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

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Susanna Packe
Her Booke
Anno Domini
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Susanna Packe
Her Booke
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Aprecoke pastt

take *your* aprecokes cut them in peeces letell ones then
take thare waightt in fine suger put aboute halfe
or hardly that of itt to them 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 they are
enoath then take the restt of *your* sugar and boyle itt

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 h
out half, wett it with farewater to melt it &
let it not boyle tell it be mellted. then boylle
them so fast that you canot see the goosberys, keep
but strow *the* outhur 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 scome them cleane as thay boylle tell thay
bee cleare and will Ielly which may easily, be sene
sene, *probatum est* L.1.1^u

~~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 Ielis of gosberrys *which* make with boyling

To presarue

To presarue Aprecokes in Ielly

Take to a pound of aprecokes a pound
of dubel refind 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 aprecocks
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 Ielly of pipines and let them boyle
prity fast if the frute be grene but if to ripe
but sloly set them by and boyell them out
at to or 3 seauerall times thill thay are clear
and will Ielly but put in your Iely tell thay
are enough within on or to boyle if you ad half
a pint of Iely 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 Iely
when straind as you do pipines

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turn it euery day tell it be dry Cheery preserue
To Presaer

To Presarue Cheryes
in Jelly

Take to a pound of Cheryes it a pound of
sugar beaten then stone them and as *you* stone
them lay them in some of the sugar to preseeare the
color of them, then lay a lay of Cheryes and a
lay of sugar till all be in the bason then
let aboute a quarter of a pint of eather the
Iuse of cheryes or curents in to the botom of
the bason let the sugar be disouled before *you* let
them boyle and then boyle them mighty fast
and scome them till they are cleare and will
ly then put them into glasis
probatum est L.1.1^u

PRESARVES

to make peckle for storagen

boyle bran & water let it boyl half
a way to euen too ruantus put on
quarts of ueneger a hanful of salt
& as much suger as will make itt like
mouth water then boyl
it up & let it cool
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Chearin^eg oring pastte

boyle *your* oringes till they be soft then beate
them in a mortar when *you* haue taken out the
seeds take thare weaight in sugar dubell refine
dry *your* pulp about half in a quarter of an
hower ouer the fire then so dry up the water
they ware boyled in then maye *your* sugar into a
candy and put in the pulpe and let itt not boyle
put it into thinge as *you* do cleare wa^{tr}

To Make Clear Cakes

1 a saluer of oring creame
2 one of lemon Iely made with
pipings or if not to hehao-ho
harteho

To presarve Apericocks Ripe

Pare your Apericocks very thin then =
ston 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 presarue 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 Iucce
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

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To preserue Plumbs Green

To presarue Cherries

To a pound of flanders chirres take the
waight in sugar after you haue prepared them
By clipping 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 Iucce & 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

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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 expearined; Then take them out hooll 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 Iuce 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 & Jelly

To presarue Lemmon or Oring Peells

Take your oringes or Lemmons cut them in halfe & squeue 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 euery 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 presarue 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 presarue 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 preseaeue 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 presarue Chinne oringes

Take your oringes & boyle them hoolle in spr
ing 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 euery 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 Jelly 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 presarue Barberyes.

Take your Barberys & pick out the farest bunc=
hes after you haue picked out all the stons Take
the waight of sugar make a syrop boyle it vp &
scum it befor you put in your Barberys let them
boyl leasuerly 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
Jelly; doe not boyle them two high

To presarue Quinces ^w=holl

Pare your quinces & coore them To a pound=
of quinces take the waight 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=
tlye at The first for halfe an houer then men=
d your fire & keep them boyling 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 Thorrowly *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.

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To Presarve Grene Gossberys
in Jelly

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 plump & Larger; you may know when they are enough 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 they be cleare when they are could put them vp These are more for medisen Then Banquit The are Accounted good for consumption

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To preserve Gooseberrys in Jelley

To Presarue Whit Pippens

Take your Best Kintish pipens about or after christmus pare them & cut them in halfe cut the coore out Round; after This make for Them a syrop of dubell Refin sugar & put them one fier let them boyle Leasuerly 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 waight*

To Presarue Red Pippens

Take of the same pippens about the time after you have pared & coored them Take at nbsp; The first 3 quarters of your sugar & put in a Quarter of a pint of water show your sugar dri one them so let them stand 5 or 6 houers Then set them on 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 nbsp; Add a more Brighter cooler; And will be speedor done, if you please you may drie them-out of the syrop

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To Preaserve Goosberys

Take your Goosberys and when you haue puld of the Blossoms and stalks 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 they begin to boyl seom scum them with a spoone that hath six holes and so ster as the scum is sts take it off till ^{they} haue boyled 4 hours 1/2 1/4 at which time they will a nut and verry Clear probatum
Take

To Presarue Rasps

Pick a pound or 2 of your fairest Rasps

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 Jelly

Take of your fairest Whit corrans stoon
them Take the best duple Refin sugar 3 qua
rter of a pound to a pound of corrans waigh *them*
before you stoon them; Then take a Quarter of
a pint of Jelly infused in a duple pot of the
same whit corrans & 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 Jelly
But more water to *the* quanttie of halfe the
pint Because you may doe them more
Leasuerly

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To Make Jelly 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

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To Make Jelly of Aprecoks

To make Jelly of whight-Corants

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PAST AND CADIES.

