each one
handfull, 4. sheets of the thinnest white paper
a dog of 9. dayes old, or a fat knuckle of
veal; shell the snailles & wash them in

twelve waters; slice the limons, shred the balm, bruise the seeds, pull the paper in peices; steep these one night, then put them into a Rose water still: draw it off with a moderate fire. You may take it till it be very small; but that will not keep very long. To every pinte put one ounce of white Sugar Candy, & a drachm of the best prepared perl; & keep it close stopt for *your* use.

folio 26 verso || folio 27 recto

Mrs Henshaws Sirrup of Violetts

57. Take of the best blew violetts pick *the* leaves & heels from any whites & to 4 ounces of *the* flowers put an ounce of the best duple refined suger & bruise *them* together in a stone mortar, *then* put *them* in a silver tankard or stone jugg, & pour on a quarter of a pint of watter, after it has boyled a little, scalding hot cover it close & pin it up in a cloth, and sett it by the fire side for 12 houres, *then* straine it squeesing out as much of *the* juice as may be, take to every halfe pint of juice halfe a pound of duple refined suger, lett it stand and on a soft fire till it growes thick & *the* suger well melted lett be cold before you bottle it up.

58

Mrs Henshaws To Stop Bleeding

58 Burne a peece of a black Hatt to ashes and lay on the place for a bite of a mad dog, aply the vent of a pigeon to the place *which* will kill *the* pigeon you must repeate it till *the* pigeons are not affected *with* it: this allso cures convovltions in chilldren, if aplied to *the* vend^{fundament} of *the* child

59. Mrs Henshaws Milk Water

Take 3 handfulls of cardus, as much Rue, as much wormwood, as much Spearmint, shred all these and put them in A Rose water still with a pottle of new milk and when it is stilled, put the Same

quantity of all these hearbs again to
the Stilled water, & Still it over again
paist the Still both times, or Stick
it with paper & Starch, it is as
good ^{or better} with dried hearbs as green
mix it altogether when it is Stilled
60. and Stop it close with corks

Mrs Henshaw To prevent fitts in Children

Take 21 sow bugs, & bruise *them* all to peeces
with 3 spoonfulls of simple black cherry watter,
& lett *them* steep in *the* watter 12 houres *then* straine
it & give *the* child a Spoonfull of it, *the* first
thing it takes, & nothing elce till an hour be
past, this must be given 3 times, 12 houres
between each Spoonfull

61. to prevent any mischif from *the*

runing in of a rusty naile or splinter,

Role up a peece of brown paper sett it afire blow
out *the* flame, & hold *the* part over *the* smoke

folio 27 verso || folio 28 recto

Mrs Henshaw for a brest that is Knotted

62. Take linseed Oyle warme it a little
anoint the brest with it for an hour
togeather twice a day at least with
a very hott hand keeping it warme with
flannell

A Glyster for an
63. immoderate flux

Take a quart of new milck, halfe
a handfull of Red Roses, boyle it well
then devide it into two parts and put
in fore ounces of loafe suger, a quartern
of Brandy, give halfe a pint in a glyster
if occassion be, give once every 3 houres

64. Doctor Lower's Syrrup of Steell

Take two ounces of *the* powder of steell in
a quart of *the* best white wine, shake itt once

a day for a fortnight or Longer, Lett itt run through a brown paper then putt to itt two dramms of mace grossly beaten, then boyle itt with sugar to a thinn syrrop & take itt two spoonfulls of *the* sirrur in *the* morning with three spoonfulls of white wine or milk water, after itt,

