V.a.20: Cookbook of Constance Hall, 1672: manuscript

front outside cover
front inside cover || front endleaf 1 recto

front endleaf 1 verso || front endleaf 2 recto
front endleaf 2 verso|| page 1 recto

[ C ] onstance
[ H ] all
Her Booke
of Receipts Anno
Domini 1672

page 1 verso || page 2 recto

To preserve Apricocks Ripe

Take your Aprecocks & weigh them & to a pound of them A pound of sugar finely pounded and sifted, After they are weighed pare them verry thin then slit them one the Crest side & fetch out the stone, then put a laying of sugar in the Bottom of the platter which don put in your Apricocks one by one & Cover them with the Remainder of the sugar then Cover them and let them stand all night the next day set them one some Coles and let them boyle softly turneing them as you see Occassion before they are ready set them by and let them stand all night one the Morrow boyle them vp and when they are cold put them vp in Gallypots You must preserve them the same day they are Gathered [ drawing of a face with other markings ]
To Preserve Apricockes green

Take green Apricocks about the bigness of pigeon eggs pare them verry thin and as you pare them put them into faire water, before They are pared take the weight of them in sugar, when they are pared boyle them in 2 or three waters & whil they are boyleing in the Last water take another skillet, & disolve your sugar in soe much water you Conceae will make sirrup to boyle vp your Plumes when the sirrup is boyled and a scumbed take them out of the water and put them in the sirrup and keep them boyleing A pretty pace for they will not be apt to breake when they are somewhat tender slit them one the side & take out the stone and put them in againe and let them boyle tell they are green clear and the sirrup thicke then take them of the fire and let them stand tell they be almost Cold then put them vp in gallypotts or glasse they must be kept turned or else one side will be greener then the other

To pr'eserve Quinces Amber Colour

Take of the ffairesst quinces you can get and Core them then Coddle them in faire water as tender as you can without Breakeing then take a pounde and a halfe of poulder shuger to one pinte of water Clarify your suger and let it boyle to a full sirrup then pare A pound of your quince and put into it take some of the Cores that you scrape out of your Quinces and picke the Cornells Cleane from them then take about halfe an ounce of the Cores and sow in litle bagges and put into the boyleing of the Quince and with the backe of your spoone Chrush the baggs as they boyle vp boyle them as fast as the quince will suffer you & when your sir'pup begineth to turne amber Colour take vp a little of it in a spoon and see whether it will gelly: if it gelly it is enough then take vp your Quinces and put them in a pott & make your sirrup pretty Cold and then power it into the quinces but if you finde your quinces be enough and sirrup doe not gelly take vp your Quinces and boyle your sirrup vp againe as fast as you can make it boyle and then coole it and power it to your quinces take them as soone as they are gathered of the tree or else they will not gelly;
A Receipt for the seare cloth

Take Half a pinte of sallet oyle, and a quarter of a pound of red Lead, put this in a new pipkin, and sture it, let it boyle to it be blak then put in a lettel rossel Bees waxe permacitty then boyle it a gaine & then thke it of and dipe in your Clothes

A Receipt to make a Caraway Cake

Take 3 pound of fine flower, a pinte of Creame, a pinte of aile yest & mixe your flower Creame & yest together and make it stiff as for a manchett then sett it to the fire while your oven heats, & when it is almost hott then worke in a pound of Caraway Comfitts and put it into the oven, Butter and then strew in your Caraways;

How to make A Cake

Take to a pecke of flower 4 pound of Butter Crumble it verry fine among the flower, 10 poundes of Currants, 1 pound of stoned Rays ons, Chopped small 1 ounce of mace and a half, one ounce of Cloves one ounce of nutmegs a quarter of A pint of good Rose water, and dissolue in itt 2 or 3 of the best muske plumbs a little safforn a quarter of a pint of mallego sack, halfe a pound of Carraway Comfitts 3 quarters of sugar, and a little salt, mix all these together, then put 2 quarts of Cream, and as much good ale yeast, it will take up most of it: the Currants must be putt in when the Bread is made it must not bee kned, one hower and a half will Bake itt;

