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V.a.215: Cookbook of Susanna Packe [manuscript].

front outside cover

front inside cover || front stub recto

1674
1709
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Susanna Packe
Her Booke
Anno Domini
1674
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Susanna Packe
Her Booke
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Apreoke pastt

take your aprecokes cut them in peeces letell ones then
take thare waignt in fine suger put aboute halfe
or hardly that of itt to theim let itt meltt, if you will you
may put a very litell water to desoule the sugar the
itt will do beter without, boyll them tell thay are
enoath then take the restt of your sugar and boyle itt
to a candy and pat your apricake to it and lett it not
boyle after, when itt is desolued put itt lick clearcake
into things to dry and turne itt euery day tell it
be ready lay vp.

Take

To Preserve red or whight curents
in Jelly

Take a pound of Curents when thay are stond
and thar waight in dobell reind sugar as you stone
them lay them in rowes in a litel sugar to kepe
them when they are done make a surup of your sugar
and a quarter of a pint of each infused luse of
the same curents wheather whight or red and as
muche water scume it and then pit them in let
them boyle very fast one or to boyles will cleare
them and make them inoughf shake them a litel
as thay boyle, probatum est L.1.1
one may do them eather in bunchis or not
barbery will do the same way only if insted
of thar one Jelly put Jelly of piping or els
that willnot be good coulerd for thay will be
mudy and oring colerd it will not spoyle thare
tast

To presarue goosberys in
Jelly

Take a pound of gooseberys when thay are stond
put them in water as you stone them to kepe thar
coler then take a pound of dobel reind sugar.
well beten lay about a quarter of it in the botom
of the bason then lay all the goosberys one by one
in and but one lay of them thin strow about about
a quarter more of your sugar one them kepeing a
out half, wett it with farewater to melt it &
let it not boyle tell it be mellted. then boylle
them so fast that you cannot see the goosberys, keep
but strow the uther sugar one as thay boyle and
for feare of burning. be ofen ladeing in a spocne
water by letell and litell round the pan sides, this
do and some them cleane as thay boylle tell thay
bee cleare and will jelly which may easily, be sene
sene, probatum est L.1.1u
ad to them a the beter
way is to 3 quarters of a pound of gosberys a
5 pound and quarter of suger with halfe a
pint of lelis of gosberrys which make with boyling

To presaerue

To presaerue Aprecokes in Jelly

Take to a pound of aprecokes a pound
of dubel reffind sugar pare them and gather
them before thay be yallow if thay be so that
you can stone them do it before you boyle them
if not th you may take the stons out as thay do, by, but
slicing them doune the seame
take care of braeakeing them lay the aprecoks
in the sugar all night after thay are harde
the next day you may if you please put a quarter of
a pint of water to them or so much jelly of pipines and let them boyle
prity fast if the frute be grene but if to ripe
but slyly set them by and boyell them out
at to or 3 seauerall times thill thay are clear
and will jelly but put in your jelly tell thay
are enough within or to boyle if you ad half
a pint of jelly and let the water alone itt is the
bestt way
aprecoks in slices
will be fine this way
pro batum est L.1.
your goosberys in so much water as they will Ielly
when straund as you do pipines

p

turn it euery day tell it be dry Cheery preserue
To Presaer
To Preserve Cheryes
in Jelly

Take to a pound of Cheryes & a pound of sugar beaten then stone them and as you stone them lay them in some of the sugar to preserve the color of them, then lay a lay of Cheryes and a lay of sugar till all be in the basin then let about a quarter of a pint of either the juice of cheryes or currents in to the bottom of the basin let the sugar be dissolved before you let them boyle and then boyle them mightly fast and scorne them till they are clear and will ly then put them into glass.

probatum est L.1.1

PRESERVES

to make peckle for storgen

boyle bran & water let it boyl half a way to even too ruantus put on quarts of uneger a handful of salt & as much suger as will make it like mouth water then boyl it up & let it cool 1674 1674

Chearin⁴g oring pastte

boyle your oringes tell they be softt then beate them in a mortar when you haue taken out the seeds take thare weaight in sugar dubell refind dry your pulp about half in a quarter of an hower ouer the fire then so dry up the water thay ware boyled in then maye your sugar into a candy and put in the pulp and let itt not boyle put it into thinge as you do cleare wa溘u

To Make Clear Cakes
To preserue Apericocks Ripe

Pare your Apericocks very thin then =
stoone them to a pound of Apericocks the
waight of sugar the best dubbell Refin as
you pare them couer them with sugar &
Let them stand all night; The next day
boyle them vp of a genttell fire put to them
halfe a pint of water when the are cleare
then put them up coold

To preserue Apericoks Green

Take green Apericocks scald them & peell
them then put them into the same water till
they be green couering them with a fine clo=
=th close; Take your waight of sugar Powdred
put as much one of them at first as will couer
Them & so let them stand 12 hours Then
heate them ouer the fire Then set them
by; next day put in the Rest of your sugar
with a Littell Addiction of the same Iuce
By infussing som in a dubbell pot when you
haue heat them 4 days turning of Them the
Last time let them boyle a very littell Then
put them up
Probatum Est

To preserue Plums Green

To preserue Cherries

To a pound of flanders chirres take the
waight in sugar after you haue prepared them
By cliping ofe the stealls & crossing them of
the tops; put 3 quarters of a pint of water to your sugar let it boyl vp & scoom it then put in your cherris boyl them slow at the first till The begin to be clear then boyle them fastt couering them all the whill only scoom them as it Rises; To your Tradickin cherri or great Bearer Add an ounce more sugar becauss the are fuller of luce & sharper.

To presarue Whit pare Plums

Take a pound of the best Refined sugar let it boyl & clear into a syrop then put in a pound of your fariest plums boyl them and turn them; set them by till next day if you find your syrop thick put in 3 or 4 spoonfull of water it will helpe ther cooler; after boyle them with a prity quick fier till they be cleare; after the same manner presarue the yallo Amber plum which is good Ether to to presarue or dry

To make Ma^r molat of white quince

To presarve Grapes Green

Take 5 or 6 bunches of Grapes set them ouer The fire & Boyle them quick in a considerable quantite of water Till you see them boyle ofe the stalkes & tourn a puer green which I haue oft expearinced; Then take them out hool and waigh them in a siluer poringer; Take your waight of sugar dubbell Refin in powder strow vpon as you did for your Apericocks Takeing som of The luce of the grapes to make your syrrop of which after you haue heat 2 or 3 dayes give them one boyle; The will be a puer green & Jelley
To preserve Lemmon or Oring Peells

Take your oringes or Lemmons cut them in halfe & squeeze out all the Iuce. Then boyle them in a larg pan of water till the be tender then with your thum b doe out all the meate & put them in fare spring water; shifting them every day with frish water for 10 or 12 days to take the bitternes out of the orings the Lemmons need not lie so long; when the are watered enough Take a pint of Clerified su= gar & a pint & halfe of water & let them boy =l till your syrop begin to grow thick then tak= e them ofe; & heate them 2 or 3 Tims till you see Peels & syrop cleare then keepe them by you ether to sarue out as presarues or to Candi as you shall be Instructed when I Com to Candies

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To preserve Oringes Wholewaigh them befor you put them in water

& then take ther waight in suggar for if you waigh after they are Boyled the will Bee two waitie Chinie Oringe.

To preserve Whit Lemmons

Take your lemmons and pare of all the yallo Rind put them in fare water as you pare them that they may keepe whit if you would haue them for presant use Then only prick them & make a= syrop with the waight of sugar & boyle the= m halfe an hower put in a pint of water then se= t them by & The next day set them ouer the fire keep your syrop Thin till you preseuae them to be tender & cleare; you must boyl them before in spring water; befor you prick them or put the m into your syrop; if you would haue them keep Long then after you haue pared them make a= slit on the sid & with your pen knife & core in sorn Take out all the meate; Then order them= as you doe you lemon peels
To preserve Chinne oringes

Take your oringes & boyle them hoolle in spring water waygh them & strow your sugar one Them being powdred; The better your sugar is The clearer the will bee; next day boyl them put= ing to every pound a pint & halfe of water; prick them with a pin That the syrop may Infuse in= to them after heat them 2 or 3 days till your syrop be Thick & Readi to Ielly it is a very= Exalent sweetmeate; But they will not keep= long; yet I haue keep them halfe a yeare very= good & likewise Lemmons whit with the mea= t in them; dubbell Refined sugar is the Best=

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To preserve Barberyes.

Take your Barberyes & pick out the farest bunc= hes after you haue picked out all the stons Take the weight of sugar make a syrop boyle it vp & scum it befor you put in your Barberyes let them boyl leasurely at first; Then boyl them till the= be cleare; for your preserved corrons powder yor sugar becaus The art more tender & strow your sugar Amongst them as you stone them; put to= Them halfe a pint of water & boyle them on a slo =w fire Till the be cleare They are very Apt to Ielly; doe not boyle them two high

To preserve Quinces w =holl

Pare your quinces & coore them To a pound= of quinces take the weight in sugar in a conu nant pan or possnit presarue them that is deep That your quinces may be couered with syrop as= they boyle put in Rather more then a pint of= water at first put in a fine bag with som of= the seeds couer them close & let them boyle gen= tle at The first for halfe an houer then men= d your fire & keep them bowling faster; if the= syrop groe Thick Add now & Then 2 or 3 sp oonfull of fare water which will keepe them in a good Temper Till the be Thorowly presarued and allso of a good cooler; which you may de
searn by Takeing one vp & perss it with a great needell; let your syrop be of a fit Thickness.

To Presarve Grene Gossberys
in Ielly

To Presarue Damsons

Take your damsons Ther waight in the best barbery sugar put in for euery pound of syrop which is a pint of clarified sugar halfe a pint of spring watter Boyle your syrop vp & scum it Then put in your damsons see the are all cracked after set them by till next day Then with a Lentell fire Boyle them at first after let your fier be quicker & boyle them close couered it will make them plum p & Larger; you may know when they are enought by the Thickness of The syrop

To presarue Wallnuts

Take your wallnuts before the be shelled which you may know by persing them with a Bodking Then pare of all The green till your nut be puer whit put them in fare water as you doe them to presarve the couler let them haue one boyle in that water Then make a syrop for Them & Boyle them till the be cleare when they are could put them vp These are more for medisen Then Banquit The are Acounted good for consumption

To preserve Gooseberrys in Ielley

To Presarue Whit Pippens
Take your Best Kintish pipens about or after christmus pare them & cut them in halves cut the coore out Round; after This make for Them a syrop of dubell Refin sugar & put them one fier let them boyle Leasuery at the first Then set them by; The next day put in more of your sugar & boyle them cleare; you may Take out your pippens whill you boyle your syrop to a fit thickness you may abate an ounce of sugar in the weight

To Presarue Red Pippens

Take of the same pippens about the time after you have pared & coored them Take at; The first 3 quarters of your sugar & put in a Q-quarter of a pint of water show your sugar dri one them so let them stand 5 or 6 houers Then set them one a slow fire & let them only se member; oft turning them; This doe till they be Hardned after put in The Rest of your sugar & boyle them cleare; I haue oft cooler ed with a littell scutchneall which will; Add a more Brighter cooler; And will be speedor done, if you please you may drie them- out of the syrop

To Preaserve Goosberys

Take your Goosberys and when you haue puld of the Blossoms and stalkes picked at the seede. Lay them in ther wight of An lelke fined sugar one by one then set them on a fire of Charkole and when the begin to boyl scum them with a spoone that hath six holes and so ster as the scum is sts take it of till they haue boyled 4 hours 1/2 1/4 at which time they will a nut and very Clear probatum

To Presarue Rasp

Pick a pound or 2 of your fairest Rasp
not two ripe so as to be Black Be carefull
of bruseing them Take ther waight in sugar
Boyle it so high till it will dray like a smal
threed between your Thumb & finger then put
in your Rasps let them at first Boyle slowly
for feare of breaking. After mend your fier
and Boyle them till they be cleare -

White Corrans in Ielly

Take of your fairest Whit corrons stoon
them Take the best duble Refin sugar 3 qua-
ter of a pound to a pound of corrons waigh them
before you stoon them; Then take a Quarter of
a pint of Ielly infused in a duble pot of the
same whit corrons & its waight in sugar make
a syrop with as much water Let it boyle vp &
scom it; Then put in your corrans one Boyle
or 2 will make them Cleare; after the sa-
me manner order your Red corrans only for
presarueing you need not put In any Ielly
But more water to the quanttie of halfe the
pint Because you may doe them more
Leasuerly

To Make Ielly of Corants

Presarued Suckets

Take your Lettes stalks & scald them in
fare water the waigh to euery pounds
3 quarter of Barber sugar Take them
cut of your scalding water & put to eu-
ery pound halfe a pint of water Then
Boyle them Til the be cleare, put them
vp & keepe them for sauces or to put in
Pyes

To preserue Angillica Roots

Aafter you haue washed & scraped them
Whit Then Boyle them well in water till
the be tender; After make a weake syrop
and boyle them halfe an hour then sett
them by till the next day; if you find your
Syrop Thick make it Thiner by Adding
som water Then heat it ouer the fire 2
or 3 days; Let your syrop Be of a fit thick
ness; Then put them vp; or you may candie
them if you please, after the same manner
doe your Elicampain Roots; Let them be water
ed well to Take out Bitternes

To Make Ielly of Aprecoks

To make Ielly of whight-Corants

PAST AND CADIES.

1674

To make Pippens Past

Take your fairest Kintesh Pippens when they
mello about christmus cut them into quarters
& pare them as quick as you can that they may
keep Whit put them in the scalls as you pare
them; prepare a quick fire & put so much
water as will couer them Then pulpe them
Thorrow a hare sive; Then Take your waight
of good whit sugar & Boyle so high till
you drap it vpon your finger & it snap in
peeces like glass Then put in your pulpe drie
it a littell ouer the fire But let it not boyle
Then put it out in a Earthen panchin & let it
stand a day or 2 within the are of the fire, After
lay it out in moulds one Tin plates & dry them in
a Stow; The will be exceeding cleare & whit ac
=ordeing to the goodness of your sugar; you may in the
want of moulds Lay it out acordeing to you fanc
obsarue if your sugar be two high your past
will candi if not at the lust hight it will not
dry; make your Red after the same manner; only
when you haue put your pulpe into your sugare
Then giue your coule to it before you drye it
ouer The fire againe; Cooler it with Scutichne
all to make a perfect scarlot; you must vse
your one descricton for The depth of your
cooler; After order it as your Whit & so lay
it out

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How To Make Corron Past

After you have Infused your corrons
in a duble pot & drawn out the Ielly; Then
pulpe them thorrough a hare siue if they
bee Red then take good ordnari Lofe sug=
ar The waight of your pulp or Rather Bett-
er Because your currons is Tarter then pipen
=s when you haue waighed your pulpe; put
it in a pan or Bason ouer the fire and drye
it if you make 2 pound dry it half an houe
-r without any sugar; Then prepare your sug
=ar By pounding & searsin it; & whill your
Pulp drys ouer The fire set your sugar to
dry ether against the fire or ouer a chaffin
dish to dry when they have Both dryed the=
Time acording to the Quantity Take of
your pulp & put in your sugar stir them
togaither & set them of a very slow fire
Keepeing it stiring; Besuer it doe not b=yl;
when your sugar is incorparated; Take
it ofe & power it out into flew pans about
halfe an Inch thick Let it stand 5 or 6 d=
ays in a dry Roome & when you perseau
The tope dry so as it stick not to your fi
nger; Then cut Them out in whot shape you please & Tourn it in a day or 2 the will be dri

Rasberries Past

Take your Rasps and breake them
vpon a hare siue that the greatest part of the luce may run out; mash them all
Then put them in the pan or Bason you make your past in & dry them ouer the fire
stiring them all the whill till you can see the bottom part clearly; Take for your
Rasps ther waight in sugar finly searced
put in about halfe ofe it at the first; let it dri & incorperit togather Besuer it Boyle
not This done put in The Rest of your sug=ar when it is all desouled take it ofe the
fire & lay it out hot vpon cleane Trench=ers or Boords for that purposs; set it in a
slough or som dry Room & it will be Rea=
di to tourn in 4 or 5 days; you may then&nbsp;
Tourn it upon whit paper; in 2 or 3 day
it will be Readi to lay vp