65. An Excellent Oyl for A Burn. Mrs Henshaw

Take A pint of Oyl Olive put into A new pipkin and take of the sprouts of Elder which are of a pretty bigness, shave off the outward rind and throw it away, then scrape of the second rind which is green a good handfull with a hand=
-full of plantain leaves, A great head of hous=
-leek and put them into the pipkin with *the* Oyl and boyl them well, then strain out *the* herbs through A Canvas strainer, then put your oyl into your pipkin again and put to it 7 spoon=
-fulls of boys Urine, as much strong white wine Vinegar, two ounces of yellow wax cut into small thin pieces, two inches of tallow candle and boyl them a quarter of an hour so put it into a pot of glass. when it is cold that you may power away the water and when you vse it anoint the place and lay vpon it a piece of issue paper and vpon that a clean rag to keep it warm. dress it once a day. It is good against all inflamations or S^t Anthonys fire any swelling of the legs, likewise against all heats of the liver, The Itch. It is best to be made in May.

folio 28 verso || folio 29 recto

66 the sirup of long Life Dr Needham

The juce of Mercury eight pounds
the juce of Borage & Buglas of each
two pounds, to gett the juce you must
pound the herbs and straine them,
Take of the best live honey twelve pound
& clarifie it, put all togeather & boyle
them a little, infuse in three pints of
white wine, a quarter of a pound of
gentian roots, of iris blew flower deLuc

roots halfe a pound, lett them be infused
twenty fore houres, stir it often, &
sett straine it out without saucesing,
then put that infusion into the juices of
herbs and clarified honey, make all boyl
together to the consistence of a sirup
that it may keep long. this must be made
in the munth of May. Take a spoonfull
every morning in hott ale or bear.

67

Cousine Courthopes scarcloth

Take of the best virgins wax halfe a pound
halfe a pints of oyle of roses halfe a pinte
of oyle olive melt them together and then
Let them stand to cooll till thay are halfe
cold, then take a pound of the finest
white Lead you can get and stir itt well
into the melted wax and oyle, and set it
on a fire of coals and Let it boyll
halfe an hour, stiring it that it do not
burn, then take to ounces of mastick to of
myrth to of franconsence to of gum olibinum
and beate them into uery fine powder,
and put them also into the wax and oyle,
but you must take it of the fire when you
put the powders in, when you haue
stird them well in set it on the fire and
Let it boyle halfe an hour, more, and
then put in halfe an ounce of Camphire
and Keep it stiring on the fire till it
be cole black then take it from the
fire and buter a py plate to rolle it
on as soon as tis cold when you use it
spread it on new strong cloth and do not put

folio 29 verso || folio 30 recto

on a fresh playster till the first will
stick no Longer it has bin aproued by
me for all strains sprains cold wind or
sore brests

68

The Red water for
old ulcers or foull wounds that

Cousin Courthop Honour was drest with

take four ounces of white Coperis pound
it small in a mortar take one ounce of
camphire and pound that fine with a
paper ouer the mortar that the spirit
dos not fly away then take a brown
earthen pot, and put the camphire in ??
to the pot first and the coperis upon
it ty to or three papers on the top of
the pot uery close and set the pot in
warne embers all night the next morning
take it out an put to itt four ounces
of fine Bolealmonick and beat them
altogether into a fine powder when you
make the water you must take a quart
of spring water and set it on the fire
and when it boyls take it of the fire

and put into it one Larg heaped spoonfull
of the powder stir it together and put
it into your botell when you use it shake
the botell well and pour out som t̄
and warne it as hot as you can and
wash the wound with it as hot as the
party can sufer it and Lay a double ragg
diped in the water on the wound

69

Cousin

Courthop the Right Gaskings

Powder

Take white amber Corral Pearll the eyes
of Crabs hartshorn of each an ounce, of
bezar stone a dram, as much of the tops of
the claws of crabs as the waight of all
the rest, powder them seueraly and sharch
them finely, mix them all together with Jely
of harts horne, and a Litell spoonfull of spiritts
of wine, with a Litell safor wated and
squeesd into it, make it into Litell balles
and dry them in la glas with a temperate
fire