To Bake Beef like venison

Take Buttake beef cut it in preaty thin slises, take A way all the skins, then take
bacon cut cut in thin slices, lay a peace of bacon beteen every peace of beef, then beat it together with a roleing pin, then thke a pretty deyl of peper salt nutmeg mace and cloues all beaten, and seson the meat with it, then thke a quart of claret wine and sprinkell it all ouer the meat soe let it lie all night, next day put it in a round pot and bake it with the brown bred put past round the pot aboue the edg to keep it close when it come out of the ouen power of out the graue from it, & let it stand a while and setell, then power of the top of the graue, and put it to the meat again then couer the meat with Clarified butter then lay A wait upon your meat to keep it Clos

To make Curd Loaues

Take A porringer full of Cheise curd four eggs whits and all & as much flower as will make it pretty stif then take a littell ginger nutmeg sum salt make them up into loaues and set them into an ouen with a pretty quick fier when they begin to Chang colour take them out & put melted butter sack & suger to them and so set them

How to make sausagess

Take A pound of the lean of a leg of pork po'ke cut out all the sinnows then shrid it pretty small and beat it in a stone mortar till it is very fine then mingell a pound of beef suit shrided pretty small then seson it with peper salt & nutmeg a hand full of sage shrid, a littill perssly & time, put in a littill grated whit bread when you make them up mingel sume yolks of eggs you must fry them with sweet butter; let let them fry leasurly till they be pretty brown
To make A creem pudding

Take to a quart of creem 22 eggs put out 6 of the whits mix with it 6 spoonfulls of fine flower, sweeten it to your tast put in sume salt & nutmeg, a littill sack half a pound of Allmonds blanched and beaten very fine with rosewater, mingell all together then butter and flower a cloth well, & tye it up put it in boyling water 2 hours will boyl it, when you make this puding you may beat the almonds ouer night

To make an oatmeall pudding

Take A porringer of oatmeall beaten to flower a pint of creem one nutmeg foure eggs 3 whits beaten a quarter of a pound suger a pound of beef suit, minced pretty small mingell all these together and so bake it, an houer will bake it

To make an allmond Caudell

Take 3 pints of ale boyl it with sume Cloues and mace, slice sume white bread in it then haue redy beaten a pound of blanch allmond and an stran them out with a pint of whitwine and thicken the ale with it, sweeten it to your tast, besure you skim the ale well as it boyleth

To pickell broombuds

Take your buds before they be yallow one the top, make a brine of viniger & salt, which you must doe only by shaking it together till the salt is mellted then put your buds in and keep them stirred once a day till they be sunk with in the pickell besure sure to keep them Close couered

To make A very good cake

Take A quarter of a peck of flower a pint of creem ten eggs no whits beat the eggs
very well, 3 quarters of a pound of butter
gently melt, pour a littill ale yeast one
the flower a quarter of a pint of rosewater
with sume musk & ambergreec dissolved
in it, seson it with a penryworth worth of mace
and Cloues a littill nutmeg finely beaten /

3 pound of currants well washt pickt and
dried, a pound of allmonds blanced & beaten
with sume rosewater to keep them from oyl
ing, half a pound of suger beaten very small
mingell all these together with your hands,
then let it lie before the fier to rise a hour,
Couer it with a Cloth then make it up, & put
it in a hope, or paper round it let not the
oven be to hot nor to cold sumething more than
an hour will bake it, Against you draw it
haue redy sume rosewater and suger finely beat
en and well mixt together, & wash the top of
the cake with it and set it into the ouen to dry

To make whit pudings

Take 6 peny white lofes grat them, take 12
eggs all the white, beaten very well, then put
them to the bread, shrif in a good quantity
of beef suit, sume rosewater nutmeg and
salt, sweeten it to your tast, a good many
currance, mingell these all together, and fill
the gutts there with,

To pickell barberies

gather your barberies when they be dry pick
pick out the fairest of the bunches and put
them in an erthen pot pick the smallest ons
from their stalks and boyl them in water
and salt till the liquor is strong then stran
it and put in sume red wine and when
it is cold pouer it one the barberies

To make puff past

Take A quart of flower, the yolks of 4 egg's
2 whits a littill cold water mingell it with
the flower and mold it up then role it a brod,
and take butter and lay all over then fold it up again throughly beat it with a rolling pin, so lay butter as at first and fold it up again so doe nine times together and make it up in what fashion you pleas