Apericock Past

Take your Ripe Apericocks & pare them
then cut them in thin slices; way them & take ther waights in fine sugar let
it be serced; To a pound of your Best
Apericocks thus sliced put in a Gill of
spring Watter set them one a Quick fire & Let them boyle fast for one Quarter of
an hower Then; put in one part your
sugar & Keep it boyling halfe an houver
Longer till you find it begin to grow
Thick & you in stirring may see the Bot =tom then put in the Rest of your sug=ar; Abate the heate of the fire & lett
it not Boyle But stir it till your sugar be incorporroted then take it ofe & lay it out vpon pie plates or whit paper it will candi in 2 or 3 days & be very cleare Let your sugar be double Refined it will keepe a good couler the yeare About

Whit Quinc Past

Take your fairest Ripe Quince Boyle them tendr vpon a quick fire Then pare then & set; for euery pound of pulpe one pound 2 ounces of Refined sugar ouer the fier fi Let it Boyle candi high that is when you take if ofe the fire to looke clear & candi as it coolds; not to Boyle it to sugar again; that will make your past two dry; Then put in your pulp ofe the fire & stir it well togaither; set it oue$ again & let the sugar & pulp mix well your fire being slow; Then put it out and the next day Lay it out one Tin plats or Glasses acording to you fancie mould be ing out of fashion; your Whit Marlmate make after the same manner only let it haue one boyle after the sugar is in; For Red after I haue prepared The pulpe acc ording to diriction; Then cooler it with scutch=neeall before you put it into your sugar you may make it dooper or paill er acording to your one descriction it will give a very good cooler

To make a Green Past

Chuse a good sort of Aple ether pipin or Ladifinger Take them green & with all The speed you can cut them vn par ed in Thin Round slises into a pan of far spring Water Then haueing a quick
fire Readi Boyle them as fast as you can
till the liquor wast much & you preseaue them, to grow green ish Then couer them
And let them continue boyleing till your
Liquor be allmost wasted then strain them
thorow a siue & after pulpe it; Then
waigh your pulpe. & Take the waight
in good while Loaf sugar; Boyle your sugar
as you were diricted befor & then put
it in & drye it; Be suer it Boyle not after
The sugar is in; if you have a pound
Then put in the Iuse of one Lemmon
if 2 pound then Add the duble quantity
Lay this out flat as you doe your Rasb
ery past; you may power it all out vp
a Broad plait & when The vper side
is dry you may cut it into what form
you please; Try your Apls; all will not
Green

Oring Past Cleare

Take one halfe of the best siuell
oringes; & as many Chine oringes cut
them in quarters & Take out all the
skins & seeds cleare Then take the
pulp & waigh to euery pound i pound &
ounce of sugar, put your pulpe ouer
som cools not 2 hot & let it stand 2
hours stirring it now & then; Then
Take your sugar & boyle it cot high
That is till it will snap betwen your
fingers Like glass; Then put in your
pulpe & when it is well incorrporated
togaither put it out vpon Tin plates or
glasses & in 2 or 3 days it will candi
set in a warme stough or some other
place; Then tourn it & when the
other side is drie it will be cleare &
fit to put vp

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To Candi Angilica

Take your Angillica stalks when your water boyles put them in after the haue had a boyle or 2 take them out & peell them. Then take fare spring water as much as will couer them let them boyle then set them ofe a cooler fire & couer them close so let them stand 3 or 4 houers till the be Both green & tender Then Take them out & lay them in a siluer Bason Then couer them ouer with dry sugar powdred and let them stand till next day Then put in a littell water & heate them thorowly ouer the fire Keep your syrop thin if you haue not enough to couer theim you may Add more sugar as you see cause This doe 4 or 5 days; if it haue a boyle it will take sugar the better; The last heate dreane it one a siue; Then set it to drie in a stough as you doe your oringes; Then take good Lofe sugar as much as you think will couer them & Boyle it to a Candi hight so order them as you weare diricted Before And thus your Angilica will haue a good gloss & be moist within though it be a yeare or 2 old pro:batum Est

To Candi Cowslip

Take your cowslip and cut ofe all the yallo flower; to halfe a pound of flower take 2 ounces of Whit sugar in powder put them in a deep dish of putter ouer the fire on a Chaffindish, Keep your dish but warme; & keep them continually stirring till they be first moyst & the sugar soke into them after they will drie & open again. They will keep of a good cooller; all the yeare; After the same manner you may candi Rosmari Bugalus or any other sort of flowers Elicampain & Angilica Roots when you have prepared them as you doe your oring
Peells; by watering them to take out the Bitternes; after they haue taken sugar sugar candi them Accordingly with other sugar.

To Make Iumballs

To Make queens Cakes

Take a pound of flower a pound of buter & a pound of sugar & a pound of curants beate your sugar uery fine & strow it into your sugar flower & rub your buter well in cold then put in fore eges & but, 2 whites & 3 or 4 sponfull of cra cream mix it all uery well together & then put in your curants well washed & dryd befors you put in yourbuter you must wash it in rosewater then put it into the ouen which must not bee quight so hot as for manchit les then halff an houer will bake them they are uery apt to burn at the botoms therefor your ouen must not bee to hot

WATERS & WINS

1674
Aqua Marabalos

Take gallingall cubibes cardimon
Melilot flowers of each one dram=
Nutmegs cloues mace Genger all prepared of each one dram. Take 3 pints
of whit wine one pint of Aqua vitie
The luce of salladin & the luce
of mint of each one pint the luce&nbs;
of Balm halfe a pint Mix all these
with the other ingredients in a earth
=en ludg stop it close & let it stand
all night the next day destill it with=
a Temperal fire; put into you Bottell
that Receaues it 4 ounces of whit
sugar candi, hang in it a littell bag=
=g of safforn; The next Runing will
be smaler you may put in Loofe
Sugar into that or make it all of
The same strength if you /
Please

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Stomack or Plague
Water

Take sage salodin Rossmay Rue
Wormwood Rossa=solas Mugwort Pimper=
nall dragons scabious Agerimoni Balm
escordium cardus Bettoni of each one han
full; Take the Roots of Tormentell An=
gilca Eulacumpain Penoy setwell Liq=
uiorss Fetherfue & Brown maden hare
Bruse The herbs & Roots; Then put them
all in a gallon of whit-win stop it close
& Let them steep 2 days & 2 nights
Then still them in an ordenary still; pa=
st vp your still & dray out a pint of
the first Runing; Keep the weakest
By it selfe; Let i spoonfull of the first
Runing i of the 2d 2 of the 3d; with halfe
a dram of Mithirdidat; be taken in
the morning fasting; This quantitie
is enough for 2 persons; The weakest
gue to children a spoonfull or 2 in
The morning acording to the stringth
For the scurvy

Take scurvigress Broocklime
Watercresses dandi= Lyon Liuerwort
Woodsoerrill Houseleeck Cluiers Add=
erstonge violot strawberries spin
=age nauell=woort Agerimonie
Henbane. Ribwort Auens of each
of these 2 handfull; Bruse them
and put them into an earthen=
Pot; put to them 2 quarts of the=
Iuce of Lemmons & 3 quarts of
Whit wine; destill them in 2 or
3 Rose stills; Let the partie
drinck halfe a pint in the mor=
ing fasting & at night goein
to bed for 3 weeks togather
spring & fall. it cuered G:P.
when his head was all of A
whit scourfe which caused
his hare to com ofe

The Lady Allins
Water

Take sage sallindin Rossmary
herb and flower; Herb=a=grass wor=
m=wood Mugwort Pempernall dra
=gons scabious Agermonie Balm
Scordum sentuarie Cardus Betone
Rosa=solas Marigold flowers cow=
slip Buglas Angillica henbane tor=
mental of each of these halfe a pound
Alicumpan Pinoy zodrari of each
of these Roots & herb half an ounc
Licquoris halfe an ounce Slice the
Roots & sread the hearbs; put them
in a pot with 5 quarts of Whitwine
couer it & let it stand 2 days then
devide it into 4 parts; and draw
3 halfe halfe pints out of every part

Snall Water

Take a peck of Garden snalls wosh
them 3 tims in Beare; Take one qua
=rt of due worms open them & scower
them in salt after wosh them in bear
Take Angillica sallindin; put your
snalls in a brass pot ouer the fier
keepe them stiring till the haue
hissin Then take them ofe & Rub them
with a cloth; Then Bruse them in a
ston morter withe the worms; place
your hearbs at the bottom of your
Limbeck; viz; you sallindin & Angillica
Then put in your snalls & worms put
vpon them wood sorrill Bitony Barber
=Bark Red dock Roots of each i hand
full; Tormmerick Finierick of each i ounce
Rossmary flowers 2 quarts hartshorn 6
ounces cloues 2 ounces safforn i dram
fill up yo Limbeck with strong Alle
10 day old; put in 2 quarts of whitewin

Surffet water

Take one gallon of Aqua=vittie one
pint of the Best damask Rosewater
put into it one pound of Lofe sugar
Take halfe a pound of Red popie with
a pint of Angillica water strong
Rasons ith sun i pound & halfe
dates sliced 4 ounces 2 nutmegs
2 sticks of Liquoris sliced cinim=
on i ounce; Let all these Infusse
in an earthen pot close couered
4 dayes stiring it euery day
Add to it som dry popi Leaus
with one sprig of Balm & Angill=
cae Let it stand 3 days longer
Then strain it; fouer spoonfull
may be taken at a time it pres=
ntly cleares the stomock of any
thing that ofends Prob:atum Est

Plague Water

Take Avens Scabious Wormwood
Bitony brown may=weed cardus Angi=
ica Rue Egeramoni Salindin Sage
Balm Rosmary Mugwort dragons
pempernall Marigolds featherfue
Burnett sorrill Roots of Alicumpain
of each 3 pounds: But of Rossemary
Six pount sread them small & lay
them in 7 Gallons of Whit wine to
Infuse 3 days then still them with
two ounce of Mitheridat; Keep
your strongest water by it selfe
Take in a morning fasting 2 spoon
ful of the strongest i of the next
in a littell draught of small Alle
According to the strenght or week=
ness of the party you may Giue
more or Less

A diat drink

Take senna six ounces Polipedy of
the Oke fiue ounces Bay berries two
ounces fennell=seed 2 ounces Annisee
-d 2 ounces Let all be brused but
the senna put them in 3 Gallons of
Alle as soon as it hath done work
=ing Then stop it close vp when=
it hath stood forty=eight houers=
you may drinck halfe a pint in a
morning fasting; 2 houers after
you may drinck a poringer of Warm mace Ale; This is very
To cleans the body of sharp humeur or Mullinkcholly it allso clears the stomock of wind

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Doctor Stephens
Water

Take a Gallon of good Gasscon Wine Genger Gallingall cancell Nutmegs grans cloues Anniseeds Carriway=seeds of each i dram Take sage Mints Red Rose time pellitor =ie Rosemary Mother of time cam momill Lauender of each a hand=full Bruse them and let them Infuse in The wine 12 houers oft stiring them Then still them in a Limbeck It helps the vitalls cheares the Spirits Exceeding good for the palsie & other destemper coming of coold it will presarue a fresh Color & make Young

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A Water for the eyes

Take sage ffennell vervin Betony Eyebright Pimperneall Cinquefoil hearb=agrass step these in Whitwine one night, Then still it with a Glass still; This Restored the sight of one Blind 3 yeares,

To strengthen the Eyes

Take of Browen ffennell Hunisuckell of the hedg dasi=Roots Perllwort Eyebright Red Rose leaues of each of these i handfull Infuse them in a Quart of whitwine 2 or 3 dayes Then still it in a ordenarie still And Keepe it for your vse
A Water for Convoltions

Take 4 pound of black chiries pound them stone & all in morther then steep them in 3 pints claritt wine, With Rosmary Balme and the flower of the Best cloue gitt 4 nutmegs sliced; Let them stand twelwe houers then destill them Put into your bottill a Lumpe or 2. of Lofe sugar to make it pleasent This is approved by Ma: Su: for all her children was very success =ffull; if the be weake one spoon= or halfe a spoonful; it may be giuen more or Less acording to des= crittion old persons may take More

Cowslip Wine

Take 6 Gallon and halfe of spring water put to it 12 pounds of sugar marke you pan when you put it in & let it boyle till your halfe Gallon be was= ted; Then take it ofe the fier & when it is coold enough put to it som good Ale Barme & When it begins to worke put in it a Peck of cowslip flower Let them work togather 3 days; Then take ofe the top & strain it so Bottell it vp in 3 weeks or a mounths time it will drinck & Eexalant Brisk & cleare I haue Expearnced it
Goosberry Wine

After you have picked your goosberrys then stamp them in a woodon Trow put to every gallon of goodberrys 2 quarts of spring Let them stand 12 houers then strain them thorough a meall siue, To every gallon of this luce put a pound of sugar Tun it vp & when it hath swrought Then stop it close when it hath stood 3 weeks or a muunth then Brock it & draw out whot quan= titie you would Bottill Ad lofe sugar to make it fit acording to your tast; put into every Bott= ell a peece of Lemmon Pill dray out the Remainder as you se caues

Mullberry Wine

Take Ripe mullberrys & strain them put in one quart of water to a gallon of Berries, Then put in 3 pound of sugar Tun it vp in a vessell that may be full Let it stand 6 weeks then Bottell it vp with a Bout a pound & halfe more sugar or Less acordingly to the sweetness or sharpness of it

Lemmon Wine

Take eight Lemmons & a pottell of spring water; pare 4 or 5 of them, pound all the Rest togaither with 2 pound of sugar put it in a Earthen pot & let it stand 12 hourese Then strain it & lett it cleare so Bottill it up season it to your
March Beare

Take 16 strick mallt one peck=
of wheat halfe a strick of ootes
i gallen of Pease or Beans spelch
your corne euery sort By it selfe
When you mash put halfe a strick
of malt & wett it noe thicker then
a machrull will stand vpriught put
your beare corne one i side of the
mashfatt Let your water Boyle an
houer before you mashe then weett all
your malt, and Let it stand on an hou
=er & halfe. befor you let goe, The
firs that Runs ofe; put it one agai
=n to 2 or 3 gallons Till it Run cle
=are; gaither of a hogshead of the i
Runing Take 2 pound & halfe of
hoppes & 2 quorts of hooll malt Let
your wort be so strong as to Bare
an egg by which you may trie
it; Then let it Boyle an houer

March Beare

It will wast 9 Gallons therfor
gather so much aboue your hog
=shed worke it in your fat very
Coole & Let your wach run slow
It Requireth a weeks working
in the fat, & when it is tuned it
mus work a weeke longer in the
hogshead & therfor you must keep
the Remandir to fill it vp as it wo=
rkes; when you stop vp you Hogshed
put in a bag 2 handfulls of Hoppes
one pint of hool malt i handfull
of Bayberries Brused cinommon
cloues Ginger sliced Long peper
& graines of each 2 ounces
after your beare you may draw
6 gallons of strong Alle and 2
hogshead of Tabell Beare; Keep
3 Pecks of malt to couer your
Machffatt

Rasberry Sack

To one Gallon of sack take two
gallon of Whit Raspberries Bruse then
them & let them stand all night
if it be malligoe it will need
noe sugar; But if it be cann=
arie you must Add Lofe sugar
strain it & when it is settled cle=
aire Bottill it vp, Let it stand
3 weeks or a mounth then you
may drinck it it will be as Br=
sk as an Sherri sack

Aqua Vitee

Take Lees of wine, or strong Alle
destill them in an a liembick whose
worm Runs thorrow cold watter
into 2 gallons or 3 or more whol
your Lembeck will hold, Take of
jtos & Bruse i pound of Anniseeds
& destill it ouer again; Thus
doe for Angillica or Balm of
Cinimmon water; it must all be=
destiled twise; The i quart will
Be veru strong The 2d Keep
By it self or make cordiall=
water of it a cordieng to your
one decretion; ther must bee
a speehall caire that you fier
Be not two hot or 2 could But
Keep cold with watter & your still
runing with a small strem
Corron Wine or Iuce