Cousin Courthop The Lucatelus Balsom

take the uenis turpentine one pound three
 pints of oyl oliue yealow wax halfe a
 pound six spoonfulls of sake cut the wax
 and melt it on the fire withg????? and
 then for feare it take fire take it of and
 put the turpentine to it haueing first
 washd the turpentine in damask rose water
 till it look white haueing mixt the oylle
 and sake and alltogether put it on the fire
 till it begin to boyll for if it boyl much
 it will boyl ouer speedyly then set it
 al night or more to cooll till the wine
 and water is sunk to the botom then
 pour the water clean from it and set it
 to the fire againe and put into it one
 ounce of natural balsom and one ounce
 of the oyl of S^t Iohns wort when tis melt^{ed}
 put in one ounce of red sanders finely
 powderd and stir it well tell it be Incorp??
 well together as soon as it begins to boyll
 take it of and stir it 3 hours till it
 be thick and quite Cold it will Last
 Kept Cold thirty yeare and is best att
 2 years old this is the best thing in the world

for broken uains in the stomach to swallow
 it in 3 small pills all night and to stop
 violent fluxes of blood of all kinds being
 taken as much as a hasell nut melted in sake
 euery morning for a week or more I would
 haue you ualue it for I know nothing
 Like it for cuts or green wounds
 71

Cousin Courthop for a child that is

bursten belyd
 take a pint of alicant or any strong red
 wine put into it four handfuls of red rose
 buds beaten uery small, boyl them together
 till halfe be consumed, take the roses from
 the wine and lay them on as hot as the
 child can sufer it, to or three tims a day
 and it will soon be well this has bin tryd
 72 Mrs stons ??apor

water looke for it at 80
take a quart of the best brandy and put
into it as much wood-soot as a pulets egg
and halfe an ounce of the best asafidita
which must be beaten small in a blader
shake them well together and let it stand
a fortnight shaking it euiry day the strain
it, out and when you use it take halfe a sponful
in any water a few drops is enough for a child

folio 31 verso || folio 32 recto

73 An Oyntment for all Rumes in the Eyes

from Madam Courthope

Take of Hoggs greace uery new 6 ounces
steepe it, and wash it in red Rose water,
Six hours, after wash it againe twelues ??
times half an hour at a time, in the best
white wine that can be got, by the space of
Six hours more in which white wine Lapis
Calamaris must be quenched tenn or twelve
times, then straine the wine and take
of Tutty well prepared & made into fine
powder one ounce of a ha??i?tion stone well
washed a scruple of Alloam well washed and
made into powder 12 grains of Pearle in
fine powder 13 grains, mix all these
together in a little ffennell water, first
the powders being well mixed in the water,
then mingle it with much stiring & beating
it into the prepared Hoggs greece & soe make
these ingredients all into an oyntment & keepe
it for your use in a pewter Pott, the Lapis.

Calamaris Stone must be heated red hott,
every time before it be quenched, three
pints of white wine is the least you can
haue for the heating of the stone will wast
the wine, lett the stone ly in the wine eury
time till it be almost cold before you take
it out, you must quench the stone in either
pewter or silver and you must wash the
Hoggs greece in a white earthen bason, &
in the mingling and working up of the
powder into the oyntment you may take
a double quantity at a time if you please
when you use it put as much into the
corners of your Eyes as asmall pins head

and anynt them *with* this, it hath been
approued by seuerall that haue tried -
many things, but found none good but
this

folio 32 verso || folio 33 recto

Docter Whatmans Yellow
74 *Cosin* Courthope Water

Take the fflowers of Violett cowslips
Harts ease Pinks July fflowers Ros'mary
fflowers, Marygold fflowers the leaues of
wild time, Muscavy Balme Angelico-
sweet Marjoram wormwood of each
one handfull, of Aniseeds two ounces
Cloues Nuttmeggs & Cinnamon of each half
an ounce, Lees of wine 3 or 4 Gallons
still all these in a Limbeck as long as
you see the water strong putting to
euery quart halfe a pound of white sugar
candy/