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To make Pippens Past

Take your farest 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^y
obsarue if your sugar be too high your past
will candi if not at the Iust 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 descripton 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 duple pot & drawn out the Ielly; Then
pulpe them thorough 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 currans 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 dries ouer The fire set your sugar to
dry ether against the fire or ouer a chaffin
dish to dry when they have Both dried *the*=
Time acording to the Quantity Take of nbsp;
your pulp & put in your sugar stir them
together & set them of a very slow fire
Keeping it stiring; Besuer it doe not bo-
yl; when your sugar is incorporated; 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

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Rasberries Past

Take your Rasps and breake them
vpon a hare siue that the greatest part
of the Iuce 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 & incorporit 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
Probatum Esst

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Apericock Past

Take your Ripe Apericocks & pare *them*
then cut them in thin slices; way them
& take ther waight 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 houer Then; put in one part your
sugar & Keep it boyling halfe an houer
Longer till you find it begin to grow
Thick & you in stiring 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

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Whit Quinc Past

Take your fariest 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^r
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 fashon; 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 cooller it with
scutich=neeall before you put it into *your*
sugar you may make it dooper or paill
er acording to your one description
it will give a very good cooler

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To make a Green Past

Chuse a good sort of Aple ether pipin
or Ladifinger Take them *m* 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 preseau
themm, to grow green ish Then couer them
And let them continue boyleing till *your*
Liquor be allmost wasted then strain *them*
thorrow 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 luse of one Lemmon
if 2 pound then Add the duple 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

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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 incorraporated
together 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 them 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

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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 stiring till they be first moyst & the sugar soke into them after they will drie & open again. They will keep of a good cooler all the yeare; After the same manner you may candi Rosmari Bugalus or any other sort of flowers
Elicampain & Angilica Roots when you haue prepared them as you doe your oring

Peells; by watering them to take out the
Bitternes; after they haue taken sugar
sugar candi them Acordingly
with other sugar.

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To Make Iumballs

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To Make qeenes
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 era cream mix it all uery
well together & then put in your curants
well washed & dryd befor 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 hallf
an houer will bake them they are uery
apt to burn at *the* botoms tharefore your ouen
must not bee to hot

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WATERS & WINS

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Aqua Marabalos

Take gallingall cubibes cardimon
Melilot flowers of each one dram=
Nutmegs cloves mace Genger all prepa
red of each one dram. Take 3 pints
of whit wine one pint of Aqua vitie
The Iuce of salladin & the Iuce
of mint of each one pint the Iuce nbsp;
of Balm halfe a pint Mix all these
with the other ingreadients in a earth
=en Iudg 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 Rossmary Rue
Wormwood Rossa=solas Mugwort Pimper=
nall dragons scabious Agerimoni Balm
scordium cardus Bettoni of each one han*n*=
full; Take the Roots of Tormentell An=
gilica Eulacumpain Penoy setwell Liq=
uioress Fetherfue & Brown maden hare
Bruse The herbs & Roots; Then put them
all in a gallon of whit-wine 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* 2^d 2 of the 3^d; *with* halfe
a dram of Mithirdidat; be taken in
the morning fasting; This quantitie
is enough for 2 persons; The weakest
giue to children a spoonfull or 2 in
The morning acording to *the* stringth

of the child

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For the scurvy

Take scurvigress Broocklime
Watercresses dandi=Lyon Liuerwort
Woodsorrill Houseleek Cliuers 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=
ning fasting & at night goein
to bed for 3 weeks together
spring & fall. it cuered G:P.
when his head was all of A
whit scourfe which caused
his hare to com ofe

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The Lady Allins

Water

Take sage sallindin Rossmary
herb and flower; Herb=a=grass wor=
m=wood Mugwort Pempennall 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 ounce
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

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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 bea^r
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 mortar 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 *your* Limbeck with strong Alle
10 day old; put in 2 quarts of whitewin

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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

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Plague Water

Take Avens Scabious Wormwood
Bitony brown may=weed cardus Angi=
ica Rue Egeramoni Salindin Sage
Balm Rosmary Mugwort dragons
pempennall Marigolds featherfue
Burnett sorrill Roots of Alicumpain
of each 3 pounds: But of Rossemary
Six pound 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
=full of *the* strongest i of *the* next
in a littell draught of small Alle
According to the strenght or week=
nesse of the party you may Giue
more or Less

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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 nbsp;
Warm mace Ale; This is very

To cleans the body of sharp hum=
or 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
Cariway=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 veruin Betony
Eyebright Pimperneall Cinquefoill
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 mortar
then steep them in 3 pints claritt
wine, With Rossmary Balme and
the flower of the Best cloue gitt
4 nutmegs sliced; Let them stand
twelfe houers then destill them
Put into your bottill a Lumpe or 2.
of Lofe sugar to make it pleasen^t
This is approved by Ma: Su: for
all her children was very successe
=ffull; if the be weake one spoon=
or halfe a spoonful; it may be
giuen more or Less acording to de=
scrittion 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 togeth^{er} 3
days; Then take ofe the top
& strain it so Bottell it vp
in 3 weeks or a mounths time
it will drinck & Eexalant Bris=
k & 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
Iuce 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 qua=
titie you would Bottill Ad lofe
sugar to make it fit acording
to your tast; put into euery Bott=
ell a peece of Lemmon Pill
dray out the Remainder as you se
caues