Take your corrons when the are Rotten Ripe pick them & straine out the Iuce as cleare as you can, then to every gallon of luce put 3 quart =ers of a pound of sugar Tun it vp for a fortnight Then bottell it vp with 2 ounces of sugar for every Bottill; if you haue plenty of this luce you may tun vp som of it By it selfe without sugar; it will be of exulant vse to cooler sauses with or any thing you would Repa =r the cooler of it will Keepe all the yeare it hath Been

Rosa Solis

Take nutmegs Annis seeds coria= nder seeds of each halfe an ounce Gallanga genger cloues of each= two drams Red Rose Leaues one hand=full Rosa Solis 3 handfull Liquoris one ounce Cardamons ze =doary grans of paradice callamus Aromaticus of each halfe a dram= Red cinnamon & Sanders of each 3 quarters of an ounce; your best Aqua Vittee 6 pints make an Inf= usion of them for eight days then strain it & Add to the Liquor 3 qu= arters of a pound of Lofe sugar= This is Exceeding good for the consumption of the Lungues is very Availabe for Phisicks
To make White Meade

Take 4 quarts of water & 1 of hunny mingle them well together & boyle it untill it be allmost half consumed & soe lett it stand untill it be allmost cold then worke it with yeast as you doe ale then put it in a vessel & let it stand 14 days then boyle & in each bottle put in a piece of lemon peele & a clove & soo let it remaie a weeke then drinke it

To Make Almond Iumballs

Take a quarter of a pound of lourdain almonds & put them in water all night the next morning blant'hem & dry them in a cloth & beate them very small in a stone morter with a spoonfull of rose water then take a pound & half of double refin'd sugar beaten & sifted then take the white of an egge & beate it with a wisk as quicke & as high as you can till it be frothet then with your knife take some of the beatten almonds & the froth of the egge & mix it with the sugar well till it come to be as thin a paste as you can well worke and make them of what fation you please & lay them upon wafer paper & put them in a pritty warme oven not when it has done baking & when they are baked enough they will be dry & white and hollow & brake off the paper you may ad if you please Chockolett to sume

To Make a Biske
Take a dozen of Pigeons 6 chickins bloud boyle them & dress them in strong broath with the giblets then take some sweet=breads of veale & lard cut in pieces some forst meate made in balls with some cock stones some beepe some pallates & hard eggs with some petatoes & chessnuts boyled tender & blanchd & all these must be boyled apart & when you dish it lay some tops & bottoms of loaves in the dish with some good broath & lett it stand on coles then lay in the sweetbreads & other things on the topp lay your pallates & some gravie of beepe & some of the hard eggs pour on some gravie of mutton season it with cloves mase ginger nutmogs & garnish it with sliced Lemon

Gascons powder

Take of pearll Read corall Crabs eyes harts=horn whit Amber of each i ounce in powder Then Take so much of the Black toes of the crabs claws as of all the Rest of the powdres finly serced mix them & make vp into Balls with Ielly of hartshorn In which Infuse a little =ell safforn; put in one dram of orien= tall Bezar get your crabs in may or september before the be Boyled. you may giue a Child 6 8 or 10 gran= es acording to its strength & oldr persont may take 20 or 30 grains it is very vsefull to be taken in the Beigining of feauers or any Mall =igneant destemper
The Lady Kents Powder

Take of Magistery of Pearll crab=
eyes pr
pre pared Mmber harts=horn=
Magisteary of Red corral Lapis=
Contra=paruam prepared a Lik Qu=
ntite Then put to the full waite
of these the tops of the black cla=
nes of crabs to euer ounce of th=
is powder Add one dram of orin=
tall Bezar make these vp into a
Mass, with lelly of harts=horn collor it
with a littell sarforn one scruple=
of Amber=greece, greece, Let it dry in som
dry Room with=out sun or fire a
man or woman may take twenty
grans a child 10 or twelfe it is
a very good cordaill & may be
mix with a littell Mithiridat so
giuen the last thing at night
will cause sleep & breathin
sweat

Sweet Powder

Take oris halfe a pound damaske
Rose Leaues 4 ounces cloves one
ounce; & halfe an ounce of Ciporas
Lignum Rhodium 2 ounces storax
i ounce & halfe Musk & ciuett of
each 8 graine; you may Add a little
sweet Margorum; Beate these all
well togaither

damask powder

Take 5 ounces of ores 2 ounces of
cipres 2 ounces of callamus halfe
an ounce of cloues i ounce of Beni=
amin 2 ounces of Rose leaues i oun=
ce of storax halfe an ounce of
spick flowers Lignum Allos halfe
an ounce mix these well togaithr
Hare Powder

Take half a pound of Rice and half a pound of starch serrs them very fine; then take 4 ounces of oris prepared mix these well. Then take 2 grans of ciuett & put it to the Bottom of the pestill with one grain of musk incorporat them. This will give a good sent that shall last if need be a yeare & Keep close; Rice is hold good for the hare it will Rather presa= rue it & cause it to grow.

Syrop of vilots

Take your voilots gathered dry and cleane picked, Then take spring water & Boyle it put it Boyleing hot into you voilats as much as will lust couer it; stir them that none be dri; Then couer them close & set them by the fire to keep hot for one houre after stet them by for 12 hours then strain them; be suer your vessell be cleane & dri for the least thing will change the cooller; Then put in for every pint of Liquor 3 pound of whit sugar stir it every day for a weeke or more Then set it ouer the fire in a dubell pot But let it be noe hotter then the Infus =sion was; thus when it is Incorap= orated & coold put it vp; probatum est.
The Syrop of Cloue gilliflower

Take your Right cloues and=
cut ofe all the whits Then Infus=
e them in Boyleing water Renew
it againe Then strain it and
to a pint put in 2 pound of sugar
Boyle it to its fit thickness

Syrop of Elder

When you Boyle it vp you must
scum it constantly or it will not
Be cleare all other syrops are
Easily maid other hearbs or flower
This syrorop is Purging

This syrop hath cuered
A Consumption

Take 2 quarts of spring water
Betiony foleffoot Burnit dried Red
Roses of each of these one handfull
two Roots of comferie sliced Boyle
these togaither ouer a slow fire
couered close till a pint be wasted
Then put into it one pownd of lofe
sugar Boyle it vp to a fit thickn=
=ess; Let the party take of it 2 spoo=
=full at eueing gooing to bed &=
two spoonfull in a morning sleepe
After it you must Renew your qu=
antity oft, I haue Known it take
=n 6 or 5 weeke togaither it must=
not be neglected spring & fall
with them that feare the
destemper
for silvering and Lackuring

first make your sise with kid leather packis if to be got if not outhers glouers packis will do let it be strong jely but be sure itt be well strand from all dirtt or motes and very cleane outhers was itt will not do well, then mix itt with spanish whighting and lay the first tune or 2 ouer very thin after a litell thieker aboute as thick as for thin papes do it ouer tell the wood be quight lest which itt will be in sume 6 eaight or 9 times doing les if the wood be not roufe when thay are dry take a rag and fare water and smoth of all the rouflnes and knots make itt very smoth and when it is dun so take same of your cleare sise and maye put so much water to itt as will make a prity stiff quaking jely but not neare so strong as the outhers but first make your water scallding hot and rub rub in a litell castell sope scrape itt in for if you rub it in you cannot get at itt and a litell to much spoyls it you may scrape in aboute as much as will by one a 3 penes put it to the water when the water is scallding hot outhersways it will desoale then put both to your outhers sise and let itt so mixt that it may be a prity stiff quaking jely when cold lay itt one and when it is dry take your barnishing tooth and rub a bitt of it to se wheather it will do if it the white rub with a luster itt will do well when the siluer comes one but if it rub dull and to glib glib itt will be greasy and not do it so wash it with a rag of againe and without doing itt ouer any more with siluer sise siueller it upon what remains of th that which will not come so cleare of but thas will enough stay behind when itt is siluerd lett it be throw dry before you go to burnish it in the sumer it will bee dry in a day or 2 in the winter longer try when it is dry one plase first
and if you find the tooth do not rub
smoth but with a rufnes take a candell
and rub it in your hand and then take a litell
coten wool and rub in itt so as to make it
a litell greeney not to much for that will
spoyl all dab the coten wool vpon the
silluer and it will done harm
but make it burnish smoth and finely
if it do well with out it needs not, itt, you
must lay your silluer one with a squills
pache and wett your frame with water

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before you lay the silluer one with a pencill
for if the frame be not very wett itt will
not do it must be wett as you siluer it and
the silluer clapt close with a coten
but take care the water do not tuch
the outside of the silluer or that the
coten be not wett which you may find by
rubing it ofen one your fase you must breath one
the squills taill when you take it up els it
will not stick go itt and lay it very smoth on
when it is all dun you must burnish it as good
before with a burnishing tooth and rub itt
as hard as you can tell his it haue a fine

luster, then if you intend to a lacker it
take your lacker and war with with a brush
for that purpos that has neuer bin in water
before the fire lay it ouer smoth without
streaking it but all a licke and when it drys
do it ouer againe and againe stell it be depe
enough and look well which it must be dry betwen
every time doing ouer / pro 1/2 g ere
thare is now a more redy way to do
itt for the scueller sise of that being a
litell difficulltt to hitt witte thar is
a way found out which with a sortt of litell
roles made of tobackapipes and are to
to be bought by the name of scueler
sise at any of the gillders itt dus them
with ones doing ouer with that very
finly it must be scraped into warme
water and so disolued and itt must be
about the thicknes of good creame or thin paper all all things els must be as before mentioned

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to pickell oysters
to baster loues a prity way
to broyle oysters
to fry oysters a prity way
to rost oysters a good way
to pickell french beanes
to make lemon water a uery fine way
to make lemon creame and lemon caudell
to rost a piike
to stew carps in thare blood

To Pickle Cowcumbers

Take an Earthen pott and Lay one Rowe of dill & one of cowcumber Till the pott be full then boile as much salt & water as will cover them boile some dill in it; Lett it boile halfe an hower and lett it be almost cold eare you power it on; cover it close and let it stand tenn days: Then take the Liquor and put in a good quantity of vineger & a little hard spice and boile it againe a pretty while but not soe long as before, put fresh lay of dill to your cowcumbers & put the liquor hott on lett them stand a fortnight then boile the liquor againe and put to it more vineger as before couer them close and then they will be greene

To Boyle A
Salmon

Take your sallmon & chine him
Then cut him into two gouls & 2 Tails; Then i part water & two
parts Table Beare if you would haue your pickell very good put in i quart or 2 of strong Beare make a quick fire & Let your Liquor Boyle as fast as it can Then put in one peece & let it Boyle a quarter of an houer or mo= re according to the thickness of your fish; Thus Boyle one peece after an other & when you take them vp Lay them one a Boorde & whill they are hot out of the pan prick them with a scuer & power= som viniger one it; & when The Liquor is coold put it in & Keep it

**Lemon Creame**

Take a quart of Creame & keep it stirring on the fire till it be blood warme then take your meat and juice of 3: Lemons & sweeten it very well with suger and a spoonefull of orang flower water: and when the lemons are soe sweet as that they will not turne the Creame stirr them together on the fire and soe dish it hott but Eate it Cold&nbs;

**Orange Creame**

Take the juice of 12 or 14 oringes, strained from the seeds, and sett it on the fire scum it clean and put to it soe much sugar as will make it for eating then take the yoalkes of 12 Eggs beat them well and straine them then take a porringer of Creame and stirr the Egg, and Creame together and put it to the juice of oringes by little and little and keepe it continually stirring the juice must be Cold before then put in the eggs then sett it on the fire to scald soe dish it vp and serue it as soone as it is Cold/

To Boyle A Storgen
Take strong Beare & water a Like quantity put in 3 or 4 handful of salt Then fit your storgen in lieing it vp in Rands & gouls Readi; Then let you Liquor Boyle as fast as it is possible Then put in your fish & let it Boyle 3 or 4 houers; when you it presaue it enough. Take it vp Boyleing peece By peece; Then mix some salt and viniger togaithe & sprinckell it all all ouer; Then with 3 quarte of vin=egar or 4 acording to the Bigness of the fish with 2 gallons of whit wine or 6 quarts; To the same Liquor it was Boyld in make a pickell when it is coold & put it in & stop it clo= se. The Last storgon Taken in Cleffton Water 1672 was thus pickled; som Add hearbs But that= is not so vsull; you may doe as ocaison sarues proued

Orange Creame

Take Creame and sett it on the fire and when it boyles putt in as much Iuice of oringes as will turne it, then lett it hang vp in a thin cloth till all the wheay be rann from it then beate it with the Iuice of a lemon and a little creame sweeten it with suger and you may perfume it if you like it

Almond Creame

Take a quart of Creame a leafe of mace a quar=tred nuttmeg with a good deal of suger then boyle them altogether on a soft fire and then the white of an Egg and put 2. or 3. spoonefulls of Creame with the beateing of it, then take of the boyling creame and lett it coole then putt in your Egge, and lett it boyle 2. or 3. walme, Then take a quarter of a pound or more of blancht Almonds beate them very small, then take some Cold Creame and mix with your Almonds and strane them through a strainer and when your Cream is ready to come
of the fire putt in your strained Almonds and lett it haue halfe a warme and soe dish it vp

A Pottage

1
Take a fillit of Beefe halfe Boyled
Then Take it vp & cut it to pecess and put it in a stue pan put to it 6 sweet Breads of veall 2 coocks the marrow of 3 Bons put in a ladell= full or 2 of strong Broth and as much grauie of mutton a hole ox onyon 3 Blads of mace 2 or 3 cloues with a peece of oring pill Take the Rounds of manchet & lay in your dish wet them with som of the Broth; when you pottage is Readi Take out all the spice & onyon with the Rest. Then lay one of your fillits in the middell of your dish & couer it thick ouer with your marrow and sweet=bread s your being stued in a dish By it selfe; put in the Iuce of 2 orings

To Make Cracknell,

Take A pound of suger searced and put it into a pound of flower then take the yolkes of four eggs and the white of one nine spoonefulls of Coriander seeds let the seedes lye a quarter of an hour in while wine vinegar : then Rubb them dry in a Cloath bruise them take alsoe a spoonefull of Rosewater a quarter of a pound of butter then worke all these to paste then role them out thinne and put them vpon pewter or Siluer plates, buttered, prick them and wash them ouer with the yolke of An egge and Rosewater, then bake them lett not your ouen be too could
Another pottage

Take a knuckle of veale a neck
of mutton i marrow Bone with som
in sweetBreads of veal Then take
into pullets & truss them & fill
ther Bellys with marrow a sprig
of time & sweat margorum Let
all stue togaither till your pull=
its be enough; when you set it one
put in a littell salt 4 Blads of mace
a slick of cinnomon a fue cloues
Then put Bread in your dish as
Before with cippets; & set By your
pullets to Keep warme will your=
pottage be enough then Lay
your marrow bone in the midest &
your pullits of each side Then
put in your pottage; Take of all
the fat & put in some graui of Mutton
slice a Lemon & lay that & your sweet=Bred
one the top

To Make French Bread

Take a panshan of flower: then take
a quart of new milk and boyle it
and then let it stand till it be but warme
and then two Eggs and a pint of Creame
then lett it stand halfe an hower;
it will be baked in an hower
the ouen must be soe hott as to scorch it

To Boyle A leg
of Mutton

Take all the flesh out of your
Leg leauing the sk whole sread
it small with marrow then take grate=
ed Bread the yolks of 5 or 6 eggs som
sweat hearbs Nutmigs mace pepper with
som Raw Lemmon=peel & 2 Anchoues
when all these are minced togather
put it into the leg againe where you=
took it out; Then stew it with a marrow or 2; Garnish your dish with carrots & turnips or else with herbs which you please /
As you like the seasoning you may make balls of it & stew them and send them up about a coock boyled
or a knuckell of veale, good red bacon boyled & sliced thin may be laid upon them when dish up