75 A Poultess for a sore Breast

Cosin Courthope that Honours arme was
drest with
A quart of the best white wine, & as
much wheat meall I gott from the Mill
without dressing as will make it as
thick as the spoone will stand in it, then

set it on the fire, & when it begins to boile
put in as much Boares greece as will keepe
it from burning, when it is boiled as
stiff as past, take it from the fire &
putt in the whites of 6 Eggs working them
well together *with your* hands, then putt in
some more Boars greece & sett it to the
fire againe & lett it boile till tis stiff
then lay it upon a Cloth thick, & apply it
to *your* Breast as hott as you can indure
you must warme it three time a day
& euery time its warmed put in more
Boars Greece this is Mr Knightly s
Medicine for any sore Breast or the
beginning of a Cancer/

76

Cosin Courthop

For a bruse in an Horse

Take halfe a pound of fresh Hoggs Lard
& put in a large handfull of white Lilly roots
boile them till they are uery tender then
straine them out in a Course Cloth, sett the

folio 33 verso || folio 34 recto

Liquer on the fire and putt into it a
penny weight of Saffron, lett it boil
up well, and then straine it out &
keepe it for your use/

77

Cosin Courthop My Lords Greene Oyntment

of mint

A pound of unwashed butter made
as cleane from the whey as you can
putt into it two large handfulls of
sparemint chopt small, boil it till *your*
herbs grow dry then straine them out
with a Course Cloth as cleane as you can
from the butter, & putt in to handfulls
more of fresh chopt mint, lett that
boyle not soe long as the first, but as
soone as the oyntment is greene straine
it out & keepe it coole This is good
for all Aches that come from cold or
wind or spraine

the oyntment for
Cousin Courthop 78 the Piles

Take one ounce of unwashd buter worke
out the whey uery well from it then
scrape into it as much black Lead as will
make it as thick as a stif oyntment mixing
it uery well with your hand till tis well
Incorporated when you use it anoynt the
place and Lay a ragg spred with it on you
must anoynt it 3 or 4 times a day

79

An aproved Receipt for
Cousin Courthop a sore eye that Looks red

the whites of to eggs put them into a pewter dish then take a Long sharpe peelee of Roch Alum and and stir the eggs round one way with it tell thay com to a curd it must not be stird more Least it oyll. Lay the Curd on *the* eyes with a siluer spoon as much as will couer them as it grows hott put on Cold you must Ly down when tis put on

folio 34 verso || folio 35 recto

For ffitts of Mother
80 or Convultions or vapours

Cousin Stone
Take the quantity of an Egg of Wood soote and halfe an ounce of Asafetida bruise it and put them both together into a quart of the best Brandy, shake the Bottle euery day, for ten dayes together, then keepe it in the same bottle without stirring when you finde a fitt coming, give a quarter of spoonefull of it, in a spoonfull of Beare to a Woman, of halfe a Spoonfull without it, if the fitts be violent, to a Child 10: or 12 drops in a little beere/

For all Manner of Sores
Cousin Stone especially sore breasts

81
Take the parings of the fore ffet of a stone Horse, washed and dried *then* beaten to powder & sifted, take halfe a dram of this powder & dram of Mace finely Powdered and

81
put them over night into a quart of Milde Ale and take the quart at five times, Morning and night, shaking the bottle allwayes before you take it, This if you continue it will cure all sores outward & inward, especially

sore breasts, the powder must be sifted through
Musslin, the sore must be kept cleane, & only
^ a plaster of butter & Wax laid to it/

82 SIRRUP of Elder without Suger

Bake the Berrys; then pour the clier
from them, boyle and scum it till it
is as thick as very thick cream.
a spoonfull of this dissolved in anything
is very ^ good for the scurvey: and in ^ all cases
better than that with suger