To make sugar cakes

Take A pound of flower half a pound of sugar beaten and sifted, mingell it with the flower then take half a pound of butter & crumbell it in to the flower and sugar then take the yolks of 2 new lald eggs 2 spoonfull of sacke 2 spoonfull of cream, beat all those together and put them in then mold it all up together into a past and role them out thin and cut them with a glass & lay them upon papers or plates very well butter and flowered, so set them into the ouen & be carefull of them for a littill matter bake them, the ouen must be pretty quick but not to catch

To make an almond cream

Take half a pound of allmonds and blanch them and beat them in a stone mortar now & then put in a littill rosewater to keep them from oyling then haue a quart of thick cream put your allmonds into a littll of it and strain it once or twice till all the vertis be out of it then grate in a quarter of a nutmeg a littill mace sume rosewater and lofe sugar to your tast then put in the rest of the cream and boyl it till it come to a pape then power it forth into a silver dish or a ston one when tis cold stron sume cumfits of all collers on and serve it

To Stew Oysters

Put your oysters in a Stew pan one by one, to avoys gravill then Strane the Liquor and put it to them, with sume verges or Wineger put a whol oynon Sume whole peper a Lettel wintersauery sume Larg
mace, & as they boyl scum them very 
Clean, when they are enough put in a 
good peece of Butter & shak it till it is 
thick then put them in a Dish & serue them 
with slict Lemmon on the top [ symbol ]

Sauce same for all sorts of boyled fish

Take sume whitwine put in it sume an 
choueys shelot sume stewd oysters 
minct small sume mace a sprig of time 
and winter sauory boyl all these well to 
gether then take out the herbs and beat 
it up very thick with butter and power it ouer the fish

page 8 verso || page 9 recto

to candy angelico

you must part the leaus from the stalks 
and split the stalks that bee of any bigness 
but the littel ons may goe whole you must 
boyl them tender in spirng water and 
when they are very tender you must dry 
them very well in a clean cloth and couer 
them up whilst you make a surrop you 
must take the wait of them when they ar 
boyled of duble refined suger and put 
to it as much fair water as will iust melt 
it and boyl it in a puter bason or siluer 
and when you begin to find it pretty 
thick try with a spoone and hould it up 
and let it run from the spoons and when 
it hang like a hair as it falls you may; 
put in your angelico and stur it a bout 
till all the suger hang about it you may 
put in a few leaus raw in to the candy as 
when they be pretty dry that you see the 
suger hang a bout them you must lay 
them out vpon paper tell they are quite 
dry if they want stoueing you must stoue 
them in a stoue or ouen after bread that 
is if they grow damp

To make Chees Cakes
Take to as much curd as a gallon of milk will make a pound and quarter of Butter 3 quarters of a pint of creem being first Boyled with sume grated Bread and a littill grated nutmeg, then put it to the curd put in 5 eggs 2 whites very well Beaten put in a littill flower sume rosewater & suger to your tast But before you put in these ingred ence you must beat the curd in a ston mortar then put in these a Boue mentioned ading sume currants you must beat the Butter with the curd Let the creem and Bread be cold before you put it to the curd, then make your curst with cold water, and Butter crumled into the flower 2 yolks of eggs sume creem a littill rosewater so mould all these up together and make it into what fasion you pleas

To make a whitepot

Take a quart of creem, take 8 eggs half the whites Beat them very well and put them into the creem bruse an nutmeg and sume mace and in it, slice in sume candyd lemon and oring peel and citturmn seson it with rosewater and suger to your tast then haue a deep dish well Buttered and lay sume sippits of whit bread cut uery thin at the bottom and sume prety great lumps of marrow upon them you must ston sume reasons and Lay sume of them betwee the bread and marrow then power on the third part of the creem then lay sume mor sippits reasons and marrow as before and power on a nother part of the creem then lay on all the rest as before and power on all the creem so bake it in a very soft ouen of a yallow brone, one marrow bone will doe, half an houer will bake it