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Mullberry Wine

Take Ripe mullberrys & strain *them*
put in one quart of water to a ga=
llon of Berries, Then put in 3 po=
und 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 hou^rse
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 vpright 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 hogshedd of the i
Runing Take 2 pound & halfe of
hopps & 2 quorts of hool 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
gaither 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
hogshedd & 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 Hopps
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

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Raspberry 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=
are 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

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Aqua Vitee

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

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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 euery gallon of Iuce 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 euery
Bottill; if you haue plenty of this
Iuce 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
Tride

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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
Auailable for Phisicks

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POWDERS & SYROPS

1674

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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 ves=
sell & let it stand 14 days then boyle & in
each bottle put in a peice of lemon peece
& a clove & soo let it remaine a weeke then
drinke it

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To Make Almond Iumballs

Take a *quarter* of a pound of Iourdain almonds
& put them in water all night *the* next morning
blant^{ch} them & dry them in a cloth & beate them
very small in a stone mortar 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 frothed 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

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To Make a Biske

Take a douzen 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 peices some
forst meate made in balls with some cock
stones some beefe some pallates & hard eggs
with some petatoes & chessnuts boyled tender
& blanched & 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 beefe & some
of *the* hard eggs poure on some gravie of
mutton season it with cloves mase ginger
nutmegs & garnish it with sliced Lemon

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Gascons powder

Take of pearll Read corral
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 powdrs finly serced mix
them & make vp into Balls with Ielly
of hartshorn In w^hich Infuse a little
=ell safforn; put in one dram of orien=
tall Bezar get your crabs in may
or september befor 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

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The Lady Kents Powder

Take of Magistery of Pearll crab=
=eyes prepared Mmber harts=horn=
Magisteary of Red corral Lapis=
Contra=paruum prepared a Lik Qu=
ntitye Then put to the full waite
of these *the* tops of the black cla=
wes of crabs to euer ounce of th=
=is powder Add one dram of orin=
tall Bezar make these vp into a
Mass, with Ielly 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

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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 litle
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 halfe a pound of Rice and halfe 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 giue a good sent that shall last if need be a yeare & Keep close; Rice is hilld good for the hare it will Rather presa=
rue it & cause it to grow

Syrop of vilots

Take your vilots gathered dry and cleane picked, Then take spring water & Boyle it put it Boyleing hot into you vilats as much as will Iust 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 euery 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 consttantly or it will not
Be cleare all other syrops are
Easily maid other hearbs or flower
This syrop is Purging

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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=
=nfull at eueing goeing 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

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for silvering and
Lackuring

first make *your* sise with kid leather
packis if to be got if not outhur glouers
packis will do let it be strong Ielly but
be sure itt be well strand from all dirtt
or motes and very cleane outhur 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
roufnes 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 Ielly but not neare so strong as
the outhur but first make your water

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scalding hot and ~~rub~~ rub in a litell
castell sope scrape itt in for if *you* rub it
in *you* canot 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 scalding hot
outhurways it will desoale then put
both to *your* outhur sise and let itt so mixt
that it may be a prity stiff quaking Iely
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 greeasy 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 neads not, itt, you
must lay *your* siueller one with a squirills
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 squirills 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

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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^{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
euery time doing ouer / pro 1/2 g ere
there is now a more redy way to do
itt for the scueller sise of that being a
litell dificulltt 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 Cowcubmers

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 cowcubmers & 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 Bo
=yle 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 scuier & power=
som viniger one it; & when The
Liquor is coold put it in & Keep it

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Lemon Creame

Take a quart of Creame & keep it stirring on *the* fire
till it be blood warme then take *your* meat and Iuce
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

Orange Creame

Take *the* Iuice 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* Iuice
of oringes by little and little and keepe it
continually stirring the Iuice 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 handfull of salt
Then fit your storgen in lieing it vp
in Rands & gouls Read; Then let you^r
Liquor Boyle as fast as it is possible
Then put in your fish & let it Boyle
3 or 4 houers; when you it presae 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
ocasion sarues
proued

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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=
red 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 peccs
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 oÿ
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* ffillits 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* luce of 2 orings

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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* midst &
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

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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 leaueing 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 togaither
put it into *the* leg againe where you=

tooke it out; Then stew it *with* a marro=
bone or 2; Garnish your dish with ca=
rrots & Turnups or else *with* herbs whic=
h you please /

As you like the seasining you may
make Balls of it & stew them and
send them vp about a coock Boyled
or a Knuckell of vealle, good Red=
Bacaon Boyled & sliced thin may
Be laid vpon them when dish vp