An approved Medicine for the laundice

Bruise Artichokes, then strain the juice off
& give a large spoonfull every morning fasting
an hour after it, & another another going to
bed mix *the* juice with loaf sugar. when you
can't get the Artichoke ^ flower the roots, & ~~leaves~~ of
the plant may be used instead of it.

folio 35 verso || folio 36 recto

82

How to make the Snaile water

832 Cozin Henshaw

Take of Angelica, nettles, tops & roots, Bearsfoot
rind of Barbery trees, reddock roots ^ Alehoof of each two
handfulls; of Rue one handfull; one ounce of
Rosemary flowers, one ounce of Cowslips one
one ounce of Clove gilliflowers, four ounces
of hartshorn, 4. ounces of Ivory: of ^ Nutmugs Cloves
turmericks & fengreke seeds of each one
ounce sear. A quart of Garden worms & a peck of
Snails. Put *the* Snails into a pot with Spear-
=mint & sage shifting *them* with fresh herbs twice
in a day & ~~nights~~ for 2 daies together. Wash the worms
in a little beer wipe *them* dry & break the
shells of *the* Snails being first wiped clean
Put all these Ingredience into six quarts of
Strong Ale ^{new milk} & six quarts of sack. Put to this six
pennyworth of saffron. Distill in a Limbick
of ^{or} cold still, which you pleas. paste to your
still up close & keep wet cloths on the top of it
continually put into every bottle of water two
ounces of white sugger candy (if you think it
too hot with sack you may still it only *with*

milk)

Drink of it every morning a quarter of a pinte
warm or could, It s very good against the
Consumtion,

Put in an ounce of Anniseeds & licorice; all sorts of dried
flowers is good.

a Lime Water ^{good} to wash any green wood
83 84 or green sow, or ones mouth for the Scurvy

Take a strong new, earthen pot, of what size
you please. Fill it near half full of unslked
lime, & fill it up with spring water. Stirr it
well with a stick, two or 3. times a day, for a
week or ten dayes. When it is well settled, ~~poure~~ ^{take}
off the clear water, as gently as you can, with a
ladle: & if it grows thick, with takeing off, let
it stand to settle till the next day. Then bottle
it up & stop it close. It will keep it severall
years.

Mrs Henshaw

85 Gascoings Powder: Lady Brigh?

Take six uipers skins: Cut them into peic^{es}
A bout two inches Long put them into A well
gleased pipkin: with A bout A pint of
Cardis water dubell still Cover the pipkin
very Close and set it so neare A fire
That it may simer very Lesurly: but not
Boyle; Let it thus do till the uiper skins be
prite disolued: or till you find it be
An Extraordinery stif gelly which you
may know by seting A Littell in a spoon
To Cool If it be A stif Jelly take it from the
fire and straine it whilst it is hot into Any
Chany Cup or A silver pottinger til the next
day Then haue in Redyness four ounces
of the black tips of Crabes Clawes

folio 36 verso || folio 37 recto

Which must be gotten in June When the
Sun is in the Cancer and Made into very fine
Powder and searched Add two this half an
ounce of pearle and as much of Cox all-
both in fine powder and are best prepare^d
by an Apothecary mix all these three
Powders well two together upon A White

Plate: and then put two them as much
gelly as will make it into A pretty paste
Work it well with A back of A spoon upon
the plate: too you fine all the dry powders
be wrought in: then work it smooth with
your hands and make the balles into what
bigness you please: and set them two dry
either in the sun or A stoue: you must
Remember to set youer skins A doeing in the
morning that it may have time two do uery
Leserly for it will be A good part of the
day before the gelly will be strong enuf
of the skines: and sum will Add A shillings
Worth of saffurn When the skines and
Cardise water are put twogether:
But that may ^{be} Either Added or omitted
As you please:

85

Dr Bate's Colick Pill improved
86 by Dr Mapleloft

Take the Gum of Guaiacum, of the mass of
stomack pills cun Gummi, & of the mass of Pil. Aleo-
phangin, of each 4. Scruples. Of salt of worm
wood, & salt of Scurvy grass, of each half a
dram. Of extract of Gentian, & of the juyce
of great Celandine in spissated, of each two
scruples- Of salt of steel & of Rhubarb
finely powdred, of each one dram and an
half Make all into a Mass with Elixir Pro-
prietatis prepared with Tartar. And ~~take~~ --
make twelve pills of each dram. Take five
or six, or more every night

Dr Bates ordered a dram to be taken at once:
but Dr Mapleloft himself commonly took but
half a dram or two scruples ie six or nine
of those small pills at once: & continued them
till one box of half a crown (sold at Mr War-
ners at the Bell & Dolphin in Cheapside) was
done. And then ordered a second Box, if the first
did not leave him perfectly well.

87 Dr Lowers Receipt for the Colick

Take two drams of Rhubarb, two ounces of Licorice
sliced very thin, & put them into a Tee pot. Boil
a quart of spring water, & powre it upon the Ingre

dients, & let them infuse as Tee doth. Take half a pinte everyday, as long as you please. Let the ingredients & water remain together, till all be drunk.

folio 37 verso || folio 38 recto

Orange wine Mrs Edwards :

Take 4 gallons of water 12 pound of sugar: Boyle these scuming till it be Clear: then take 4: Dozen of Oranges & Pare *them* very thinn & Put them into *the* liquir with*the* juce & when it is allmost Cold set it a working with a little yest when it hath work'd a little Put in 3= Ounces of Cittorn or lemon after it hath work't 2: Days Tun it up let it stand: 12: or 14: Days

To Make Syrup of Straberys

Take an Ounce of Balsom of Tvlue Bruse it & put it into a *quart* of Spring water and boyle it to a pint: Keep it Cloase Cover'd: *the* balsom will not Disolue but *the* goodness will boyle out pour it upon a *quart* of good wood Streberys. let it stand a little & then Mash it till *the* goodness is out Cover it Cloas & let it stand 2 or 3 hours

A water to prevent a Cancer in
the Breast from the Lady

87 88 Ann Grimston

Take half a pound of Lapis-calaminaris, & let it be red hot in a clean charcole fire, & quench it three ~~hours~~^{times} in a quart of Red Rose water every time stopping it close till it has done hissing. Take Tully stone four ounces, & heat it red hot in a Crucible, nine times; quenching it in a quart of white wine, stopping it every time while the stones are in it. Then pound the Lapis Calaminaris very small, & put it into a stone Bottle. Pound the Tully stone very small & put it in. Then poure the Rose water & white wine together; & shake them well twice or thrice a day

for a fortnight, after it is made: & shake the
Bottle every time you use it. *which* must be eve-
ry morning, dipping a fine linnen cloth in it,
double: so lay it cold on the breast & wear
it all day. The stones must be pounded
apart.

then Straine it & put to it 2 pounds
of Duple Refined Sugar let it Stand
one Day: then boyle it up into a
thick Syrrup

folio 38 verso || folio 39 recto

88

An excellent good water for the stone

Take May fowers, pick them as you do Roses, &
put them into a still. Lay a lay of the flowers &
strew some Nutmeg upon them. Then powre as
much white wine on them as will cover all the flowers
And so do, till the still be full. When the water is
distilled, take to a half pinte of white wine a quarter
of a pinte of the water with Nutmeg & sugar.
Take it 3. dayes before the full of the Moon &
three dayes after in the morning fasting.

For Shortness of breath

Take three ounces of Conserve of Red Rose, &
three ounces of Raisins of the s??? Sun. Steep them
till the plump, & then stone them, & pound them into
a paste with the conserve. Put to them fifteen to
twenty drops of spirit of Sulphur drawn under
the Bell. take the quantity of a Nutmeg
at going to Bed.