To make a sak possit

Take a quart of creem and boyl it with sume mace in it then take the yolks of 16 eggs beat them very well, and when your
creem is prety cool put it to your eggs
and make a smoth custard of it, then take
all the whits of the 16 eggs and beat
them with a wisk up to a high snow
when it is half Beaten put in 3 spoonfulls
of sack and to of Lofe suger and beat it
upto to gether, then take half a pint of sak
and put it in a bason and put in suger
enough to sweeten the hole possit put in a
littill nutmeg and set it upon a chaffing
dish of cools & Let it boyl then put in your
custard s'uff very hot stir it round well
together, Let it stand but a very littill
while after, one the fier remember to keep
out sune of the snow to lay on the top of
all then Leaue stiring when that is put
on, have redy a dish hot to couer it cLose
and serue it, take it of the fier assoon as soon as
the snow is in

A Recept for making a broune ffry
ffrigasie

take halfe a dosen Chickens and fleigh
them cut them vp in quarters breake
the bones of them very well stew them
in a pan very well with a fagot of
sweete herbs larg mace whole Cloues
a pint of sider a pint of white wine a
pint of clarret halfe a pint of grauie
a peice of lemmond and an onyon Chop
small pouer your liquor from them.
stew it vp with a couple of anchovies a
handfull of oysters thicken it vp with a
Couple of yelkes of eggs a slice of sweet
butter lay your dish with sippets gat
your dish with force meats garnish your
dish with all sorts of pickles dish it very
hot soe serve it in

Aqua Mirabilis o

Take Gallingall, Cubebu Cardomums, mellilet
Flowers, Ginger, Cloves, Nutmegs and mace, of
each one dram a Pinte of Aqua Vita, three pints
of sack, or white wine, one pinte of the Iuice of Cellendine Let those ingredients of Druggs and spices being Grossely beaten be infused in the Liquors and Juices one night, then distill them vntill all be run out and let the Extract fall into a Glasse in which you haue put halfe a pound of white sugar Candy or hard Sugar and take two or three spoonfulls when you are in bed or in the day as Occassions serue

To make the Duke of York's Cakes

Take one pound of fresh butter and one pounde of powder sugar which being well mixed with your hands take seven eggs well beaten and put them to the Aforesaid mixture this being don then take one pound of fine fflower dried vpon A Chafeing dish of Coals and put into it one halfe of the fflower and about A quarter of one hour the other halfe mixing it well together and then take halfe one pound of Currants and put into the Aforesaid mixture the Currants being boyled a little before to fill them

To Make a seareCloth

Take fouer peniworth of sallett oyle one peniworh of stone pitch. one peniworh of red lead boyle it to gether ouer Coales softly till it looke black. Then dip the Cloths in it; Haue a care it doe not Boyle ouer o

To make spiretts of elder

Gether the berries when they are full ripe pick them Clean from the stalkes and leves put them in to a wooden vessell and mash them well; to a bushell of berries put a bottel of fair water and to
four bushells put a quart of alle yest and a small cake of leaven
Crumbled in to the yest then pour the yest all ouer the berries then Couer them Clos with a couer and once in to dayes put them dowen and stirr them all to gether so let them stand firmenting: 9 or 10: dayes then distill them in a lymbick in your distilling you must keep your pot allwayes boyling and about three parts full and; from three gallans of licker you must take a quart of good spirit and as much at the second rvning which you may put them in to a fresh still full of the lyquer,

Receipt to make ey wat
A receipt to make ey water

take a penyworth of aris root cut small and a penyworth of white Copeirs poud small put it both into a quart of runing water shake it well to gether

To make extent biskitt

take a pound of lofe suger well dryed befor the fyer pound and scarced and set a gain to the fyer and three quartes of a pound of fine wheat flower 10 eggs leaue out to whits beate them half an hour then put in the suger hott and beat the eggs and suger to gether to hours when the oven is redy which must be as hot as for manchet strain the flower and what caraway seeds you will butter your tins will and bake
them not to browne the neuer
the eggs are the better when they
are baked drey them befor the
fyer

A resaite for the Clotts

A Resaite for the mollin ointment

Take halfe a pound of may butter
frese out of the Cherrn and one
handfull of mollin leves and
one handfull of rose Campon
leves made Clean and seedid
then boyl them all well to gether put
In on penyworth of bees wax and
sume rose water then boyl it a
littel more and then straine it
and to penyworth of the oyle of bay
and whith the bees with the bees wax
put it in