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A Hash of A Calfshead

When your head is halfe Boyled take
it vp & cut of all the meate in thin
slices with the Toung, put in a pint
of Whitwine & set it to stue over *the*
fier with a Blade of mace or two
6 pickeled oysters som Lemmon pell
when it is Readi put a peece of swee=
=t Butter The Iuce of a whole Lem=
on; Then take large cippets of nbsp;
a hool manchet dip them in varg=
as & water & frie them in Butter
Then set them Round *your* Hash
garnish your dish with Lemon pell
& Lay Lemmon sliced thick vpon
It

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Sasusings

Take a leg of porke sread small a
pound & halfe of Beefe suett halfe a pound
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 peece of a onyon *with* the yelks
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 oliues
of veall ether to stue or Rost only sea=
son them with sweet hearbs & put in
marrow instead of sueit

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To Rost A

Pick

Take a picke dress him & wosh ofe all
his slime; Lard it *with* the Backs of pickell
herrings; draw them thorough 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
seaeuarall 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 peece 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

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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

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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 nbsp;
may Be sent in By themselues
or in a dish with a cupell of pulett
=s

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To make venison

Take a peece of Buttock Beefe pou=
nd it well ether in a mortar 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*
houshold 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

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To Bake a hare Pie

Take a cuplle of Hares Take ofe
all the flesh fr^om the Bones; Then tak
e 2 pound of good fat Bacon Take
away all the sward & skin pound all
in a mortar 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

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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 Iuce; 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
fashion; when it coms out of the ouen
cut it up & squse som Iuce of 2 or
3 oringes with a peece of sweet
Butter garnish your dish with orin
=*g* & Lemmon pell

A Tounge 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 sli=
 ced, 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 chicke
 =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
id 2:

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A Tounge Pie *with* Partridges

Take sheeps tounge sweetbread
of veall chickens or partridges
Blanch *your* Tounge & 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^aen 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 Tounge and
sweetbreads

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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 cooler 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

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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 scuere them thorow *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

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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
Iuce of 2 or 3 Lemmons send

Them vp; it is a Elalant dish
In Lent 2

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Puff Past

Take a gallon of flower one pound
of Butter & Breake it in Amongst your
flower; Then take as much new mellk
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

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An Almond pudding

Take 3 or 4 ounces of Almonds
Blanch them Then Beate them well
in a Alleblaster mortar with Rose=
watter 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

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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 toep 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 apt
to dye fastt then take itt outt
after itt is picktt and lay a lay
of sa samphire and a strowing
of sattu 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
again 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

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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

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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 clou
e 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
Beacus Less sugar sarues then
for canded
Aproued

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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

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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
itt tell 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 peec=
es frie them in Butter very Brown
Then take them out & put them beet=
wen 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

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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

sweet Butter put it all in a frieng
pan ouer the fier Let them all scald
to=gaither then send it vp with som
shied Lemmon; garnich *your* dish *with*
Lemon peell sread small & green
Parsly

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To make oring Iely

Take pipings and make Iley of
them boyle oring peale in itt
tell it tast prity strong of itt then
take the Iuse of 2 or 3 oringis and
warne itt and when the Jelly is boyled put
itt to itt and sweten itt with dubell refind
sugar and culer itt with a litel safron
and sett it by to Iely but if *you* think itt
wil not Iely enough with the apels put
in as much Isingglass as will Iely 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=
margorom, 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* 3^d
or 4 dish
Aproued

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To make
Chokolett Creame

Take to pantions of new millk

scald 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 while
then grate sune 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 thicknes *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
gentely with *your* spoon that so itt may cooke
if it ware whipt alltogether

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 something cooler
then new milk Then put it into *the*
Chini dish you Intend it for & then
put in your sugar stiring it Round
put in 6 spoonfull of sack leaser
=ly stiring 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 Iuse 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 vpon
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 desoufled in it Then take
i or 2 Lemons acording to the quanti=
ty of your dish & squeez 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 eggs

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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 siue then take itt and
season itt vp with a litell ^{sack} ~~white wine~~ and or
oring 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 stiften 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 duple
pot so let it boyle over the fire till
you fruit be pulped; strain it thorough^h
a siue & season it with Rose water
& sugar a littell much when it is could
mix it with cream acording to descree-
tion 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

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To Pickell Mushrums

Gather *your* mushrums 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 biger
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 uery 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 till thay bee prity
tough then ~~take *your*~~ take *them* of and drain

them lett them stand tell the next day when
the pickell is could cold put them into itt
you may put into the pickell sinimon cloues
mase and ginger when you boyle them
slash
probatum est
l.s.p^w.7

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 peece 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; i 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 peece of Butter then sea=
son it to you tast

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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 hower then lett
it stand to be could ~~then~~ cold then take
a pound of swette almonds blanched and
beaten with rose water very fine so strain
them with this boylid 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 Iuse of lemon and put into in
stiring of itt in and when you perseae itt redy
to turn then take it from the firt and take

a large fine cloath and cast it all ouer
altogether into the midell with a spoon then
~~try~~ tie itt hard with a packthred so lett itt
hang tell the next morning then put itt in
a dish and sweten itt with dubel refind
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 whit 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 Iuce of i or
2 oringes make the sauce & send
them vp with sippets.