To Cure the Gout

Take the quantity of six large leaves of dward
Elder (or Danewort) put them into a quart
of smal Ale. Let it stand all night. Drink a
pinte in th morning, & a pinte the next morning
Follow this course 10. or 12. days.
or you may make it into Tee & drink it.
The best time of gathering it, is in May.

89

Lady Hewit's Cordiall water.

Take of Red: sage. Parsley - - -
Bettonie - - - Rosemary - - -
Spermint - - - Davory - - -
unset Hysop - - - Scabious - - -
Setwell - - - Pellytory of *the* wall - - -
Thime - - - Wild: marioram - - -
Balme - - - Roman: wormwood - - -
Penneroyall - - - Cardus: benedictus -
Samacle - - - Mother of Time - - -
Sallendine - - - ffield: daises, flowers -
Water:cress - - - root, & leaf - - -
Hearts: eas - - - take one handfull when
Lavender - - - they are clean picked
Angellica - - - from their stalks. -
Permander - - - Ruse - - -
Callamint - - - Maiden: hair - - -
Cammaeris - - - Yallow - - -
Colts=foots - - - Comfry - - -
Avens - - - Sweet: marioram -
Valerian - - - Dragons - - -
Saxafrage - - - Camomile - - -
Pimpernill - - - Plantine - - -
of each of these one handfull
Varvain - - - before they are picked.

folio 39 verso || folio 40 recto

Egremony -
Cowslip=flowers } of each half a peck
Rosemary=flowers half
that quantitie -
ffennell seeds -
Anniseeds -
Parsely: seeds -
Carraway seeds } of each of these 2 drams
Nutmegs -
Ginger -
Cinnamon -
Pepper -
Cloves -
Mase } of each of these 2 drams
91

Spiknard -
Elicampane roots -
dried -
Mellolet flowers -
Callamus Aramaticus

Cardamenim -
Lignum aloes -
Rubark sliced thin } of each of these
Gallengall } 2 drams.
Veronica -
Ladearia -
Quibles -
Grains -
Juniper Berrys one dram. Aromaticum
Rosesarum: three drams.
Sasafras sliced half an ounce.
Hartshorn two ounces.

folio 40 verso || folio 41 recto

Wash all these herbs (or pick them clean)
& swing them in a cloth till *the* water -
be well dreyned out of them. then -
ley them thin upon a table to dry better,
after shred them small, & put them -
into an earthen pot, & put to them as
much of *the* best Sherry=sack as will -
cover *the* herbs, & so let them steep -
= 48 hours : but put *the* seeds spices and
drugs being brused into *the* midst of the
herbs; before *the* steeping. Then put
it into an Alimbick, & from this quantity
of ingredience draw- 3 pints of water; -
which being mixed will be strong enough:
but if you desire to have it smaller, you
may take a pinte from *the* same stilling.
Then to each quart of water put the -
quantidy of Cordiall here expressed.

93
Of Bezoar 15 grains
Musk. 12 - grains -
Ambergreece 10 grains }
fflower of Corral - 1 dram
fflower of Perll - 1 - dram
White: sugger candy beaten
half a pownd -
Leaf=gold - 4 - leaves -
A small bag of safforn
Shake all these together in the glass for
=14 - days space, once a day, and the
longer you keep it the better.

folio 41 verso || folio 42 recto

The Lady St . Iohn's Watter for *the* Convoltions
90 Mother and ffalling=sickness./

Take a pownd of true Piony=roots, slised as thin as paper;
after they are scraped. Put them into three pints of:
true White wine in a pipkin ^{with} a cover; let *the* cover be
pasted one: then sett it in a place where it may
be bloudwarm allnight. When *the* pipkin is could -
open it and strain it hard out into a glass which will
hould three quarts, and is very strong. Put into it
thirty grains of the Moss of a dead=mans scull and thir=
=ty grains of the scull it self: both in fine powder ++
A quarter of an ounce of Caster in powdor and an ++
ounce of the best Spirit of Caster. Stop the glass
with a cork, and shake them all together as fast as a ++
strongman can for half an hour; sumtines giving *the*
glass a little aire least *the* bottle break.
A spoonfull for a Child. A wineglass for a man or
woman to prevent; three night before the chang or
full, or in a fitt.