To Make the Plague Water

Take of Woodsorrell Rosemary sage raw saladine
Avens mint Baum Cardus fetherfew wormwood
Angelecoe Dragons Tormentell Scabious Egremone
Betoney Scordium Centry pimponeill maywoode
sun dew and Motherwort of Each A quarter of
A pound virginian Snake weed one ounce the
Rutes of Elocompane piony and Tormentell of
Each two ounces Liquorish two Drams
Exodore two ounces Annicedes two ounces
Cut your earbs but not very small Slice the
ruts and liquorsish heat the seeds then put
them into an earthen pot well nealed power
vpon them 4 quarts of sack or two of white
wine and 2 of sack which you please
Lay the the ruts and the seeds and the Liquorish
at the bottome of the pot then couer your
pot Cloce and let it stande 40 howers then
still it of in a cold still your first sort being
the Strongest you may give to old folks your
midle sort to any and your third to Children
but what ever sort you give mix Some of your
Last sort with it you must not lett your
for making of a hash with a Calves head

Take your Calves head and parboyle it very well cut the one side of it in thin slices take it and stew it over the fire with a quart of white wine a pint of gravy and a pint of strong broth a faggot of sweet herbs an onion chop small a couple of anchovies an hand full of oysters stew it very well to gather season it with a littel peper and sault take the side of the head an season it well with peper and sault sweet herbs chopt small wash them well with the yolks of an egg broyl it upon a gridiron thicken it vp your hash with a couple of yolks of eggs put the one side in your dish garnish your dish with sippets all sorts of pickle pickled oysters sliced limmond force meats sossinges dish it vp hot and serue it in

---

To Stew A Carpe

Take A Carpe Alive scower him well with salt then scale him or not as you thinke fitt then open him power into his belley A little vineger and rub him within with salt which will make him bleed freely then take him with his blood and Liver and put them into A shallow stewpan or Kettle then take of time swett marjorum and parsley a pretty quantyty with A sprig of winter savory and rosemary binde them in little bundles and put them to your carpe with A blade or two of mase A peece of Lemon peele and three Anchoves then power vpon him as much Clarret wine as will well couer him Cover your stew= =pan and sett it one A quick fier till
it be sufficiently stewed then take the Carpe and Lay it with the broth into the dish and power vpon it A quarter of A pound of fresh butter well be melted and beaten with halfe A dozen sponfulls of the broth the yoaks of two or three Egss and some of the hearbs shreded if you will soe serve it vp. / 

for making of pust past

take a quarter of flower two pound of butter fouer eggs breake a little butter the flower woorke it vp put three co.. of butter two of flower for boyling the Aple take a littel Cloves and mace and cinamon and put it in the aple and put a little sider in for Coullering the aple red take a penniwoorth of scuchineale pound it in a marter take a littel rosewater and put into it stur it well to gether in the aple to Couler the aple yellow take a pennyworth of saftron dry it well at the fire beat it in a marter then boyle it in the aple with rosewater to Couler the aple put take one penny woorth of turnsole boyle it in the aple to Couler the aple green take a handfull of serrill or spinnach use the iuice of it stir it in the aple

To stew A Carpe Another way

Take A Live Carpe Gut and scale it give it A cut in the neck Lett it bleed well then take the blod Clarrett and watter as much as will lust Cover it their must be as much Clarret as watter A little viniger A bundle of Sweet herbs whole mace Cloves whole pepper nutmeg Salt and onion or Shallot A peece of lemon peele stew them in A Stew pan or deepe dish over A Chafindish of Chartcole they must stew very gently for feare of Brakeing when they are Enough take Some of the Liquor and
sett it over the fier with three or fouer
Anchoves when they are disolved put in
Some butter beate it all vp very thick
with two or three yoaks of Egss you must
take Care the Egs doe not Curdle you
may put in stewd oysters if you please
and Soe Serve it vp. /

to make snow

take three pints of creame and the whits
of eight eggs strain them to gather with
a litter rose water and as much suger as
will sweeten it then take a bundle of reed
and beat your cream as the snow riseth
take it of with a spoone in a cullender
that the thin may run out when you
haue snow anough to couer a dish take
the cream that remains and boyle it
with hole cloues and sinamond till it
bee thick then strain it and when it
cold put it into a dish and lay your
snow upon it and serv it vp

to make sasinges

take two pound of ientle line of a
hodg and one pound of the leaue and
beat it to gather in a morter and when
it is a nough season it with peper
and salt and spice then roul it vp
in bowles and fry them in a pan with
butter