A Hash of A Calveshead

When your head is halfe boyled take it up & cut of all the meate in thin slices with the tongue, put in a pint of whitwine & set it to stue over the fier with a blade of mace or two 6 pickeled oysters som lemom pell when it is readi put a peace of sweete=
= t butter the luce of a whole lem= on; Then take large cippets of & water & frie them in butter
Then set them round your hash garnish your dish with lemom pell & lay lemom sliced thick upon

Sasusings

Take a leg of porke sread small a pound & halfe of beefe suett halfe a pounds of its one lard 2 handfull of red sage pepper salt som cloues & mace with a littell nutmeg sread all very small & put in a peace of a onyon with the yolks of 3 or 4 eggs make it into a past
Then roole it out like sasusings & frie them the will be very good, you may frie or boule them as you vse them with=
out skins
After the same manner make olives
of veal ether to stue or Rost only sea-
son them with sweet hearbs & put in
marrow instead of suit

To Rost A
Pick
Take a picke dress him & wosh ofe all
his slime; Lard it with the Backs of pickell
herrings; draw them thorrough with a
Bodkin Then Take oysters Clarit=wine=
&sweet hearbs stufe the Belly with
them; Then take som strong whit paper
& Butter it dubble Then lap the picke
in it & Bast it with Butter; Tie it to
your spit with corse Tape laping it
seauearall Times Round; you must take
great care in the Rosting of it make
your sauce with Anchoues & the oyst=
=ers that are in the Belly of it with
clarrit & a piece of sweet Butter
when you take it vp you may other
Lay it Round or cut it in 4 peces which
you please & soe dish it vp

Sasusings
Take the fillets of a hog chop them
very small with a handfull of Red
sage season it with salt pepper & ginger
& a littell cloues & mace; Then put them
in guts & hang them vp they will
Last halfe a yeare; These are good to
garnish Boyld meates

To Barrell vp oysters
Open your oysters & take the Liquor of
them & mix it with the Best whit wine you can get a littell salt & som pepper lay your oysters in first Then power your Liquor one them then stop them very close & so you may keepe them Long es

Oliues of Veale

Take a Leg of vealle of a cowe calfe; cut of the flesh in thin slices Take time sweet margoram parssly som marrow cloues mace & nutmegs with som salt chop all these togaith =er & Roule them vp in some of the Kell some Long then spit them one a Berd spit when the are Rosted make sauce for them with sweet Butter the Iuce of 2 or 3 oringes season it to your one tast; These may Be sent in By themselues or in a dish with a cupell of pulett =s

To make venison

Take a peece of Buttock Beefe pou= nd it well ether in a morter or with a Roolin =pin Then season it with peper & salt 2 Race of ginger sliced thin 2 nutm= egs sliced i onyon sread small; Then take som mutton suett sread small & put in the Bottom of you pot a place your venison then fill it vp with suett & lay a Trencher plate vpon it to kee= =pe it downe; then lay a peece of your household dough vpon it & so Bake it with your Bread; when it is could let out your graue & set it in a warme ouen fill it vp with Butter; After the same manner Bake Reall venison
only omit the Beating of it & the=
spice

To Bake a hare
Pie

Take a cuplle of Hares Take ofe
all the flesh fr0m the Bones; Then tak
e 2 pound of good fat Bacon Take
away all the sward & skin pound all
in a morter for an houer togaither
it will Require strenght; when it is
well Beat togather Then Take clou=es
& mace one nutmeg som pepper & sal=
t with som sweet herbs an onyon srea=
d small season it with these Then
Take 3 or 4 Anchoues Take out the
Bones sread them very small & mix
with it then put it in a pot or Round
pie fill it vp with sweet Butter and=
Bake it if it want fill it vp with Butter
It is as good a Relished coold pie as
can Be cute
probatum est

A Charthern Pie

Take your chartharn & parboyl it
then after it is could mince it with a
pound of marrow season it with cloues &
mace nutmegs put in som of the pell
of a Raw Lemmon sred small put in
som of the luce; you may Bake it
other in puff past or a Round pie if
in puf past then lay it in a dish or
frame of Tin for that purpos pie
fashon; when it coms out of the ouen
cut it up & squse som luce of 2 or
3 oringes with a peece of sweet
Butter garnish your dish with orin
=g & Lemmon pell
A Toung Pie

Take 3 neats Toungs Boyle them after The are peeld cut them in thin slices Loung way Then season them with som cloues & mace salt; put in dats sliced, Rasons ith sun stoned 4 or 5 Blads of Larg mace canded oring & Lemom= pell with som sweet Butter; the old wa= y was to make your pies acording to the Toungs to com out 3 ways; But now you make Them Rounds or whot you please when it comes out of the ouen make a caudell of whit=wine & eggs & put it in soe send it vp; The 3 or 4 dish W: G: or S: it will be Baked in= Les then an houers time; cut of all the lid & lay them in sippits about

Itt v

A Chicken Pie

Take 9 or 12 chickens about 3 wee =ks or a mounth old sald them & truss them Then make puff past Roole out a sheet for the Bottom Then take you chiche =ns & lay them 3 square season them with cloues & mace pepper & salt lay on them Blads of large mace then= Take dats sliced presarved Cherries graps & goossberryes & put vpon them Then couer them over with mar row & Butter; After lay one your other sheet of past & cut it 3 sq= -uar as your chickens lie; Bake it an houer when you take out of the ouen Take some whitwine Butter and sugar melt all togaither and put in
you pie garnish your dish with pastes

A Toung Pie with Partridges

Take sheeps toungs sweet=bread of veall chickens or partridges
Blanch your Toungs & slice them
season them with cloues & mace
sweet herbs put in som pickelld oysters The outward Rind of a lem=
=mon som large mace lay all these in your pie with good store of Butter put in a littell oyon or-shollot; Then Bake your pie after it comes out of the ouen fill it vp with Butter it is to Bee et'en could; ouen for the sises was maid of partridges which are the Best if the ma =y Be head; with the like quantity of sheep Toungs and sweetbreads

To souce A pigg

Take a fat pigg about a mounth old cut of his head & take of all his Bones cleaue him down the Back Then if you would haue him puer whit cooller him vp like Bra= wn; slice 3 nutmegs 3 Race of gi =nger in thin slices with som salt Then Roole him vp & like the coollers in clothes so Boyle him Tender after it is could Take a quart of whitwine som water & salt make a pickell & put it in; when you send it vp cut them
in A Rounds & garnish your dish=
with greens
i d 2

To salte Eeels
for Lent

Take your great Eeels & skin them
scouer them well with salt then take
them & tourn them Round Like an
Adder then scuer them thorrow with=
2 scuers a cross this done lay them
down in a deep mugg pot one vpon=
the other with som salt The will
Keep thus 2 or 3 mounths them as
you please to vse them if the haue
Lane long you may lay them in
water Before you vse them; then
Brooll them one a grideiron; Boyle
som onyons for the sauce with Butter
Rost som in ther husks & send
them vp one the top of your eyes
i C: Lent

Pickell Herrins

Take whit herrins lay them in wat
=er 3 or 4 days when they are well
wattered Take out the Bones cut of
The talls & heads & presarue them
Then take all the flesh ofe of 6
herrins with a peec of oynon a lettell
peper 6 anchoues a sprig or 2 of Ti=
me & sweet margoram som Lemmon=
pell Beate all these togaither as you
doe sasing meate & season it to your
Taist then lay them in a dish in the
shape of your fish Laying to euer=
i fish its head & taill, sr'ead Lem
on pill small & strow one it with the
luce of 2 or 3 Lemmons send
Then vp; it is a Elalant dish
In Lent 2

Puff Past

Take a gallon of flower one pound
of Butter & Breake it in Amongst your
flower; Then take as much new melk
as will make it into a liue past then
Roole it out & lay one the other pou=
nd. till it be all on Then Roole it out
the 3 time & lay on the 3 pound; the
next time Roole it out & lay it on your
dish or what you deseighn it for
The Rule is 3 pints of flower i pound
of Butter 3 eggs & Roole it out 7 times
you may Add eggs to the former But
my expearance it is the Best
Aproued

An Almond pudding

Take 3 or 4 ounces of Almonds
Blanch them Then Beate them well
in a Alleblaster morter with Rose=
water i manchit the yolks of 5 eggs
& 3 whits & all season it with cloues
& mace nutmegs & sugar sread in
som marrow Then Bake it in an ouen
noe hotter then for Biskit when you
send it vp Take your Iorden Almonds
& slice them Lenght way & stick it
thick vpon the top so sarue it
mix it with creame & a Lettell
sack 2 or 3 spoonfull is Enough
sack
To pickell cowcumbers

Take 2 quarts of veriuice 4 quarts of fare water a pint of salt a handfull of fennell & dill Boyle it a littell and when it is coold put your cumbers to it= couer it close

OR

Take som salt & strow it in the Bottom of your pot Then couer it ouer with dill Then put in a flowerin of cumbers so continue it till it be full Then fill it vp with verivice Lay so= mthing one the toop to Keep them dow= ne; Keep them close couered

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To pickell samfier

Take your samfier pick it and putt itt into water as you pick itt to kepe itt fresh for itt is aptt to dye fastt then take itt outt after itt is picktt and lay a lay of sa samphire and a strowing of satt saltt and so tell all be in your pott then fill up your pott with faire water and lay abourd with a stone upon itt within the pott to kepe itt under the pickell couer itt very close and lett it stand nine dayes so then make a pickell of to partts viniger and one partt water boyle itt and lett itt stand to be cold then take your samphire outt lay tt upon sumthing to draine the saltt pickell from itt putt it into the oathed Lett it stand a month longer then boyle the pickell ouer againe putt itt one againe Cold. if it wantt more pickell you may ad to it
To Pickell Broom

Buds

Take your Buds green let them not begin to grow yallo make a brine of viniger & salt Let the salt be well melted then put in your Buds stirring them euery day till they Be sunk; Be suer the be couered cloce

Grapes & Barbearries are only pickled in Brion; make your Brion strong & put them in couer them close green Goosebearys or any other green fruit

Marigolds or cowslips

Take 2 quarts of marigolds flowers make a pickell of viniger & salt put them in you pot as close as you can that= you can But desearn the liquor to com one the top when you press it down with a spoon Then couer it close these will be as fresh all the yeare as if new got only put the top asid For Cowslip in stead of salt take sugar & pickell down the flowers as cloue gilliflower; you may doe them in salt also; in Both the must bee done down close or the will loose ther couller These are good to sett out a grand sallat pr:o batum Est

To pickell oring & Lemon Peell

Take the pells & Boyle them then water them 3 or 4 dayes after
the Bitternes is out make a syrop of viniger & sugar & put them in the will be of exalant cooler & tast for sallat in cut thin & laid with cloue gilliflowers & cowslips; The will Keep good halfe a yeare; only if you see any defect as to mould then other heate them ouer the fire or set them in a warme ouen They are very profit=able for= minc pies or tarts or frigeseas Becaus Less sugar sarues then for canded Aproued

A quaking pudding

Take 10 or 11 hearb eggs put out the white of 3 Beate them very well with Rose water Take a pint of th= ick creame 3 spoonfull of fine flower mix all these well togaither season it with nutmeg & sugar, Butter your cloth thick you Boyle it in let it Boyle halfe an houer Let you sauce be sack Rosewater sugar & sweet Butter & so send it vp

Sack Possit

take 3 quarters or i pint of sack 6 yolks of eggs i pint & halfe of cream make your sack hot vpon coals put som sugar in you sack then Boyle your cream & thicken it withthe eggs sugar & i nuttmeg put all togaither & let it stand halfe an houer

spanish buter or cream

to ly light on a saluer scald 4 pans of new milk from the cow
over night and take of the tough
creame in the morning season itt with
spise mase when you scald itt swetten
to your taset put in a bitt of lemon peale
and a litell oring flower water beatte
itttell itt come to perfect buter so
as to ly one a plate then cutt with
a spoon and lay itt in lumps light
up on a saluer itt lookes very prity

A Hash of chickens

Take 4 or 5 chickens & flay of the
skin from them then cut them in peeces
frie them in Butter very Brown
Then take them out & put them beetwen
2 dishes with som graue of
mutton. 3 or 4 spoonfull of wine whit
put in an onyon six Anchoues Nutmeg
a blade of mace frie som sopes
dipe in the yolks of eggs Beaten with
creame & soe sarue it Laying fri
=d Parsly all ouer them
After the same manner you may
doe Rabits if you please

To make a prity
light Creame

Take

A frigessee of chickens

Take 3 chickens & pull of the skins
& cut them in peeces put in as much wat=er as will couer them put in an oyon
& a bunch of parsly when it is halfe
stued put in 2 blads of mace a littell
salt a pint of whitwine let them stue
till the be enough Then take the
yolks of 3 or 4 eggs & beate them
with a littell vargas then with som
To make orange jelly

Take pipings and make jelly of them boyle orange peale in itt
tell it tast pritty strong of itt then
take the luse of 2 or 3 oringsis and
warne itt and when the jelly is boyled put
itt to itt and sweten itt with dubell reend
sugar and culer itt with a litel safron
and sett it by to lely but if you think itt
wil not lely enough with the apels put
in as much Isinglass as will lely itt
and a littell ambergrees

To stue carps

Take your carpe & put him in a deep
dish with a pint of whit wine or clarat
or more so much as will couer your
fish som large mace. Let it stue
till it be allmoist Readi, you may put
in before a sprig of time & sweet=
margarom, Then put in 2 or 3 Ancho=vies
a wholle onyon a littell viniger or=
varges; a Lettell gross peper a
good peece of Butter then with=
sippets dish it vp ; F or W: Let
it be the next dish after pottage
or pudding of another day the 3d
or 4 dish
Aproued

To make Chokolett Creame

Take to pantions of new millk
scalld itt ouer night and sett itt by in ebb things that the creame may rise in the morning take itt of and with a whisk whip itt a prity whille then grate sume Chokolett and mix itt with sugar for if you grate itt into the creame without mingelling itt with sugar first itt will turn the creame to curds and quight spoyle itt but put in the chokolett and suger together and continew whiping itt tell itt bee the thickness you desire itt, then put itt into the dish you intend itt for and take sum raw cream and the white of an ege and chokolett and sugar and with a wiske whisk maid of splitt quills whip itt to a froth and cast ouer itt but put out the prints of the spoonfulls gently with your spoon that so itt may cooke if it ware whipt altoolgether

Fritters & cream

Take a pint & halfe of flower a quarter of a pint of sack 7 eggs Tak out 4 whits mix them with stif cream ether sread your Aplles or slice them thin & put them not in till you be Readi to frie them put Nutmeg & ginger To make sack cream when your creame is Boyled with wholl spice stir it till it be somthing cooler then new milk Then put it into the Chini dish you Intend it for & then put in your sugar stirring it Round put in 6 spoonfull of sack leaser =ly stirring it all the whill & it will be thick & last very well

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the yalow lemon creame

take 2 lemons and cut the pill of them extream thin and sqeese the luse to it so let it stand 4 or 5 howers tell itt tasts of the pill then take the whights of 3 or 4 egs and one yolke and beate them uery well then put them to the lemon with half
a pound of dubell refined sugar and neare 3 quarters of a pint of rose or oring flower water or a litell of both stir them together in a dish and sett upon itt vpon a hot fire but let it not boyle and put into itt a litell ambergrese and when it is as thick as creame it is enough after the same maner do oring creame only not quite so much of the peale

Lemon Cream

Take the creame of the nights milk season it first with sugar Rose or oring flower=water i spoonfull with a bagg of ambergrese desouled in it Then take i or 2 Lemons acording to the quanti=ty of your dish & squee it in by drop= till you creame be of a fit Thickne=ss paire the Rinds of Both your lem=ons & let part hang in you creame the other one the dish sids it will Tast very pleasant; after the same mannar doe your oring cream But Let not the pills goe in for it will make it Bitter unless the bee if you take a litell Chinie more creame and step in it all night a litell lemon pill shaued very thin or oring if itt be for that and a blade of mase and a stik of sinimon and then beate it up next morning to a froth and with whight of eg

with a litell white wine and then through it ouer your creame and stick litell slyces of lemon peale very thick vpon itt and let it stand in cold water or a coole plase a prity while to saden it before itt go up to tabell