L Robinson To Make fricase of Chickens

Take Chickins Cut them in peices wash
them very well then stew them in butter
And white wine & A fagott of sweet herbs
seson it with hole Cloves & mace & greted
Nuttmag beat itt up with yokes of Eggs -

95 ffor a Consumtion. Mrs Henshaw

91
Take a gallon of Milk, and a great handfull of Alehoof
two ounces of English : licorice sliced: Still it and draw
it off to a pottle: then sweeten it with half a pownd
of [^] white suger: candy, and drink half a pinte in the morning
fasting, and as much at evening; or at any other time
when you are dry.

92 To Make french Bread L. Lidall

Take ten pound of fine flower four quartes of
Milk half new & half blew sum solt the yolkes
of two eggs [^] nere A quart of barme way youer floure
intwo A Larg bowle theⁿ measure youer milk

and sett one halfe of it on the fire two boyle -
 Then measure youer barme and mix itt with
your Could milk & *your* yolke, of Eggs with A Little
 Could milk: beat them well and put them into
your milk and barme mix sum solt in A Littell of
 the milk and so mix all well together take *the*
 milk hot of from the fire put it two the other
 milk and mix all well together and put it hot
 Two the flower through A ^{wide} har sive mix itt
 Well with *your* hands: and beat itt ^{nere} half An houre
 Then put flower on the top of *your* peast and
 set it two the fire two Rise but Cover itt
 With A Linen and woolen Cloth that itt may

folio 42 verso || folio 43 recto

haue the heat of the fire and yet not harden
 the peast A top: Whilst it is Rising sweep
your ouen and set up the stone to Let the heat
 fall well two the floore then take up *your*
 past work it not up at all with flower
 but clap it into wooden dishes and ~~Let~~ it
 Raise and Jest as you set it into *your* ouen
 Turn it out of *your* dishes on the pe^{le} and
 so into the ouen itt must haue A brisk ouen
 When it is beakt take it out and Rasp it
 And put it in Againe Jest too Crisp itt /
 Mrs
 Han=
 shaws

93 Sir ffrancis Prueians Cordiall ^{Water}

Sage sellindine woormwoode balm
 Burnet Scorzonery Scordium Cardus
 Benedictis Dutamus Rue scabions clove=
 July flowers yellow sanders Mary gould
 flowers of each of these two handfulls
 The Roots of piony Tormentill bistort
 Scorzonera gentiam of Each one
 ounce and halfe, The Roots of Angillica
 Contraerua butterb?ore zebuary
 of Each one ounce Angilleca: seed
 Bruze the seeds well and washe the
 Roots and cut them thin wash the herbs

And putt them into A cloth, and shake them
 Till the water is well out of them, and put
 out all the dead Lifes then Cut them,

slice the sanders in as Thin Chipps as you
Can, Then steepe all these things three day^s
In fiue gallons of the best and strongest
Cleare white wine and then distill them
put Lofe suger finly beaten in the glas^{es}
When you put them under the still halfe
A quarter of A pound to quart glasse
Or As you Like it

94 To make paist Mrs Henshaw

Take A pound of fine flower & dry itt
very well & Rubb in as much fresh butter
as you think will serue & take two
eggs but one of the whites & A spoonfull
of suger finly searcht so grasp itt
two gether with Could water tell it is
peast but doo not mould it you must
put as Littell flower as you Can
when you Roule itt you must
Roule your peast as thin as you Can
And make youer pasteys of what you ple

shaw
sha

back outside cover

spine

PENELOPE
JEPHSON'S
COOKERY
BOOK

head

fore-edge

tail