A very good water for a feavor

Take halfe A pound of mint as much
Balme A quarter of A pound of
popys a quartre of a pound of card
vs halfe A quartre of a pound of
wormwood halfe A pound of
angelica shred the herbs and stupe
them all night in 4 quarts of new
milke to ounces of cinnamon A hand
full of maregould flowers and one
hand full of burage flowers distill
it in A Could still 3 quarts of good water will come out of it

to make biskets Mrs Beales way.

take seuen eggs and devide the yolks. from the whits then beat vp the. whits with a burchin rod in a deep. pan till they frothe very much then put in the yolks and beat them well to gather then put into them a pound of the best powder shuger and a pound of fine flower still beating with a slice then drop it vpon paper and sift some lofe suger ouer them and bake them in an oven not to hot when they bee colorod on the top take them of the papers and put them a siue into the ouen again to dry

A most excalent glister for the spleen and wind

Take A pinte of new milke boyle in it a handfull of Camamile flowers or Camamile put to it when it tis strained to spoonfull of pouder shuger and 5 drops of spirits of Castor to Cause Sleepe in a weake Porson.

take white Popey seeds and sow them in to litell bags either tifaney or lanel and put them in a litell anyseed water and at night a ploye them to each tempell warm it before you A ploy it to the place

to make Bisket

take to pounds of sifted suger and to pounds of fine flower and sixtene eggs and put them in a crock and as you beat
ss your eggs put in a handful of flower and another of suger till it is all in strew it in very light then put in four spoonfulls of sack then beat it vp as hollow as you can for two houres and neuer let it stand still then put into it coliander seeds and caraway seeds as many as you think fit beat them again a littel then drope it with a spoone vpon tinn sheets being but butored before into littel round biskets then sif them ouer with suger and flower and put them in an oven not to hot when they be bakeed pare the botom of them and put them in a seue and papers between every rond and when the oven is allmost cold put them in again to harden them keep them in a dry place

19

To Make a Cake

Take Six pounds of fflower five pound of Curants and pound of Reasons of the Sun Cut and stoned and pound and A halfe of butter and quart of Creame and pintt of Barme take tenn Eggs and beate them with two or three sponefulls of Rose watter Keepeing out two of the whites take half A sponefull of Sallt two penyworth of Cloues and mace and pound of loafe Shuger two ounces of dates one peece of Sittorne and leamond of muske and Ambergreace each one graine

How to mix it

Take your flower and put it into A pann or trind and soe make A hole as big as you thinke will holed your wetting first put in the salt and spice then put in A quar= =ter of A pounde of your shuger beaten very small then put in the barme and eggs take your Creame and make it soe hot as to melt the butter and then stirr it togeather and see that it be not to hott to scold the. eggs then putting it into the rest take some flower and strew gently ouer it soe setting it by the fier and let it heaue one hower or more after it hath stood as long as you please then take, it and kneade it putting in halfe the muske and ambergrease then lett it stay untill your ouen be ready and when
your oven is A gooing to be sweept then take and mix in it your fruite and suckitts and beshu =er you doe not let it stay long after the fruite is in out of the oven in the the meane time while your Cake is in the oven take the remaineing part of the shuger and pound and sift it then take it with the two whites of the eggs and beate in all the while your Cake is in the oven if it be tas thick then put in some Rose water and the rest of the muske and when you thinke it is baked enough then draw it and put on your Iceing. / and then eate it as fast as you Can.

to make scock colops

take a legg of veale and cut the leag of it into thin slices and beat it and lard it with backon take sweete hea and nutmeg and strew on top of it and fry it broun with butter then take the yolks of four eggs and beat them with some sharp sider with an anchovis and a good peace of butter then put it into your veale then sheake it over the fire till it bee thick and soe dish it vp vp

for makeing a pastye venison

take a side of venison and bone it vp well take an ounce of peper mix it very well with salt and slised nutmeg season your venison take six pounds of butter a peek of flower a dosen of eggs breake your butter very well into your flower woork it vp very well with fayer water make your pasty bake it to the quantite of fiue houres when it comes out of the ouen cut it vp set in a glas of Clarret four pounds of suit belonging to a pastie for the bottom of it to set vnder your venison to serue it in