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The yalow
Almond buter

Take a quart of ~~eork~~ 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 mortar by degrees with sume
of the almonds and a pound and halfe
of dubell refind 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 whille & are almost enough take halfe a pint of wine som spinage peper & salt a good peece of sweet Butter 3 anchoues *the* yolks of 3 eggs strain in it 2 or 3 oringes; Lay sauchinges about you pigeons & with sippets dish it vp with the Liquor
probatum Est

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To make Almond Iumballs

Take 1 pound of allmonds blanch them in cold water beate *them* in a stone mortar till they bee uery fine then take a pound of dubell refind sugar searst & put a quarter of itt to the allmonds then beate them till you can role them without breaking and when they 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
ocasion til it Be tender tourn it
oft, when it is almost on enough sli=
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 viniger

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To Make Almond
leach leech

Take rose water and gum dragon first
stepd or Isingglass 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 uery 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 ittself 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
Beeffe 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 *Brumms*
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

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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 blanchd 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
acordingly

Lemon Caudell

make a positt of good millke turnd
with the Iuse 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

it to *your* tast

A lemon positt is a fine positt
turnd carfully with the Iuse 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 peelee very
small, ^{squeeze} ~~the iuce~~ *the* iuce 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* iuce & peelee 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
of 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.

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To Make *the* white Iceing

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

COMEITS

1674

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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 outhere fire will smoke them
fry them in eather beefe suett ^{after it is} stued small
and melted and straind 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 awhile so then.
then quickly after thay are in that putt
to them a pretty many mushrums 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 ~~enough~~ enough take the
yolkes of eaight eges and ~~breeake~~
breake in itt twelfe or thirten lumps
of fresh buter aboutt as big as french
walnuts take also one anchouis ~~sred~~
sread itt with a ~~luttell~~ littell green onion
and parsle 2 or 3 ^{littell} ~~ounons~~ onions is enough
and halfe a handfull of parsle partt
of a lemon cutt in littel bitts but no
rine halfe a handfull or les of the ~~stak~~stalks of pickled purslan or pickled
grapes cut the purslan in litell betts
not mashtt for that will make itt to sower
put *your* musherums ousters or cokels 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 itt alltogether

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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 ~~eueh~~ cuocomber.

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 haue a pound of Almonds put
in 2 spoonfull of sugar at a time
Then shake & stir them as fast as
you can; for *the* preasant the will
all clog togather but with continu
aly stiring & shaking the will all
part & the sugar dire & worke
vpon them when it is drie then

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To Make Cuttletts 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 each 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 ~~onyon~~ onyion 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 under your pan continually be ouer stering of them & espechally when you put your suger in that they may not stick togaiher when you see them begen to drye *then*

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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

in a spoonful

Comfits

you may ster them with your hand
som tims Ther is noe seint of sugar
Because you may make them as Big and
as littell as you please; when you haue
Rought them as big as you please to ha=
ue them Then take a vessell maid
for that purposse like a lettell Tin=
Tun dish with 2 Rings of each side
the top & at the Bottom a littell holl
noe biger 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 Iemeco peper or
a litell whole peper, desoule in itt some
anchouis 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
thicknes *you* lick itt sred some 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 crispt
bread in dise and slicis of lemon

Pennid days

Take a pound of sugar put to it half
a pint of water Boyle it col high till it
snap Betwen your fingers, Then haue
a Brood plat of stone is the Best &
let it be Readi oyled with oyle of sweet
Almonds Then take it ofe & speedily
power it all abrood & 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 seauerall
times till it groee whitter Then cut
them ofe with sciers & make them
vp in *the* fashon of a small horne=
They are Exalant good for cough
you may worke them vp with a prepard
mastick is very Auailable to slay
Rhume

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To stew a Rump of Beafe

Take all sorts of sweet hearbs and other green
herbs and a fue Carrotes shread 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 shread 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 ouer 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 pø 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 itt or only
sarue it with as much as will sarue for

sase which *you* licke bestt fry choptt
carott by itt selfe and if *you* lick itt putt among
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
Togaither, Then take a pound & halfe
if very sweet Butter, wash out the salt
worke it the last time in Rose waite
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 alltogaither & 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

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abeter 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 botth
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~~ *your* sase of some
of the broth put to itt ayle 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 thicknes frid choptt
turnep in the dish amoungs itt but nott to be
stufitt with itt fry a goodeell ^{more} turnip and ouer couer
the top of *your* beef with it fill *your* dish well
with thes 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 mak=
=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 amongst
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

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~~To regowe a brestt of veale~~

To kegow a goos

Take

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 outt 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 *yoursase* sawse
take strong bratth a litel ayle or wine sune
more of the same *you* stufitt *your* goose with and
thatt thatt is in her tell itt be of a thicknes *you*
like itt deroule it *your* brath a litlell 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 thicken it with a little egg but
it is thick enough without and a rare good dish
if the goose be fat and enough done

a breast of veal is rare good this way but
garnish that with lemon and lard it with lemon
peel (leave out your onion)
thick