To make almond

this i v o a
to make almon creame

take a pound of almonds blanch them and beate them very fine and rub them throw a hare siiue then take itt and season itt vp with a litell sack white wine and or ing flower water and a litell grated oring peale if a litell pounded mase fine and with sugar you think fitt but before you may ad that if you put same fine curds to your almonds itt will stifen itt a make it hould together beter then take itt al up together in a lump and put it into a round dish and when itt is shaped to that stick it all ouer

Apiricocke Creame

Take your Apericocks & slice them into a siluer Tanker & set it in a duble pot so let it boyle over the fire till you fruit be pulped; strain it thorough a siue & season it with Rose water & sugar a littell much when it is could mix it with cream acording to descret ion flower
After the same manner prepare your apericocks for tarts or lay them in dishes with puff past only scald them wholl & put in sugar what is conveanant you must other pare them or put ofe The skins

To Pickell Mushrms

Gather your mushrms the best you can get as you wett them in water you may rub of the dirtt and scurf as grows upon them but the bigger of them must be pealed with a knife those that have holes in the steales are not good wash them in 3 waters and rub them verry well as you wash them then take them out and put them in a scillitt with a grate handfull of sallt and no water lett them boyle tell thay bee prity tough then take your them of and drain
To make cheesecakes

Take a quart of Thick creame 8 eggs
set your creame one to boyle Then Beat
you eggs with 2 spoonfull of flower put in
a piece of sweet Butter into you creame
then put in your eggs & keepe it stiring
till it be thick Then take it ofe the
fire & sason it with sugar; 2 spoonfull
of Rose water; l wholl nuttmeg halfe
a pound of corrons, make puff past &
for them halfe an houer will Bake
them
To make them with curd Take 2 quarts
of new milk put it togaith Breake the=
curd well Then take a pint & halfe of
cream Boyle it & put in som gratered Bred
the yolke of 6 eggs a piece of Butter then sea=
son it to you tast

The whight 11
Almond Buter

take about 2 quarts of water the beta
botom of a manchett a blaid of mace
boyle boyle itt half an houver then lett
it stand to be could then take
a pound of swette almonds blanched and
beaten with rose water very fine so strain
them with this boyld water often times
tell you think the vertew is got outt of
them and then itt will be a thick almond millk
then put itt into a scillitt and make it boyling
hot and that itt simers then take a sponfull
of the luse of lemon and put into in
stiring of itt in and when you perseae itt redy
to turn then take it from the firet and take
a large fine cloath and cast it all over altogether into the midell with a spoon then try tie it hard with a packthread so lett it hang tell the next morning then put it in a dish and sweten it with dubel reind sugar and rosewater you may put in a graine or 2 of ambergrease if you will

To dress souls or placce

Take your soals & frie them halfe enough Then take wht wine put in a lettell slicd ginger a littell shallot let it all Boyl in a dish then take your souls & put into your wine & let them stew when they are stewed enough Take them out & open the then lay Anchoues washed along within them Then put them in again let them stue a little then take som of the the liqu=or a peece of Butter the luce of i or 2 oringes make the sauce & send them vp with sippets.

The yalow
Almond buter

Take a quart of cork creame 16 eges well beaten mix them togeather and strain them into a scillitt set them on soft fire stiring itt continewaly when it is redy to Boyle put in half a quarter of a pint of a pint of seak sack and stir it tell it runs to a curd then straine the whay from it as much as may be then beate a quarter of a pound of blancht almonds with rose water then put the curd into a stone or woodin morter by degrees with sume of the almonds and a pound and halfe of dubell reind sugar and when it is well beaten put it into presarueing glasis or vpon plates /
To stue pigeons

Take parsly sweet margoram and a sprig of tine sread all these and stufe your pigeons with it & Butter then set Them ouer the fire with noe more water then will couer them when the haue Boyled a while & are almost enough take halfe a pint of wine som spinage peper & salt a good peece of sweet Butter 3 anch oues the yolks of 3 eggs strain in it 2 or 3 oringes; Lay sauchinges about your pigeons & with sippets dish it vp with the Liquor

To make Almond Iumballs

Take 1 pound of allmonds blanch them in cold water beate them in a stone morter tell thay bee very fine then take a pound of dubell refine sugar searst & put a quarter of it to the allmonds then beate them till you can role them without breaking and when thay are beaten enough role them in the restt of the sugar in litell roles so make them up an lay them upon wafers and put them into an ouen very slake you must beate your allmonds with sake and either rose or oringflower probatum estt (. 1. p w .7

To Boyle a Rump of Beefe

Take your Beefe & Boyle it halfe an houer then take it vp & put it in a stue pan slach it one the sids that The grauie may com out strow on it a lettell peper & salt Then fill vp the dish with clarrit wine & put to it 3 or 4 Blads of mace and set
it one the cooles, Boyle it ther
an hower or longer as you see
ocaision til it Be tender tourn it
oft, when it is almost on enough slie=
ce 6 onyons a handful of capers
3 or 4 hard Lettices sliced with
the onyons fill it up with clarrit
when it is tender Take of all the
fat Then take Brown bread
& fri with Butter make Large
sipets of it & send it vp with
3 or 4 spoonfuls of wine vinegar

To Make Almond
leach leech

Take rose water and gum dragon first
stepd or Isinglass desouled and some
sinimon whooll boyle and thease together
then take onee pound of allmons blanched
and beaten with rose water then put them in
and boyle them with the rest stir them always
and when itt is enough swetten itt to your tasst
and when itt is cold eate itt / schockalett leach
is verry prety for veriety to mix with whight
upon a pirimad.

A flumery Caudell

take sume white or renish wine sett itt
ouer the fire then take sume of the bater
you make your flomery of boyle that by itt self
Lett itt begin to thicken but not to thick before
itt be enough to eate by itsel itself take itt of and
your wine being warme put itt to itt and lett it mix
wel together and leaue not stirring itt tel itt
be enough which it is when itt is thick enough
and the rawness gone from the flumery then
sweeten itt and you may carefully drop in Iuse of
lemon if you will or thicken itt with an ege

an ege if you will but I think it beter without
To Collor Beeffe

Take the Thinnest end of a Beed of Beefe lay it in hard pump water & salt 2 or 3 days shift in euer day the last day put in a pint of claret wine. Then drain & put in a sum cochinall Beaten with very littell Alum mixt with clarit Then take 12 anchoves & Bone them & lay them in the Beef with cloues and mace peper salt som sweet herbs If you please a lettell sholet; the cut it & coller it vp as you doe Brumns with Caper; Then put it in a deepe mug pot power in it a pint of clarit halfe a pint of vineger a vergis littell water you may put a Bunch of time Rosemary & sweet margorum then Bake it & when you take it out of the ouen Take it out of the pot Befor it be coold

To make Almon Caudell

Take a quart of whitte wine and boyle itt a while with a blade of large mase and a littell whoole sinimon then take 4 owncis of swett allmons blanched and beaten with alittell rose water then strain your almons with the wine and sett itt ouer the fire againe and when itt is scolding hott putt in the yolkes of 4 eges and as much sugar as you think fitt you may make halfe if you please or what you please do but proportion your stufe accordingly

Lemon Caudell

make a positt of good millke turnd with the luse of lemon straine that throw a haire siue fine from the curd then take the youlks of as many eges as will sarue to thicken the quantity you make leaue not stiring tell it be enough for feare of curdeling itt you may if you please do of itt of mace swetten
A lemon positt is a fine positt
turnd carfully with the luse of lemon
instead of anything els
finis

To Make Orange Creame

Take 4 large oranges & chipp the out
sides cleare off, then shred the next pelle very
small, squeeze the juicethe iuice of 4 oranges upon
them lett them stand to steepe 2 or 3 hours then
take the yoks of 3 eggs & the white of 6 eggs &
beate well together, you must take all the treadings
out from your eggs, & when they are well beaten
put your iuice & peele of orange into the eggs, &
a porringer of faire water & halfe a porringer
of rose water, sturr them well together then straine
them & sweeten it as you like it put in a little
muske & ambergrease, & sett it upon a chaffin dish
do coals, keepe it stirring, till it be as thicke as the
thickest creame, serve it up cold, when it is as
thicke as you would have it, take it off the fire &
powre it into what you please to serve it up in
after once you have taken it from the fire & powred it
out you must not stir it lett it not boyle but scald till
it be thicke
Bottoms of both pages have a blot in them in the last two lines and small writing cramped in at the bottom of
the page.

To Make the white Iceing

Take a pound of double refin'd sugar
beaten & scearsed, put into a stone basin
put to it 2 whites of eggs & as much muske
rosewater as will wett it stirrit all one
way till it be as white as snowe lett
it be not shinner then to runn iust af=
ter the knife
to frigissee Chickings
puntacks way

Take if you wold haue a prity big dish
6 chickings putt them and cut them to
peasis and throw them into cold water
let them ly a while then take them out
and dry them and put them into a frying
pan but not ouer any oather fire then a
stew harth for outhre fire will smoke them
fry them in eather beeve suett after it is stued small
and melted and straund or in buter clarifyd
put into the peper saltt clouess and
mase beaten altogether when you fry them
and lett them fry tell thay be a yaloish brown
then power that licker from then and take
some befe broth and bunch of sweet
hearbs and stew them awhille so then.
then quickly after thay are in that putt
to them a pretty many mushrms oysters
or cokells or musells or if you please

you may put them in at the lastt thicking
which think is beter as also a litell of the
pickell of them when the meate has
stewd tell it be enoogh
enough take the
yolkes of eaight eges and breake
breake in itt twelffe or thirten lumps
of fresh buter aboutt as big as french
walnuts take also one anchouis sreed
sread itt with a luttell green onion
and parsle 2 or 3 luttell onions is enough
and halfe a handfull of parslie partt
of a lemon cutt in littel bitts but no
rine halfe a handfull or les of the
stak
not mashtt for that will make itt to sower
put your musherums ousters or cokells into
this ege and buter put all cold with into
a litel of the licker thay are stude in
if you haue not enough of that licker put in
a litell ayle and shake it alltogether

and send it hott to the tabell it is extraordin'ary
good

To stew duckes

take your ducks rostt them finly and then
for sase take a grate deale of strong broth
or what quantity your dish will hold put to itt
claritt wine and ale ayle crums of dryd
breed lemon anchouis picked of oysters
cut each cuocomer.

Comfets smuth

Take whot quantity of Almonds you
please to make put them in you pan
for that purpos hung with Ropes at
2 eares ouer a warme Charcoole fire
Keep them continually shaking & stir
=ing when the are a Lettell drie
haue your sugar by you & another
fire to Boyle it one; then Boyle it
noe hier then it will draw like a
Threed betwen your thumb & finger
if you have a pound of Almonds put
in 2 spoonfull of sugar at a time
Then shake & stir them as fast as
you can; for the peasant the will
all clog togaither but with continu
aly stiring & shaking the will all
part & the sugar dire & worke
vpon them when it is drie then

To Make Cutletts of Mutton

Take a neck, or loyne of
Mutton, or both, & breake them
in bones, parting eatch bone &
beate them very well, then strew it with
a little peper & salt, crumbs of white
bread, sweet hearbs, & a little nutmeg,
which you may doo by pouring a little melted butter over eatch peice, to make them stick on, then set it byy & for the sause make a little strong broath with some Ale or wine or both boyled in it a little peper & salt sweet hearbs & an onion some mase & one anchovey & when it is boyled strong enough & the quantity you would have it take it off the

Caraway Comfits

Then put one more which you mus haue always warme by you & soe continue it till you haue Rought sugar one them as thick as a peens head, your Almonds must be very smuth a lettell sort of allmonds when they are enough within i or 2 tims desoule a grain of Amber greece in a lettell Rose water & worke it one them with the sugar & it will giue them a puer sent the will take a day in doing 2 or 3 pound will Be as soone done as one

Caraways or mix
Comfits

Let you suger be lofe and Boyle it to the same haight & put your sugar by littell at a time keep a warme fire un=
der your pan continualy be ouer stering of them & especally when you put your suger in that they may not stick togaiher when you see them begun to drye then

fire & straine it from the bitts of meate & other things, then fry the meate dry & when it is fri'd enough put in your sause to it in the pan with a little wine, & gravie & let it stue a little while then put in a peece of good fresh butter & shake up all together & take it of & send it up you may put
Comfits

you may ster them with your hand
som tims Ther is noe seint of sugar
Becase you may make them as Big and
as littell as you please; when you haue
Rought them as big as you please to haue them Then take a vessell maid
for that purposs like a lettell Tin=
Tun dish with 2 Rings of each side
the top & at the Bottom a littell holl
noe bigger then a great penns head put
a packthread thorow the Rings one
the top & let it Reach one each sids
the Rope that is sid to the ears of
the pan That you tinn vessell may
hang Righ ouer your comfits Then put in a ladell full of sugar boyl
=ed to the same haight as it comes
ofe the fire & let it Run with a
small thread thorow upon your
Comfits Be suer to shak fast all the
while; This continue till you see them
all pired Then take them out
probatum est

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To make rise potage

take a neck of a neck or knuckell of veale
is beter make strong brath of itt with
a prity deale of mase lemeco peper or
a litell whole peper, desoule in itt sume
anchousis but nott to much a litell
oyster pickell it if you haue itt or mushurums
but make itt nott to tartt of them boyle
what quantity of rise you think enough
in water thicken your brath to whatt
thickness you lick itt sred sume boyld sorill
and throw in itt the Iuse of a lemond
thicken itt with a littell ege and
baker (let your soril be boyld by it selfe)
boyle a litel lemon peale in your brath
a neek of veall will hardly make enough
for a dish a leg is better throw in crisp bread in dice and slices of lemon

Penned days

Take a pound of sugar put to it half a pint of water Boyle it col high till it snap Between your fingers, Then haue a Brood plat of stone is the Best & let it be Readied oyled with oyle of sweet Almonds Then take it of & speedily power it all abroad & as the eggs begin to groe stife turn them vp as you say me; Then haue a littell starch & sugar searsed togaither in a fine Bag dust your hands & draw it out seauarrell times till it groee whitter Then cut them ofe with sciers & make them vp in the fashion of a small horne= They are Exalant good for cough you may worke them vp with a prepared mastick is very Availible to slay Rhume

To stew a Rump of Beafe

Take all sorts of sweet hearbs and other green herbs and a fue Carrotes shred them small then slash your Beafe on both sides then stuff beaf with the herbs so tye the befe vp in a cloth and stew it till it be tender and put in whole pepper as it is a stewing then tak shred herbs and frye them wel in Butter till they be crisp and lay them all over the beafe when you dish it vp and melte butter the put all over the stew beate up your sase which must be a litell of the broath wharin sume anchouis has desould whole peper mase a litell ale or wine and any sortt of pickell sume of the same frid earbs beate all this up with brund pe buter if you will a litell egg to thicken itt poure itt alouer your meate but take care you washnott of your earbs that ly upon it you may eather make itt ly with a dish full of this brath aboutt it or only sarue it with as much as will sarue for
sase which you liche bestt fry chopp't
carott by itt selfe and if you lick itt putt amoung
your earbs when you lay them one your beafe
it is very good without

To make Iumbals
Take 2 pound of fine flower well

dried, one pound whit lose sugar finly
searced mix your flower & sugar well
Togallter, Then take a pound & halfe
if very sweet Butter, wash out the salt
worke it the last time in Rose waiter
Break your Butter in Bits amoungst it
Take the whits of 4 new laid eggs 4 or 5
spoonfull of sack, 4 spoonfull of cream
Beat alltogether & put them to the
flower Kneed it into a past Then Roole
them out in Iumballs what Knots you
please; Butter you papers & lay them
one; The will be Baked an ouen
noe hotter the when manchet is drawen
Before you Roole them out worke in
them 2 ounces or less of
Colliander seed

varter way to stew a rump of beefe

take a good many swett hearbs but most
sorill or beets hard egg shreed lemon peell
and some spise slash your beefe one both
sids and sttuf itt well with this ty itt up in a
cloth and stew it till itt be tender and putt in
whole peper: make some you sase of some
of the broth put to itt style or wine or both
anchouis mase any sortt of pickell as much
of the same sortt of stufe as stufs itt with as
will make itt of a fitt thickness frid chopp't
turnep in the dish amoungs itt but nott to be
stutt with itt fry a goodeell more turnip and ouer couer
the top of your beefe with it fill your dish well
with thses after it is thickend up with buter
and egg and sarue it up it is rare good
To make Wiggs