A london Receipt
To make A Sack possett

Take the yolks of 14 Egs & Six whittes & beate them very well & strain them into A pewter Bason put A quarter of A pint of Sack to them A grated nutmeg A little Sinomond as much white Shuger as you thinke fitt Sett them upon A Chafin dish of Charcoles keep it Sturing till it is pretty hot lett A quart of milke boyl up upon the fier put A peece of butter and two Sponefulls of Shuger in it when the Egs are hott power in the mike upon them then Couer it vp presantly Close and lett it Stand a quarter of an hower then sett it upon A Cold Stone. / probat Est

To make A woodstreet Cake

Take 4 pound of fine flower A quarter of fine shuger sifted Cloves mace sinomond & nutmegs as much as you please mingle these alltogether then take 3 pound of Curans well washed pickt & dryed the night before you are to use them one pound of reasons of the Sun stoned & minced very small put the frute to the flower shuger & spice mix them well togeather then make A greate hollow in the midle of the above named ingredients when you have put them togeather in A large deep Earthen pan then put into the hollow the yolks of tenn Egs and the whites of two well beaten togeather with A Sponefull of flower put to these A wine pint of Ale yest Straned and A good pint of Creame being first boyled & taking it of the fier Slice into it A pound of Butter and when that is melted put to them A quarter of A pint of Rose watter and lett them have A warme over the fier whilst it be indeferen :t warme then mix it with your Egs & then putt Some flower lightly over them as when you lay leavens soe lett it stand Close Covered by the fier if it be Cold weath=er till it doe rise and run over which will be in A quarter of an hower then with A puding Slice Stur it very well & thoroly togeather and soe Cover it Close againe & lett it stand an hower in the intrine prepare your papers thus to bake it in the botome papers must bee sheet of browne & white paper that which goeth round about the Cake must be duble white of A yard & half long & halfe quarter & naile depe when you have sewd your papers to geather in A round forme to the botome soe high as you intende the Cake shall Come then with A spone put your Kake into this Coffin & soe into the oven and their lett it stand 3 quarters of an hower then draw it & Ice it thick over and soe sett it in againe & lett it stand A quarter of and hower then draw it and when it is Cold pull of the papers./
How to bake the Above named Cake

Your Oven must be heated as it is for white small loves of Bread & before you sett it in you must sweepe the oven & sett vp the stoue halfe A quarter of an hower or Else it will Crack the Cake./ you must be shewer to butter the inside of your papers befor you putt your Cake in that they may Come of without sticking./

To make A Lumbard Pye
Second Cource

Take A Couple of two peney loves grate them very well take halfe A pound of Currans three kidnes of veale or for want of them the flesh of pullett Capon turkey or rabitt Chopt it very small mix it well togeather season it well with Cloves mase and A little Salt worke it up very well with A pint of Sack the yoaks of fower Eggs A glass of Roas watter sweeten it well with shuger make it up in Round balls Rais your Coffin lay it well in the bottom with sweet butter Lay them in your Coffin take halfe A pound of marrow and put in with them take halfe A pound of Canded leamond oringe peale Ringoe Roots & dryed dates lay them all in slices & peeces in your quarters whear you see Covenant take likewise halfe A pound of preserved pearkes & Aprecocks and doe the like Bake it & take halfe A pint of sacke for the makeing your Caudle the yoaks of two Eggs sweeten it well with shuger A peece of sweet Butter thicken it very well over the fier put it into your pye when it Comes out of the oven & soe serve it in/

To make Cheescakes

you must sett tender 4 quarts of new milke & halfe A pint of Creame and when you haue got it Cleane from the whey you must beat it in A morter with A wooden pesteell till you the beshuer
the Curd be all all broke then put in some thing about
A quarter of A pound of fresh butter and beate
it till you cannot see any of the butter then
take it out of the morter and mix it with the
yoaks of Eggs & three whites A nut meg
A pound of Currans allmost halfe A pint of Cream
three sponefull of shuger A little Rose watter
this quantyty will make Iust six in the patypans