A seed cake

Take six pound of fine flower Rub in
it 2 pound & half of Butter Take 1 pint
and half of Beald Cream no hotter than
new milk 1 pint & half of good Barm, Mix
all these together & set it By the fire till
your oven Be hot Then put in it 2 pound
of caraway Comfits half a pound of
sugar put it In your oven. it will Require
2 hours Baking when you take it out Use
it with the white of an egg Rose water &
sugar & put into your cake 2 grains of Amber
= greece

A cake

Take 3 quarts of flower 6 yolks of eggs 1 pin=
=t of Barm, half a pint of good milke 1=
pound & half of Butter melt your Butter
in your milk But luc warme mix all to=
gether Then let it stand to Rise; when
your oven is hot put in it 3 pound of sorriol
1 pound of Raisins oth sun stoned & spread
Bake it in a hoop 3 quarters of an hour
is Enough

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to regow turkes ducks or
pigeons

Take your turkeyes bone *them* whole season
~~them with~~ stuff there Craws with hard egg
sred lemon peel but not too much for feare
making it bitter and ^{sreed} soril or beetts and some
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 ~~find~~
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 itt 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=
ction 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 geng
er 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 mortar
till it com to a perfect past Then Roole it out
vpon whit paper make them in Knots or chains
acordeing to your fancy lay them one a pie
& the will be drie in a day, if you would haue
them Red put in a littell Iuce 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 Borage 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

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To make Losinges

Take 4 ounces of Lofe sugar 2 drams of
Aromaticum Rosatum speches *with* som gum
desoulfed in Rosewater water make it into a past
By beating it in a stone mortar Then Roole
them out & cut them square when they are
drie eat them betwen meals; They are
Exceding 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

line
Take half a pound of whit
suger

To make french
puffes

Take halfe a pound of sugar dubell
Refin let it be finly searsed 2 ounces
of Iordan Almonds Blanched finly Bea=
ten 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 mortar & when it comes
to a perfect past Then Roule it out
and make it into Knots acording
to your fancie lay them vpon whit
paper & Bake them in a ouen when
manchit is drawn, Raither leaue
out som of your milk then *the* whit
of eggs, The will Be *the* prittyest
puffs as you shall see

To make oringe 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 oringe flower water or rose
water beate them together a while

then put to them ^{halfe} a pound of dubell
refind 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

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

1674

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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 Tribble Refin
Sugar; put your Sugar to your quid
one & stir it let it pritty well de=
soulfe 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

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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*
waight in Tribble 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

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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

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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 presarueing 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=
=eae 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 ski=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

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Red Gelly

Take Iuce of Red corrns 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 corrns
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

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Chiries in Gelly

Take to a pound of flanders Chiries
2 ounces of Gelly of Red corrans take
the waight of sugar; put to it halfe
a pint of water when it iust 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 presarued Cherries, when
you Chire is Cleare & you syrop
Enough to Gelly as you may easily
preseae sake them ofe & haue
ing your glasses REDI, Take your
Chiries out first & lay them in, after
a whill put to your Gelly

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To presarue Green Plumbs

Take the wheat plumb or the ya=
llo 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

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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

Greene 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 ~~Lu~~ 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

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A carttin gentelman who had a
gangreene in his foot ~~theserrgons~~ 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 nightt witht thatt water
tis sed in *the* morning no aperancs of *the*
gangreene was to be sene butt a perficct
cure
Keveirous
A person of quality after

she was broughtt to bed *the* afterberth
sttaying thay cutt of witt a grate phisistons
order some of the hairs of her head
and burntt itt to a pouder and gaue her in a
glass of whightt wine itt broughtt 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* waight
of sugar Boyle it vp it will be
clear & of a marbill Coullor

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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 ofe & 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 Rema=
nders 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

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an exsalentt good thing
to bring a way any thing leftt
behind, or for them thatt wantt
deliuerancs after child bearrth
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} birth
in very suratt labor butt nott eles
to be vsed much
mrs.
anoyntt 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~~
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 duple Refine sugar finly

searched & 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

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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 Childd cuers the Colick
stone and agnes
saltt of mugwortt prouokes them and brings
away botht bearth^{birth} and after ~~beart~~ bearth^{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

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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 oliue 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 spirritt of allum~~

~~a thing~~

Goosberries Green

Take your goosberries 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 itt after itt is
beaten and giue itt in a spoonfull of
claritt wine or sinimon water

anouther for *the* same

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

To presarue Goosbearies
in Gelly

Take your goosberies when begin to
be Ripe but not fully; pick the far
est cut of the blossoms & stoone
them Take their waights in puer
Tribble 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
iuy and walling margrom and biger

housleek of each two handfulls boyle
them together ouer a sofftt fire to the
consumtion of the moisture stiring *them*
often then strain and prees them out
strongly and kepe the oynttmntt
this oynttmntt 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 sune outhur
plaster proper ^{waight} for waight
for itt

To presarue Quinces
wholl

Take your farest quinces pare them
& core them Then to a pound of qui
=nces put a pint & halfe of waite
at first about halfe a pound of
sugar let them boyle of a midell
Temprat fire not too fast nor tw=
=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.