Take 3 pints of flower i pint of stif Barme as much new milke as will make it into a stif past Then set it to Rise. let your ouen be heateing in the meane time; when it is Risen worke in it 3 ounces of sweet Butter halfe a pound of carriways comfits; your ouen being as hot as for manchet make= =e them & set them in; you haue expea =renced the goodness of them

Sugar Cakes

Take 2 pound of flower one pound of Butter. let your flower be very well dried. Then Rub your Butter amoungst your flower a quarter of an ounce of mace 3 or 4 spoonfull of damaske Rose watter worke all into a past Then Roole it out & cut Round with a Glas or dish

To regowe a brestt of veale

To kegow a goos

Take your goose boyle itt in millke and water tell itt be almostt enough which will take a many howers befor itt will be tender enough to eate but as seed it must be taken up and larded before itt be quight dune for if itt be larded att firstt itt will be aptt to boyle outtt with the long doing a goose requirs when you lard itt stufe itt as full as itt will hold with sorill and beetts and hard egg and lemon peell sreed small and a littell green ounioun and butter sttew all in her tell itt be enough tye itt up in a cloth when you boyle itt for yoursawse sawse take strong brath a litel ayle or wine sume more of the same you stufit your goose with and thatt thatt is in her tell itt be of a thicknes you like itt deroule it your brath a litllel anchouis or any theng thatt is good beatt it up with fresh buter poure itt alouer your goos putt sasingis with itt if you haue them so sarue itt up hott
you may if you lick it thiken itt with a litel egg butt
itt is thick engouge withouutt and a rare good dish
if the goose be fatt and enough dune

a brestt of vealle is rare good this way but
garnish thatt with lemon and lard itt with lemon
peeell (leauue out your oyunion)
thick

A seed cake

Take six pound of fine flower Rub in
it 2 pound & halfe of Butter Take i pint
and halfe of Boyld Cream noe hotter then
new milk i pint & halfe of good Barme, Mix
all these togaither & set it By the fire till
your ouen Be hot Then put in it 2 pound
of carriway Comfits halfe a pound of
sugar put it In you ouen. it will Requir
2 houers Baking when you take it out Ise
it with the whit of an eggs Rose water &
sugar &#8211; put into you cake 2 greans of Ambeg=
=rgreece

A cake

Take 3 quarts of flower 6 yolks of eggs i pin=
=nt of Barme, halfe a pint of good milke i=
pound & halfe of Butter melt your Butter
in your milk But luc warme mix all to=
gather Then let it stand to Rise; when
your ouen is hot put in it 3 pound of sorriol
i pound of Raisons oth sun stond & sread
Bake it in a hoop 3 quarters of an houer
is Enough

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to regoow turkes ducks or
pigeons

Take your turkeys bone them whole season
them with stuff thare Craws with hard egg
sred lemon peel but nott to much for feare
making it bitter and sreed soril or beotts and sume
buter then lard your turkes and boyle them with
in milke and water tell, thay are enough then
make sause for them with strong brath
where in sume strong ayll is or wine or both
wholle peper mase and quartred nutmeg if you
lick it then sreed a whole lemon but no riad
pill one anchouis a few mushurums sreed and a
few oysters also sume of the pickell of both with
wheghtt wine as much as you thinke will rellish itt
even ad this together a while and then.
put in the youlks of 2 eggs stering it all the
while beate them firstt with a littel of your hott licker
putt in about ten or a dozen lumps of fresh
buter as big as french walnuts never leaue stiring it
for feare of curdling it tell it go up lay your fowle in your
dish pour all this over itt garnish it with colops of
bakon boyled not fride oysters and lemon

Read Almon Genger
Bread

Take the same quantity of Almonds &
Bread & with 2 pound of sugar & genger
only in stead of spirt of Cinimon put in the
powder finly serced with som of the cooler
of cutchineall acordeing to your one decres=
tion Beat it all togaith & print it as before

The ordinorie thus

Tak 4 pound of Bread or lofe seaced=
& dried take 3 quorts of march Beare
set it ouer the fire when it Boyld put in
your Bread & stire it as you would doe a pud
=ing Then haue all your spices Readi seaced
& put in a 6 spoonfull of Anniseeds 4 of genger
3 of Cinimon i of peper i of cloues i of mace. Then Knead it all to gaither hott
Then as manie as can Roole it out & print
it one you moulds Roole it in some powder
of Cinimon & suggar
Iumbals for sweetmeatt

Take i pound of dubell Refine sugar let it be
finly searced lay som Gumdragon in soke in a
spoonfull or 2 of Rose water if you would haue
your Iumballs whit Take i ounce of your sugar
& put a littell of your gum one the Bottom of
your pessill then Beate it in a stone morter
till it com to a perfect past Then Roole it out;&nbsp;
vpon whit paper make them in Knots or chains
acordeing to your fancy lay them one a pie;&nbsp;
& the will be drie in a day, if you would haue
them Red put in a littell luce of corrons to=
an ounce of sugar withthe less gum & Beate
to a past you may Roule whit & Read togait=er; obesarue to doe but a littell at a time=
for it will dry two fast vnder your hand
if you would have them green take a leafe or
2 of spiniag; marigold flowers Burage or
Bugalus; what euer couler you would haue
get the herb or flower & doe a littell at
a Time you may Intermix your couler as
you please

To make Losinges

Take 4 ounces of Lofe sugar 2 drams of
Aramaticum Rosatum speches with som gum
desoulfed in Rosewater water make it into a past
By beating it in a stone morter Then Roole
them out & cut them square when they are
drie eat them betwen meals; They are
Exceeding good for the longs helps digesti=
ion strengthen the Braine & stumacke

Or

You make take 2 ounces of whit sugar
a dram of English Liquorish finly searc=ed
& whit halfe a dram of Ambergreece
and with som Gum Beate it into a past
Then make them Round like littell
Balls & stam them with a scale these
are very good for a Cough; calld
picturall Rools
To make french puffs

To make french puffes

Take halfe a pound of sugar dubell Refin let it be finly searsed 2 ounces of Jordan Almonds Blanched finly Beaten with i spounfull of Rose water that you may get the milke of them then Take as much gumdragon steeped as the Bignes of a nutmeg the whit of one egg make all these into a past with halfe a grain of musk Beat it in a morter & when it comes to a perfect past Then Roule it out and make it into Knots according to your fancie lay them vpon whit paper & Bake them in a ouen when manchit is drawn, Rather leave out som of your milk then the whit of eggs, The will Be the prittyest puffs as you shall see

To make orange Creame or outher ways calld butter
To make the yelow lemond creams
To make Almond butter white or yalow

To make satin biskets

Take the whight of an egg and and orange flower water or rose water beate them together a while
then put to them half a pound of dubell refined sugar beate it till itt be as white as snow and and hower or 2 then drop itt into round kakes litel and big as you lieke them and bake them in an ouen no hotter then when manchit is drawne that so thay may not be colerd at all&nbsp;

for little huffes

the same way will do mighty well if ye put in more whights of egg ane a little quicker ouen for pox

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GELY & CONSRVE

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Whit Corron Gelly

Take your corrons when Ripe and strip them then set them in a dube =l pot let the water Boyle Befor you put in you pot Then of power it that it may stay noe longer one the fire then while you can draw ofe you Gelly; Then way it in por= =ingers & take for you waight in= Gelly the waight in Trible Refin Sugar; put your Sugar to your quid one & stir it let it pritty well de=oulfe Befor you set it one the fire Let your fire nether Bee
violant hot nor yet 2 slow, But
so that your scom may Rise and
you may take it of cleare Let it
Boyle in the midell; Then take it ofe

Apericock Gelly

Take your Apericocks & set them in
a dubell pot Then take The Best
yallo Amber plum you can get take
out the Gelly of that out of a dubll
pot Then waigh 2 parts of the qui=
dney of Apericocks i part of the
quidnoy of plumbs; Then take the
weight in Trible Refine sugar
& Boyle it of an indefarant fire
when it Boyles a wallm or 2 you
must take caire of that or else
it will Be Apt to mould; Take it
ofe the fire & haue your glas
=es Readi put it out hot; you may
Rub you glasses with musk or
Ambergres; The plumbs of them=
selves make an Exalent Gelly

Harts=horn Gelly

Take to every ounce of hartshorne
halfe a pint of water couer it close
& set it in a dubell pot keep it with=
Boyleing 6 or 8 houers then strain
it out & let it stand to coole Then
put it out in a silver Bason put to
it a stick of Cinomin 2 or 3 peeces=
of sliced genger a nutmeg sliced
2 Blads of Large mace i sprig
of Rosmari season it with lofe
sugar & let all Boyle togaither
if you would cooler som yallo you
may by puting in a bag of safurn
if Red. with a lettell Cutichneall
it is very Refreshing to a weake person cheares the spirits
probatum Est

Green Gelly of plumbs

Take the Amber or whit pure plum while it is green before it begin to Turn pull ofe the steak & put them in a cleane presaruing pan with a littell more waiter then will cou= er them set them one a quick fire that is cleare & let them Boyle as fast as the can Till you pres= =eaue them to groe Thick Then Take it ofe & put it in a cleane earthen pan for that purpose when it is coold strain out the skis= ns & stons & take the cleare of it as you like the coole you may waig =h the waight in fine sugar & Boyle it vp as your other Gelly if you plumbs be Right it will bee a puer coole I have Expearnced it

Red Gelly

Take luce of Red corrons or Ras= beries drawn out of a duble pot put to it the waight of sugar when you haue Boyled & scomed it Take it ofe & haueing your glasses Readi put into euery glass a spoonfull of & so goe ouer them; But Be suer your Ielly be boyld that it may Gelly s as soon as it coolds when you haue put by degrees about halfe your glasses full then hau By you som larg whit corrons Clipt from the stalk & put them in Then fill up your gelly, it
Keep most part of the yeare
if the Run one doe not Break

Chiries in Gelly

Take to a pound of flanders Chiries
2 ounces of Gelly of Red corrans take
the weight of sugar; put to it halfe
a pint of water when it just Boyls
& scumed put in you Cherris cross
one the Bottom Boyle them leas=
uerly at the first, as the Begen
to groe cleare mend you fire let
them be couered, Let them be hig=
=her then preserued Cherries, when
you Chire is Cleare & you syorop
Enough to Gelly as you may easily
preseuae sake them ofe & haue
ing your glasses Readi, Take your
Chiries out first & lay them in, after
a whill put to your Gelly

To preserue Green
Plumbs

Take the wheat plumb or the ya=
ilo Amber or whit pear plumb whill
the are green let them be cleare
and free from worms, p cut of the
steals but not close then take as
much water as will couer them
set them one a fire to scald them
when you se the outward skin
to Ripell Take them ofe & put
them on a siue Then Besuer you
pill them; then put as much far
water to them as will couer them
and set them ouer a slow fire
cover them close with leaues and
within a hower or something more
The will be green, Then take
them vp & waigh them put them
one by one in a siluer Bason

For paine in the Stomack

Take Callamus Aramaticus halfe an ounce
cort wintrion i dram & a halfe caraway
seeds 1 dram: i nutmegg, salt of worm=
wood 4 scruples, all in fine powder as much
as will lye on a shilling then may tale at a time
or as you find occasion
Either mixt with hard suger or taken in drink

Grene plumbs

Then haueing your sugar powdred
strow one som as much as will couer
them all Then set them By all
night nex day heale them ouer the=
cools & as you se ocaison you may
put in 2 or 3 spoonfull of water
when you haue heat them thorro
Then strow a littell more of your
sugar & set them by; after you
haue done so 3 times Then put in
some of the 1u Iuce you maid
your green Ielly of with as much
sugar as it ways; Then put in the
Rest of your sugar & Boyle them
up se the Be cleare & scum
them; The will Keep Green
all the yeare

A carttin gentelman who had a
gangreene in his foot the sarrgons chyrgons
Chyrurgions resoule to cutt itt of butt in the
meane time one aduisd to try a fomention of
only ly lime and chalke boyld in water
and batth it all one nghtt witth thatt water
tis sed in the morning no aperances of the
gangreene was to be sene butt a perficct
cure
Keveirous
A person of quality after
she was brought to bed the afterberth
staying thay cutt of with a gratte phisistons
order some of the hairs of her head
and burnt it to a pouder and gaue her in a
glass of whightt wine itt brought itt away
whole when all ther hopes of life ware
gon /
Keveirous

Quince Gelly

Take you quinces & paire them
then cut them in Thin slices & set
them in a posuit of Boyleing waiter
put in halfe a Gill of water to them
Then take the seeds of as many
Boyld Quinces as you can get get put
them in a peece of lane & as much
or mor as will cover them then
let them boyle, Leaseauarly the
other will take 3 houers; Then
Take it of the fire take the
clear of Both & with the weight
of sugar Boyle it vp it will be
clear & of a marbill Coullor

for P to sweall away
a swelling eather in brestt or
legs or any partt, the reed lead
plaster is a rare thing and cored
mrs browns leg

To drie Cherris

Take i pound of flanders cherres
steall & stones; Take 2 pound more
of those that are good free from Brus=
es; cut them one the top & take out
the stons; Then waigh for you 2 pound
i pound & halfe of sugar Boyle it vp
& scom it then put in your cherris
without steals Boyle them slow att
first till the Begin to be cleare then
Take them off & set them by, to your pound with steals take 3 quartes of sugar Boyle them as the other Then heate them in the syrop 2 or 3 days The 3 time put in the Remainders of sugar; that a halfe a pound to them without steals & a quarter to the other Let them haue a Boyl vp & tourned, Then take them

an exsalentt good thing
to bring a way any thing left
behind, or for them thatt wantt
deliuerances after child beartth
sume fortty drops or more of
spirett of caster in a spunfull of small plage water or whightt wine
to hasten labor

as much of fatt amber as will lye one
a groatt in a spoonfull of sinimon
water poudered fine and searstt
to vrge and forward birth in very suratt labor butt nott eles
to be vsed much
mrs.
anoynnt the privatt parts with oyle of amber mrs lye

Drid Chiries

And drean them seauerall vpon a siue Bottom when the are prity well dre and; Take i with a steall & 2 with = out put them i by one vpon the other & with your fingers place them euen & smouth so your cherri will Be Beger then before & of an Ex= alant Coollor; Lay them as you doe them one by one one a pie plait when The are all done; haue a bag with duble Refine sugar finly
searced & dust them ouer Then set them in a stow when one sid is dry
Turn Them vpon whit paper, it will Be moyst within & Keep a year of a dilicat coolor I haue expearnced it Eleaven yeare
Thrum

salts

saltt of Cardas cuers feauers
of alsortts and is good against surfits and small pox
saltt of rosemary cuers conulsions
palsey leathrgy apoplexy and epilepsy
saltt of camamoile provakes them brings away the dead Chilld cuers the Colick stone and agnes
saltt of mugwortt prouokes them and brings away botht beartth birth and after beart beartth birth

To make cleare
Cakes

Take halfe the pulp & halfe the cleare Gelly of corrons Take ther waigh in duble Refine sugar; Boy =le you sugar Col high that is till it snap betwen your finger; Then put in your pulp & lett it dry a littell then Let it haue one Boyl vp scum it very cleare Then have Glases Re= =adi of the Bignes you would haue your cakes of & put it out into euery glass about a quarter of an inch
Thick set them in a drie place & in 2 or 3 days the will Be canded ouer cleare then with a Needell goe Round the eggs & tourn them out vpon whit paper & when the other sid is candid lay them vp the will be clear
The Balsam of Lucatellus

Take the best yellow wax melt it by a small fire in an equal quantity of canary wine; then add of the best oyl oligne Venice

to stop in one with child
and will do no harme)

take 3 grains of allam in a spoon=
=full of claritt wine

another for the same a very good one

as much corall as will ly on a shilling in a spoonfull of sinimon water
and ly very sttill in bed and drink no drink butt boyld new milk
MrsE.
yet I haue had them very green
another
one spoonfull of spiritt of allum
a thing