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for The wild fire

sower butermilk and sudd
each micxtt together and the
place anoynted with it will cure itt

as has bin tryd often

another for the same
and a much beter

take a good deale of stif cream
and putt a good quantitty of the
Iuse of housegrene grene boyle both
together tell thay come to an oyle
then anyntt itt well with thatt itt
will heale and coole it

Whit Marmolt of
Quinces

Take your farest 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 waight in duple 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, whit after the same
maner But Boyle it not as you
are diricted Before Amongst
The pastes

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to breake a brestt and heale it
again 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 outhur has dun itt alowne
you may anyntt it with cooling oynments

to hinder the swelling of itt
c1-11-7

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 duple 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

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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 lemonds; lapis Calamineris
of each 4 owncis; letharge of gold; searus;
of each three owncis; Camphor one dram
beate all theas together in a mortar 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
ofe & put it in pots or Boxes
For Chiries Take the same
quantity and make them acord=
ing to your damsons
probatum Est

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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

another

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 fish 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
cleane and good sett it not to drop in the sun
or by the fire for losing the spritts

Consarue of Barberrys

Take your Barberrys picked from
The stalks put as much watter to *them*
as will Iust couer 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 p=
=ound 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 pullpe you may
vse your one decrection for
Both

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the oyntmentt of briony

take broyany roots pound them in a mortar
tell they are like a slimy pulp then put itt
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 simerd without
rising upone blobs which as long as any
watry substanscs remains in eather that
or any outhr 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 ~~oim~~ iorn (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 Ioynts.

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 mortar 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 pownded 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

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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 fail 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 outhere ^{sore} after itt is broke
and needs no outhere applicatcon 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 outher 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
broke 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 outher 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 reall 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 Aloblafter 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 & waight
for waight 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
they must be softt as pap they 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 lo^osnes

anouther doctor Charltons
way

take a paille of smiths water put in it a shafell
full of ~~water~~ unsleektt 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 will 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 haights 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
tween 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

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the oyle of populeon
that is vnguntum populim

take first popler buds buds buds or the
yo^ung leaues of popler elder leaues
wood sorill plantan and prunela or
outherways cald selfeheale of each
a handfull housgreen tow handfull
or 3 ad to thease 3 pound of buter
b after ^{the hearbs 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 needs
no more being an exslent 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^ed
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;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 ~~Sa~~*saint* 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
~~corup~~ 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
exslentt 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 redd rose rosewater 2 ownsis 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 lickurish 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 woold gether
so is oyle of camomille

OYNTMENS

1674

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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 outt 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} Iustt 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 self and when

Lucutellues

Balsum

Take halfe a pound of yallo wax melt

it in a sklot Then put in i pound of ven=
ice 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 oliue 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 exslentt good first burntt
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 woold nott yes it

for the forenamd reson

To make Green
Salue

Take mellot vellarin Bay leaues lauen=
der pick of each one handfull pick
them & sread them; Then take the
Keell of a sheep hot as soon as it is nbsp;
kild & Beat all the herbs in it with
a Rooling 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 Rools for your use

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for the worms

anoyntt the bebys witht 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 anoyntt 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 outhur
times of the day it is a very good thing

for a cold in a child is hysop water and white
sugar candy for wind surup of each is good, or
fenill water) or fenill seeds comfits staped 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 elar 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 peny 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 brestt cuting a hole for the nipell
will backen the millk and take away any
hardnes or paine out of the brestt allso
anoyntt the brestt with sume of the oyle

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for ^a plurisy or any violentt stich
or a grate stoping by a colld
take a pintt of ayll positt drink beat
in a mortar 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 ^{uery} 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
doctor Bently

for the gripeing of the guts

take pelittory of the wall and growsill
of each a handfull 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

eaiter bely or side

Oyle of Roses

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

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for any bruse by fals or any
such way

take sage and bruse a good quantity
in a mortar & then stran outt the Iuce that
comes from itt and lett itt be taken by
2 sponfull at a time often and so
sune as euer the person has reseaud the
iniury 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 sune as the hurtt is dune

or sack and luckittellis balsom
aproued by Er

An oyntment 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 Children
whose Iounts ar big it will strength^{then}
& cuer the desease as hath been
Fines
Aproued

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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 failis easing

To stay vomitting

make a gallon of water in to brath
with ~~onech~~ 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 fail stoping the seuearist vomiting
if thay tolke tooke enough of it
Docter Jackson

Sacess 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 peece of horse Readish Roo=
le 2 Anchoues halfe a pound of
sweet Butter; you may make this for
a fresh Cood or whittings

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 waiter Take a handfull of samper
as many Goosebearys scalded Boyle all
togaither *with* halfe a pond of Butter make
your sauce

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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 it the powder
of ~~æornns~~ akeurns is an ex^aslint
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
sellldom misis doing good and cureing

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 together 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
Be caus 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* Luce
of an oring with a lettell Goose peper
send it vp

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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

peper and slysed nutmeg then strain itt
and take 2 quarts of pease or what *you* think
will fit the quantity *your* dish will hoald *you*
intend for itt boyle them by themselfs tell enough
and sett them by then mellt *your* Jelly and put to itt
as many of *your* pease as will thicken it then take a good
handfull of spinage as much of sorill if *you* can
gitt itt if *you* canot gitt sorill *you* may make use of beats
or letis boyle the hearbs in fair water by them selfs
and putt them in *your* potage Iust when itt gos up
if *you* please *you* may if *you* haue itt squeas a uery
litell Iuse of lemon but if *you* take not the gratis
care in the world itt will turn itt tharfor I think it
is beter to leaue itt out then uentar itt & *you* may put itt
a pease of buter but *you* must neuer leaue stiring
itt after the buter is in tell itt gos up for if *you*
do that will turn itt to if *you* please *you* may
thicken itt a litell with a litell yolke
of egg

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 while 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 throa
gh a colindar & when you put it th~~er~~ in the dish haue sume
thin tosts redy to put in for veryti thicken it *with* yolks of eges
after it is strand: *pro:batum est:* 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 Iust before
that go up if *you* haue cabig puld in litell
fleakes shake in sume for ueryeaty
or turnups cut dise fashin is prity
spinage lettis and sorill are the outhur
bestt hearbes to thicken itt when *you* haue
not those

To make the ^{pease} potage
I learnt of C:M 4 9/1

Take a leg of ueale 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 sume bread mase whole peper
& slysed nutmeg then strane itt &
take 2 quarts of the bestt 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* once
licking then take a good handfull of spinage
and almost as much sorill if *you* canot git
spineg you must make use of beets boyle
your hearbs in a litell cleane water and put
them into *your* potage Iust when (turn ouer)

To Boyle a carp

Take a botill or to of whitght wine & a lemon
or 2 slicst & svme water as much as will cover
it ouer head & salt & a bunch of swet 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 oysters 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 svme melltet buter thick to *the* yo
lks mix theas together but have a care but take
grate care of cvrdling it this savce 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
Pro:batum 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 will 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 ^{leauē} 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 ~~halfed to~~ halfe rosted
pvt a dish under it to catch *the* gravey *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* gravey *that* comes from it & so pvt it over *the*
fire & cover it close let it stve tell it bee en
ough befor *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:

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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 stwepan put
with it swet hearbs whole peper and a ltell
shallot or onion an anchovis or to with
water acordin to *your* one discreсион let it stwe so
tell it be almost enough then put in it oysters
if *you* have them good store of musherrooms and
goodealle 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
eges 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 pvll of *thetea*
skins *then* cut *them* vp & bruse *them* *withthe* back of your
knife & so pvt *them* into a stve pan take 2 nvtmegs
grateed & pvt that to it svme or a handful of
sred parsly very smal & pvt *that* in & botill of w
hit wine so pvt it over a charcole fire & let it stve
& when it is stud enough take *the* yolks of 3 eges
& svme dran buter & but *the* eges to *the* bvtter but
thes into *the* stue pan to *the* meat & shake it well to
gether & so sarve it vp *with* sipits
Pro: *batum* est L.v.E

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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 egs
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
Ioyse of lemon, ⁱⁿ it but then leave out capers least
it be to sower, this is an ~~extroy~~ordinary very
good pye if well made a to^ung py after this
maner is very good only leave out the backon

To Make good broth

Take svme befe & svme mvton & boyle
it very well & when it is boyled enough
pvt in ~~very~~ svme graevy & cvt in svme
sipits of whigh bread & so sarve it vp

To stufe pigons

fvrst take a handfull 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*
craue & betwixt the skin & ~~bons~~
bodys Then set them on the fire in
a stwepan 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 enogh then beate vp *the*
licker with a litell bvtter
pro batum est L.V.E

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To make ^{ovld} 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~~
sø 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 itt tell itt
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 dise 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 outh^{er} ^{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 leaue stirring tell

itt go up and pell of lemon but uery litell
of that
~~withthe~~ eggs
withthe 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 swit shvit 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
bvttter 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 gosberys 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
bvttter whin it is baked pvt in itt a cadell of
bvttter 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 bigger 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 eonions all over it boylde
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 svme veall & cvt it in thin slices
with svme ovther vealle & made vp into
balls with svme swet hearbs & a litell
salt so stew it & send it vp ^{or ovther hearbs} you may stue letis in it
you may stwe it in clarit wine with svme
anchovis & a pease of fresh buter or
~~leave the buter out~~ and thicken it with
the yolke of an ege

A pye

Take a ~~knokel~~ ^{svme of a leg} of veale cvt it in to pesis
make svme 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 barberys sw svme swet herbes ^{whole}
yolks of eges when you take it ovt of the
oven make a cadell of veargis & buter or
whight wine & bvter you may put svme eloves
or mase if yov please hō whole into it

....^7.rv-.L
iiv^r.good.7.1,
fo.1.y.7.chery
..ii.7^v
/y.7. ^r ..-^L.ii

7^v

^P7 swet.s

....7igood

^ calvhs.ha i

good

stued pgons

a chicin P

to tum

^chi of vv

^has of muton

^has of vv

^frigis of cher

^ calv h' hⁱ

back stub verso || back inside cover

[Folger Shakespeare Library bookplate]

back outside cover

spine

head

fore-edge

tail