Goosberries Green

Take your goosberies when green & hard put them in water let them scald very littell till you se the outward skin Begin to Ripell Then take them ofe speedaly for a littell will make them two soft put them preasently in coold water Then peell of that skim & set them ouer the fire in another water Let the fire be noe hotter then it make them warme; Let them be cou= ered close. for an houer Then take them out & way them Take ther waight in fine sugar Let it be powdred & stro =w som one them as you doe your plums next day heat them so continue 2 or 3 days; Then with som of ther one Gelly = Boyle them vp & put them in glases They are very dificalt
for to stay a purging
in any or if thay ly in Mrs Br.

take sinimon whight aniseeds
and white sugar candy of each a
like quantity sears cs itt after itt is
beaten and giue itt in a spoonfull of
claritt wine or sinimon water

another for the same

the youlk of an egg and 4
or 5 spoonfull of whightt
aniseed water butt giue itt
quickly after mix itt so it is
aptt to turne eles

To presarue Goosbaries
in Gelly

Take your goosberies when begin to
be Ripe but not fully; pick the far
est cut of the blossoms & stoo ne
them Take their waights in puer
Trible Refin sugar put them to
parte of the sugar as you seed
them; saue the seeds & Ielly that
comes out in a siluer poringer; Then
take halfe a pint of water & put to
it strain it all out & put it to your
goosbearies Then set them ouer the
fire being prity quick & Boyle
them till the Bee cleare & past
sriueling then set them by next
morning giue them i boyle & then
Take them ofe the fire & put them
vp in glases

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an oyntment for a burn

Take barows greese one pound white
wine a quartt leaues of leser sage ground
uiy and walling margrom and biger
housleek of each two handfulls Boyle
them together ouer a soffit fire to the
consumtion of the moisture stirring them
often then strain and prees them out
strongly and kepe the oynttmentt
this oyntmentt is highly estemd
for the cure of burns

To gitt the fire out of any
burn or scald

take garlick and mintt and sage and
beate it altogether with fresh buter and
lay itt to it after lay one sume outher
plaster proper weight for weight
for itt

To presarue Quinces
wholl

Take your fairest quinces pare them
& core them Then to a pound of qui
=nces put a pint & halfe of waiter
at first about halfe a pound of
sugar let them boyle of a midell
Tempat fire not two fast nor two=
=o slow when you perseue them
Begen to grow tender put a fue see=
=ds in a fine lawn & Boyle them
in if you syorop Begin to gre low
& thick Befor the coole & are ten
=der Then helpe them with a spoo
=nfull or 2 of fare water when the
are about halfe done put in about
a quarter more of you pound of su=
gar Then let them Boyle, close coue=
=red, Then put in the Rest & Boyle
it vp The coeller will be; Exalant.

for The wild fire

sower butermilk and sutt
each micxtt together and the
place anoynted witht it will cure itt
as has bin tryd often

another for the same
and a much better

take a good deal of stiff cream
and putt a good quantitty of the
luse of housegrene grene Boyle both
together tell thy come to an oyle
then anoynt ittt well with thatt itt
will heale and coole it

Whit Marmolt of
Quinces

Take your fairest Quinces not two
yallo nor two green put them in
fare waiter & Boyle them one a
quick fire till the Bee soft then
take them out & pare them, Then
pulpe them thorrough a siue that
is very cleane, waigh your pulpe
and Take the weight in duble Re=
fin sugar Boyle it to a Candi=
haight Then put in your pulpe
& Lett you fire be hott Then let
it haue a Boyle vp & soe Box it
make you, wht after the same
maner But Boyle it not as you
are directed Before Amongst
The pastes

to breake a brestt and heale it
againe if ocation bee

make a pultis of sope and ayle and
aply it to the brestt tell it breake itt and
after if it remain one it will dray all the
filth out of itt and heale it of it selfe
as has bin tryed but if itt fails curing after
aply mr beckits salue to itt which will
nott faile to perfectly heale it up
though the outher has dun itt alowne
you may anoynnt it with cooling oynments
to hinder the swilling of itt
c1.1.1.7

Marmolot of Pipens

Take Kintesh pipens pare them
& put as much water to them as
will a litell more then couer them
Then Boyle them vpon a very qui-
ck fire Then pulp them To a po=
und of pulp Take a pound of sug=
=ar if you would haue it whit=
Let your sugar be duble Refine
Boyle it to a candi haight; with
The Iuce of 2 orringes in your
pulp put it in & Let it haue one
Boyl Then Take it of & put it in
glasses, if you would haue it Red
cooler it as your
Past

Mr Beekitts infalibell healing
oyntmentt for a sore brestt:or any
outher sore that is kroke or has any uentt
but if not broke of no aduantage to any swelling
tell it bee;

Take oyle of roses one pound
beese wax fiue owncis meltt these two
to together, then ad to these the folling powders
earth of lemons; lapis Calamineris
of each 4 owncis; letharge of gold; searus;
of each three owncis; Camphor one dram
beate all theas together in a morter tell itt is
well mixt kepe it in a pott for your use
This oyntment alowne has curd the stump
of a leg when the fatt has bin cutt of

Gam of Damsons
And Chiries

Take 3 pound of damsons one
pound & halfe of sugar Boyle vp
your sugar & scoom it then put
in your dam=sons & let them Boy=l
Reasonable fast stiring them all
The whill peeck out som of the
stones as it Boyles; when it grows
so thick as you may see the Bott=
om of the pan you may Take it
ofc & put it in pots or Boxes
For Chiries Take the same
quantity and make them acord=
ing to your damsons
probatum Est

The pouder of lilycome
valy for the grate stofing in my head
orderd mee by doctor Charlton which he
ses is a sure cure for it

take a handfull of lyly come valy flowers
dry them to powder and snuf them vp the
nose

anouther

take swett margrom and beate it and strain
itt and snuf it the Ioyse of it up the nose

To make the quean of
hungrys water a good way and as
good as whatt wee comonly by

take a quartt of spritt of wine put to it 3 or 4
handfull of spritt of wine rosemary flowers
stop your glas well sett it in the sun eaite or
ten days then strain it throw a browne cap
paper made tun tish fashen and twisted
the paper dubelld and then the leafe that has
is close at the botom opend and your stuf put in that
and it will drop fastt throw and be mighty
cleanne and good sett it not to drop in the sun
or by the fire for losing the spritts
Consarue of Barberrys

Take your Barbearys picked from
The stalks put as much water to them
as will just cover them then scald
them dreane them out of the water
& Rub them thorroug a siue Take
to a pound of pulp a quarter of a pound of the pulpe of Kentish pipe=
ens one pound & quarter of sugar
put you sugar in Beaten to powder
Then drie it one the fire about an=
when it is well incoraperated put it into pots; the pipens will make it
Gelly with out them it will not
But be Thin like pulpe you may
use your one decretion for
Both

the oyyntment of briony

take broi any roots pound them in a morter
tell they are like a slimy pulp then put it into fresh buter and boyle it tell it be as all
oyntments that are woite made and mustt helpe ought to bee, that is tell the buter
is perfectt oyle and the stufe hard and crisp so as if you please you may crumell it in your
fingers and itt has perfettly giuen ouer
blobering and sparkling as all things do
tell all the warvy substance be boyld out and then it will if you sett it upon neuer so hott
a fire only lick as if it simmerd without rising upone blobs which as long as any watry substants remains in eather that
or any outher saule it will do when it is after this manr take it of and strain it but it is
dificoltt to do it without burning it for if you do nott use hard labor in the stiring itt or
euer giue ouer it will burn and slo oyle it will go neare to take half a day to do it write and much
bestird wit an oirn (or or as ladell) this with oyle of foxes if an infaleabel cure for all ould ackes or paines be they neuer so bad
or new ones eather or any scateeil strains or waight or pains in knese or loynts.

Consarve of Rosses

Take the Buds of Red Roses cut ofe at the whits then waigh a pound of the Leaues pound them very fine in a stone morter with a wooden pestell
Take to them 3 pound of sugar let not you sugar goe in tell your Roses be finly pounded Then put it in By degree=s itt must be well pounded togaith & will Require much strength

Boyled Consarue

make an infusion of som of they lea=
=ues & Take the Liquor of that put a pound of you Roose leaues in & lett it Boyle a whille with out sugar That your leaues may be tender then put in you sugar By degrees & keep it Boyle=ing wel & Be tender & is of a puer coollor

for a sore brestt the worst almostt that is

firstt dray it to a head and breake itt by if to be broken laying a pultis to it of otemeale oylle of Camamoyle and dyat dialthea when it is broke drope sume oyle of St Iohns wortt into the hole to cleare it of all curuption or put lintt in to itt ^in coipttin after this apply mr Beakits oynttmentt to itt and I am informd it will not faill to perfectly heale the worstt of brestts as also the mostt mr B salue is also good for the very worstt sore leg or any outher sore after itt is broke and needs no outher aplicatcon but that and needs no other application but that exseptt it bee sumthing to cleare the wound of exseptt itt ^bee sumthing to cleare the wound of curuption which must alwayes be dun before the
outher is aplid eather by droping oyle of st iohns wortt into
itt of lintt with it in it or sume outhet clearing thing

it well nott availe it itt be nott broke) if it be any bee
any swelling that must be broke which you will see
by the gethering of it that forgoing pultis will
breake itt and this healle itt in falably if it bee a
swelling nott to be broke the vnguntum populerum
and oyle of camamoills will dispers it and coole itt (or
eather in brestt or any outhet plase the first alone) nay though it haue a round
black or sanguin spott in the midell if it be nott come
to seperation or a real gathering (which if it bee it
must be broke) and heals with Mr B salue which is as
good a thing that it has curd the stump of a leg after the fut has bin
cut of

Consarue of Woodsorrill

Take the leaves of wood sorrill and
waigh them To a pound take the wa=
aight of sugar pound your leaues=
very small in a Aloblaster mortor &
Take your sugar & Boyle it candi
high when your sorrill is ver small
put it in & ster it togaither ouer the
fire let it drie a lettell; Then put
it vp in pots hot

Consarue of Bittony
or Archangell

The must be pounded & waignt
for waigt of sugar, only Be suer
you poon them very small Before
you put your sugar to them and
very well after, That the may
mix

wild malows Boyle in with spring water and
aplyd to the brestt is a rare thing to soften a gorged
brest and will do the such no harme but rather make more
thay must be sofft as pap thay are also good for to come
bath sore heads
or legs if any haue
the ich to a lay the
itcing of them
for one that makes Bloody water a tryd remedy by a good phisitions order

take corks cut them to peasis and boyle them in spring water and lett the person drink frely of it boyle them halfe an hower strain then them outt / this also will stop a lo⁰snes

another doctor Charltons way

take a paille of smiths water put in it a shafell full of water unslektt lime stir it to gether and lett it stand 4 an twenty houers it will haue a scome one it which put a side and it wil be mighty cleare giue the party sume half a pinet or sumthing less at a time of it and lett them drink prity often or some 3 or 4 times a day drink milk after it a day

The hights of sugar

When you would Boyle it candi high put your water in by gass so as to desol= fe your sugar, Then let it Boyle vpon a quick fire when you see it groe thic= =k & begin to Blob stir it with you scomer with hools & when you see it enough Take it ofe in the nick of time or it will be too high

For Comfits

Boyle your sugar till it will dray like a Threed Betwen you Thomb & finger

For pellets
Boyle it as you see till it will koole be
twen your Thumb & finger & then snap
in two;

For Cleare cakes

Boyle it till it will being drop one a plait
lie as hard & cleare as glass as you say

the oyle of populeon
that is vnguntum populim

take first popler buds buds or the
young leaues of popler elder leaues
wood sorill plantan and prunela or
outerways cald selfeheale of each
a handfull housgreen tow handfull
or 3 ad to thease 3 pound of buter

& after the herbs are ground boyle them tell thay
are crisp and will crumbell and then strain them for
your vse
oyle of camamoyle is good to mix
sume times with it but this veasly neads
no more being an exsle thing for all
swellings or inflamations that is nott
broke it will take all blasts away
housegreen boyld in oyle of creame is a
mighty good thing for any inflamd inflam’d
swelling to cooll itt and dispers it

Sugar of Rosses

Take Rose Buds & cut ofe the whits
Lay them one cap paper & drie them
speedaly in a warme ouen after manchit
The will be drie in halfe an houer
& of a very good couller, Thus you & nbsp;
may lay them by all the yeare for your
vse, Take som of them & grind them
to powder one ounce of this to 2 ounces
of lofe sugar Boyle your sugar in a
silver porringer & or posnit when it is
about as high as for comfits put in your
powder of Roses Let it Boyle till it be
Candi high Then power it all out of
a potter or Tin heate plate it will Be could
presently hould the Back of it to the=
fire & it will com ofe wholl; or you
may Cut it in to Losinges if you please

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oyle of Sainst Iohns wortt

to ane pound of oyle oliue put to
tow pound of Saint Iohns wortt finly
ground after thay are put together
heate them almostt to the boyling
then take them of and lett itt stand
alnight next day boyle itt up tell the
hearbs are Crisp then strain itt
this oyle droptt int & any sore is one of
the bestt things to cleare itt from all
corrup curuption and make itt redy for a
healing
oyle of Camamoyle is made Iust
after that maner as the Saint Iohns
wortt and is very good for all swellings
Oyle of Saint Iohns wortt wortt is amostt
exslenttt thing for any a bruse or strain,
or swelling that looks whight but
not for any swelling that is inflamd

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for a cofe of the lungs

Take 2 spunfull of oyle of sweet almonds
new drawn 3 sponfuls of coltsfut water
2 spunful of red4 rose rosewater 2 ownisis of
whight sugarcandy beaten fine mingell all
theas together and beate it one hower with a
spoon tell it be uery whight then take this
upon a stick of lickerish this a child may
take that is new borne or any one who hath
a coufe cough or horsnes it is also uery
good for the stone
surup of purslan is sed to be a
sure remedy for a cough and
consumtion
ungun unguintom pumpulioun
is rare to dispers any swelling thoug it bee
hoged and looks as if it wouold gether
so is oyle of camomille

OYNTMENS

1674

for the fading sickness

Take a hand full of sparpoyntt grass a
hand full of brooklime a penyworth of turmerick
boyle in spring water strain itt outht and
drinke 3 times of itt it has dune much good

For the bleding purpels

a quarter of a pound of brown sugar
as much oyle of uiterill as will make itt lustt tartt
stir itt together as you drop itt and lett the
party eate itt with a knife itt is a rare
thing for that purpos

An exslentt eye water

Take plantan or red rose water put
into it ten grains of whight vitirall
powderd small shake them well together
and when itt hath stood so 2 or 3 dayes
tis fitt to rest / take a littell of the
Clearistt of this water drop itt into the
waterish eyes and lett the party ly
still tell itt dry of itt sellf and when

Lucutellues
Balsum

Take halfe a pound of yallo wax melt
it in a sklot Then put in i pound of ven-
iece Turpentine washed in Read Rose water
after you have Boyled it togaither take
it ofe the fire & when it is could Cut it in
Thin slices that all the water may kum
out then set it ouer the fire againe
& put in 3 pints of oyle oylie oyle of
Saint Iohns wort 3 ounces Natuerall=
Balsom Ten ounces Red sanders in pow
der 15 ounces Boyle all these togaither
stering it all the whill when it hath
Boyled to=gaith Take it ofe & strain it
put it into Gallipots & Keep it for your
use, It is good to heale the longes the
quantity of a nut may be taken at a
Time night & morning; it may be
aplid outwardly

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for hartt ake or burning
or any grate opreation by wind in
the stomack) the powder of

egg shells after the inward and skins bee
first taken cleare of which stick closs
to the shell and thay powderd no finer
then through a cours lawne seares
and giuen eather in beare or anything ells
as much as will ly on a shilling or a whole
egg shell which after itt powderd is not much
itt is as good a thing and will as eartinly ease
as most less easey things
doct Iacs

for a paine in the back

the powder of the shoulder bone in
as backon is exsleentt good first burnt
and powderd and giuen as much as lyes on a
shilling in a spoonfull of anything itt does much good
you may giue it prity often
aproud by doctor
d
to anoyntt the back with oyle of spick
vesaly eases grate paine in itt though itt is is
a litell aptt to weaken itt tharfor must not be dune
to often but itt is sure to take away the paine
if uery bad (exseptt itt bee I would nott yes it
for the forenamed reson

To make Green
Salue

Take melloth vellarin Bay leaues lauen= der pick of each one handful pick them & spread them; Then take the Keell of a sheep hot as soon as it is kild & Beat all the herbs in it with a Roolling pin for halfe & ouer tog= ather then let it lie a day or tw then set it ouer the fire & strain out all The herbs when it is could take it ofe from the wateri substance at the Bottom melt it ouer again put in it i ounce of yallo wax i ounce of Rosen Let these incorporat then put it in a pot or Roolls for your use

for the worms

anoynnt the bebys witth oyle of peter oyle of rew oyle of wormwood and oyle of sauin or any swelling it is mighty good for oyle of camamoyle is lickwise uery good for any swelling eather in fall breest or bely or any else (and safe) to youse in chilldbed safron and lemon is good for the worms for to strenthen a child that has any weaknes in its back or limes, a strong jelly made of neats feett to anoynnt the back and lims night and morning is good, also pack grease is an exselentt thing the same way made well of but thay must with both kepe warme

for a thin cofe

take penyroyall the iuce of it one spoonful spoonfull at a time swetend with dubell refind sugar euery morning or at outher times of the day it is a very good thing
for a could in a child is hysop water and white sugar candy for wind surup of each is good, or fenill water) or fenill seeds comfits steped in beare in case you haue no water by you

For sore Breastes

Take one pint of Clarit wine put in it two a spoonfull of clear wheat flower Boyle it till it will spread one a clot= h when it hath done boyling put in it 2 ounces of fresh Butter 2 penny worth of safforn Rub in powder; Then spread it one a cloth & Aply it Renew it one in twelfe houers it will heale any sore Brest or Breake it if it is Be hony= ed & heale it after; For sore nipells vergins wax & fresh Butter is the Best

to backen ye milk

oyle of pumpilion made with bees wax into a plaster and put as hott as can be indurd to the brest cutting a hole for the nipell will backen the milk and take away any hardnes or paine out of the brest allso anoyntt the brest with some of the oyle

for a plurisy or any violentt stich or a grate stoping by a colld take a pintValue of ayll positt drink beat in a morter a quarter of a pound of broun sugar candy lett itt desoulve in the positt drink tell itt be all meltted then putt to itt 6 or seven sponfull of linseed oyle if itt be a strong person you may put eaightt it a very weake not aboue 4 or 5 itt will as has bin proued selldom faill cureing if taken in time itt must be drunk at twise milk warme
docter Bently

for the gripeing of the guts
take pelittory of the wall and grownsill of each a handful boyle itt in a quartt of whitte wine and lett the party drink often of itt it is a most exselentt thing

anouther

take a wooden dish putt in it wood embers but first wett your dish that may not burn then lay a good deal of camomille one itt and lay itt to the blase

either bel or side

Oyle of Roses

Take the buds of Red Roses 6 ounces= Beat them in a stone morter then put them to a pound of oyle oliue set them in a glass in the sun close stoped a weeke shalking them every day, Then set them in a duble pot & press them out warme Then put in more fresh Rose & Renew it after the same manner 3 time;=
Then Keep your oyl the 3 time vpon The love of your Roses This is very good to Anoint any swelling Especially in the face of much use for pultesses & the Like
proued

for any bruse by fals or any such way

take sage and bruse a good quantity in a morter & then stran outt the Iuse that comes from itt and lett itt be taken by 2 sponfull at a time often and so suene as euer the person has reseaued the injury itt is sed to be far beter then gris slatte by them aproued by lady graham sack and Irish slate are very good giuen as suene as the hurtt is dune
or sack and luckittellis balsom
aproued by Er

An oytment for the
Ricckets

Take cammoill Bey leaues Lauender
of each a Like quantity pick them
& sread them small then take a
pound or 2 of may Butter acording
To the quantity you will make Then
Beate it all togaither & let it stand
2 or 3 days Then set it one a gentill
fire & when you have got out all
The vertue of the herbs strain it
& keep it for your vse, This is Exal
ant good to Anoint those Childrend
whose lounts ar big it will strengththen
& cuer the desease as hath been
Fines
Aproued

Mr Caudrys remedy for the
griping of the guts

take an owncs of right castell sope
put it in half a pint of beare boyle itt &
scome itt as long as any whight scome risis
then take itt of and as hot as you can drink
it itt selldom it is sed faills easing

To stay vomitting

make a gallon of water in to brath
with one chickin or a very litel
bitt of meate but it must be of so small a
strenth that itt must be but one degree
from water drink good store of it it is
the very bestt thing I know and I neuer
saw it faill stoping the seuearist vomiting
if thay tooke enough of it
Docter lackson
Savory for fish

for a carp or pick Take a pint of Clarit wine make it a littell Thick will crumbs of Bread put in a wholl oynon a piece of horse Readish Roo= le 2 Anchoues halfe a pound of sweet Butter; you may make this for a fresh Cood or whtings

For fresh salmon

Buter & varges with som horse Red= ish & pickell Barberyes

For A pick or Barbell

Tak a handfull of parsly sread scald it in waite Take a handfull of samper as many Goosebearys scalded Boyle all togaither wth halfe a pond of Butter make your sauce

for a stick

take 6 peniworth of a whight frankrum frankumsencs rost it in the midel of an apell and so core it put the top bitt on againe turn itt often let the party eate itt thay may eate a cupell if one do not do (it is no harme) put a litell anyseed wax in itt the powder of acorns akeurns is an ex*slint thing

for hart burning and pains of the stomacke Crabs eyes in powder is on of the best things counted but it is more pertickularly rare for the hart burning whare itt selldom misis doing good and cureing

\*slint
for a Chin cofe a rare remedy

Make a surup of hysope water and white sugar candy theas or take the powder of gumdrigon and as much of white shugar candy mixt togither eate of itt seuerall times a day or take the aboue named surup eather of theas will do the cure

For foule

For a hearn or wild goose

Take 2 ounces of pruines pulpe them season it with Ginger & cinimon with clarit wine & send it vp

For a Capon of fessen

Slice your onyons & Boyle them in water Tender Then put in a littell Graue & Clarit with a littell salt & fresh Butter & peper put you peper in the Bottom of the dish Becaus it is Apt to make you sauce Black

For A Tarcki

Take 6 spoonfull of whit wine as much water with som Crumbs of manchit a hoell onyon a peece of sweet Butter & the Iuce of an oring with a lettell Groose peper send it vp

Make green pease potage

Take a leg of ueale and a coke with all the skin flead of him and beate to peaseis and boyle them for your broath tell itt bee a prity strong Jelly and put in sume broad mase wholl
To make Potage

Take a good store of fresh lofes of the leanest of it put in
a quart of good alle and what water your one discrechon ses
fit boyl it over a charcole fire a good whille put in a prity
quantity of whole peper and cloves and large mase & eight
anchovies & a grate many hearbs a botom or 2 of whight loves
let thes boyle alltogether tell it be very strong & enough to
scum of all the fat & before you sarve it up strane it thrao
gh a colindar & when you put it thor in the dish haue some
thin tosts redy to put in for veryti thicken it with yolks of eges
after it is strand: pro:batum est:&nbsp;
send up sume
hearbs and litell bals
in itt you must boyle the hearbes and bals
in fare water each by them selfes that you
send up and put them in but lust before
that go up if you haue cabig puld in litell
fleakes shake in sume for ueryeaty
or turnups cut disfashion is prity
spinage lettis and sorill are the outher
bestt hearbes to thickin itt when you haue
not those
To make the pease potage
I learnt of C:M 4 9/1

Take a leg of uale and a coke
with all the skin fleade of and beate
itt to peasis and boyle them for your broth
tell it bee a pritty strong Ielly and
put in some bread make whole peper
& slysed nutmeg then strane it &
take 2 quarts of the best white pease
& boyle them tell thay bee as thick as a
hasty puding & strain them then
mellt your Iely and put to itt as mainy of
your peas as will thicken them to your onee
licking then take a good handfull of spinage
and almost as much sorill if you canot git
spinog you must make use of beets boyle
your hearbs in a litell cleane water and put
them into your potage lust when (turn ouer)

To Boyle a carp

Take a botill or to of whight wine & a lemon
or 2 slicst & smwe water as much as will cover
it ouer head & salt & a bunch of sweet hearbs let
your licker boyle before put in your fish & when it
is boyled enough take it vp & dry of all the water with
a cleane cloth now for the sause take a botill of cl
arit wine or whight & a pound of capers a dusin anchovis
take out the bones & sred the capers & the anchovis to
gether then put them into the clarit wine into a sau
se pan with good store of oyster if you can git then
& a few srimps put them over the fire & let them
stew soughely take 5 yolks of eggs & beate them
very well put smwe mellted buter thick to the yo
lks mix theas together but have a care but take
grate care of cvrdling it this sauce wil sarve
for pick & when you send it vp garnish it with lem
on & srimps & hors redish it will do well
stude in water in seed of wine at the first
only make your sase of wine
this sase is good to a
cods head
Probatum est:
to make curd pufs

take cords made of prity good milk
if new will do very well but that beter beat
it in a mortar very well rub it through a
sive mix it with rose water or oringe
flower water mase beaten a litell cream
and buter and sogar make fried hopes
of papor the Bignes of litell podings buter
them well and put it in them and bake
them palle and thay wil be prity things
it gos to the tabell and squeis a litell lemon
in it but but a very litell of that and a pose
pees of buter but you must neuer leaue stiring
itt after the buter is in tell itt gos y up
for if you do it will burn itt

To Make a hash

Take a leg of mvton half rosteed
pvt a dish under it to cach the gravyew when it is halfe
rosted take it of the spit & cvt it in thin slices pvt
a good handfvl of whole capers in it pvt a half
a dosin anchovis washt & a botill of whit wine
& the gravye that comes from it & so pvt it over the
fire & cover it close let it stve tell it bee en
ovgh bef or you send it vp take the yolkes of 2
eges & a litell melted byter so pvt it into the
stve pan to thicken pvt sipits abovt it & send
it vp
Pro:batum est:

To hash a shoulder or leg
of muton

take a shoulder of muton half rost it put
bast it with a litell whight wine then cut
it in thin slisis and put it into a stwepans put
with it swet hearbs whole peper and a litell
shallot or onion an anchovis or to with
water acordin to your one discresioun let it stwe so
tell it be almost enough then put in it oysters
if you have them good store of musherooms and
godealle of whight wine and lemon srede
thicken it a litel with buter if you will and
shake it well together and when it is in the dish
cover it with lemon sliced and balls and hard
gress it is a fine hash if made well that must
nedes be gravy a goodealle

To make a fregise of chickings

Take chickings & blood then & kepe the blood in pyll of the tea
skins then cut them vp & bruse them with the back of your
knife & so put them into a stve pan take 2 nvmegs
grateed & put that to it some or a handfull of
sred parsly very smal & put that in & botill of w
hit wine so put it over a charcole fire & let it stve
& when it is stud enough take the yolks of 3 eges
& some dran buter & but the eges to the buter but
theses into the stue pan to the meat & shake it well to
gether & so sarve it vp with sipits
Pro: butum est L.v.E

A scoch collop pye

take a leg of vealle cut it in thin slisis,
than take backon cut also in slices, lay a
lay of that betwen to lays of veale, mix
it with swete hearbes a few capors sred small
a litell lemon lade in slisis atop hard eges
good store of fresh buter
and few barbirys if you will, good store of fresh buter put a cadell of
whightwine wine and ege and biter and a litell
loyse of lemon, in it but then leaf out capers least
it be to sower, this is an extroyordinary very
good pye if well made a toung py after this
maner is very good only leave out the backon

To Make good broth

Take some befe & some mvton & boyle
it very well & when it is boyled enovgh
put in very some graevy & cvt in some
sipits of whight bread & so sarve it vp
To stufe pigons

fvrst take a handful or to of sorill & she shred it small then pvt it into the frining pan stvr it & let it fry vntell it be pri^ty well Then pvt in one or to yolks of eges & stir it well together tell it bee a litell stiff then stvf the pigons at the crawe & betwixt the skin & bens bodys Then set them on the fire in a stewepan with svme water thay mvst stand & stwe a good while you mvst shred a litell more sorill & bvt into the water & when you think thay are into the water & when you think thay are stved enovgh then beate vp the licker with a litell bvter pro batum est L.V.E

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To make ovd pease potage

take good store of fresh befe so mvch as to make it strong put water to it and boyl it over a charcole fire a good while tell it be so put into it whole peper clowes and large: mase and six anchovis and a grate many swet hearbs and letis leaves a botom or to of whight loves let them boyle all to together tell thay be be very strong but and will gelly before it be inough put in the boyle your pease by them selfs tell thay be as thaike hasty pudding and let them boyle tell it be then melt the jelly and thicken it tell it be of a good thicknes bvt not to thick thik but first strain your pease and mellt both together strane it and when it is sent vp cvt bred bread in litell dice hardin them before the fire to crisp them and pvt them in, litel balls of that bignes are very prity a many of them this is a good potage shake in after it is straid a good many lettis leaves or sorill which you have boyled in outher water a few of the pease dus well you may if itt shold not be thick enoufe ad a litell yolks of ege or a lump of buter

butter which you must neuer leauie stirring tell
itt go up and pell of lemon but uery litell
of that
with the eggs
with the eggs

To make a Calvefs head
hash

fvrst boyle the cavlfes hade head
then cvt it in thin slisis litel peacis
& the tong with it then pvt it in the frying
pan & pvt in svme water & svme anchovis
& svme onyons & let it boyle & let it
fire a litell whille then cvt a litell
bakon in thin slisis & fry it in anovther
pan then pvt in the bakon into the hash
Then set it bye then yov mvst make svme
balls with befe wit shit shred well
together fine with sage then breake
one ege into it & mix it all together &
then make it vp into balls & so boyle
them in a scillit of water & so let them
stand & when you are redy to send vp the
hash then fry the bals in the pan & beate
5 or 6 yolks of eges & fry the brains in
egs & lay them & the bals one the hash
& then set the hash over the fire & pvt
in a littel wine & beate it vp with
butter as thick as you please you may

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a pye o v h s

take rabit slise it into litel thin pesis pvt it
in the pye mix it vp with Comps of marow
pickeld grapes or gosberyys or a litel of any
oother sort of pickeld things that are proper for
a pye if you have not grapes g capers may sarve
a litel lemon chopet smalle a few oysters a litel
letis or spinage mase hard eges with a goodealle of
bverter whin it is baked pvt in itt a cadell of
bverter and whight wine and ege, it is a very good
pye and best with grapes if you have them you may
if you please make litel balls and mix with it
bvt they mvst be no biger then small nvts thay looke
prity
thicken it with the yolks of eggs
probatum est
E.I.E

to boyle a goose

Take a very fat goose or els it will not
boyle whight boyle it in milk and water
very whight tell it be tender shake eather
cabige or oonions all over it boyld
very whight this is a prity dish if the
goos be well powdered which it mvst be

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to make a hash

take svmve veall & cvt it in thin slices
with svmve ovther vealle & made vp into
balls with svmve swet hearbs & a litell
salt so stew it & send it vp or ovther hearbs you may stue letis in it
you may stue it in clarit wine with svmve
anchovis & a pease of fresh buter or
leave the buter out and thickin it with
the yolke of an ege

A pye

Take a knokel svmve of a leg of veale cvt it in to pesis
make svmve more veale into bals with swet
hearbs & a litell lemon pealle sred very smal
pvt thease into yovr pye with good store of bvter
a few barbery svmve swet herbes whole
yolks of eges when you take it ovt of the
oven make a cadell of vargis & buter or
whight wine & bvter you may put svmve cloves
or mase if yov please he whole into it
7v
^P7 swet.s
....7igood
^ calvhs.ha i
good
stued pgons
a chicin P
to tum
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back outside cover

spine

head

fore-edge

tail