Annother way to make
Chese Cakes

take a pound of iordane almons and blanch
them in cold water and beat them in a
morter puting to them a littel rose water
and fire to them now and then to keep them
from oyling you must beat a dusen of egg
yolks and whites and mix them δwith a
quart of creame and let them run throw
a seeue and then put your almonds and
creme and eggs to gather and set it one
a charcole fire sturing it that it may not
burn to and when it doth begin to heat you
may store in half a pound of currans and
put what suger you think fit when you
find it begin to turn a littel take it of and
let it stand it be cold

To make a tansie

Take a quarte of new cream
and a qurter of a pound of
napell biskets grate them
and put them into the cream
and a grated nutmeg and 2
penyworth of spinnig and a
handfull of tansy pick it and
and wash it very clean and
swing it in a clean corse
cloth put in the straind throw
a hare scfe take 14 eggs take
away 6 of the whits and bete
them very well and strain them
in to the Iuice then put the cream
in and sweten it very well put
in a littell salt put it into a
cleane skillit put in a bout 2
ounces of fresh butter and
melt it and shake it all about
the skillet then put in the tansy
and set it over the gentle fire
and keep it stirring tell it is as
thick as batter then take a round
tin pudding pan and butter it

well then put it in your tansy and put
it in an oven that is not to hot and half
an hour will bake it then put it on a
plate or a maserene and squis the juice
of 2 oranges upon it and good store of
double refined sugar betwixt small garnish
with slices of curie oring and quater
if you bake it in a frying pan it most
be with a gentle fire but an oven is better

To make a quaking pudding

Take a penny loaf and grate it take a
pint of cream and 8 eggs put a way
the whites betwixt them very well grate a
nutmeg and 2 spoonfuls of rosewater mix
all these together a little salt and as much
sugar as will make it pleasant let your
pudding cloth lyle in water a little
then squeeze it out and spread it over
with butter then strew it over with
flower and lay it in a basin put in the
pudding and try it vp close one hour to
boil it for a sakes a little sack and a
quarter of a pound of sweet butter
and a good spoonful of fine sugar set it
over the fire and melt it thick and scrape

lofe suger set------ vp on the pudding
and round the brims of the dish pour
on the sauce to serve it to the table
you may color it with juice of spinach
gage or cowslips or malets or marygold

To make a rice pudding

Take a quart of a pound of rice and boil
it in a quart of milk tell it be very tender
then put it in to a cullinder and let all the
milk drain from it beate it in a marter
grate in a quater of a pound of napell
bisket a pint of cream and 6 eggs a grated nutmeg a littell beten cinnamon 2 sponfulls of sack a littell rose water a littell solt and as much suger as will seson it to your taste then take a cloath dip it in boyling water and butter it ouer well and strew it ouer with flower and boyle it tey it vp clos and boyle it one hour make sauce for it with butter and suger melted thick pure it one the puding scrape on suger and beten cin namon and serue it to the table if you bake him then put in half pound of currants and halfe as many resons and 3 quarters of a pound of beff suet sred on hour will bake it the ouen must not be to hot

page 23 verso || page 24 recto

To make an Allmond puding

Take half a pound of almonds and blanch them bete them in a morter with 3: or 4 spoon fulls of rosewater grate a quarter of a pound of napell bisket or the crum of peny lofe a littell beten mace a littell sack and as much suger as will make it ples a pint of cream and 8 eggs take away half the whites bete them very well and straine them throw a hear sefe mix it well to gether dip a cloth in boyling water and squese it out hard then butter it all ouer and put the puding in it and tey it up clos and let it boyle quick on heat take a quarter or a pound of smoth suger almonds or blanch almond and stick them vpon the puding 4: sponfulls of sack a good pece of fresh butter and mix it thick and sweten it and pour it all ouer the puding before you stick the almonds scrape some fine suger one brims of the dish so serue it vp

To make an oringe pudding

Take the pels of 4 good oringes and boyl them in a good quantity of faire water on hower then pour it away and put as much as at first and boyle it as be
fore on hower and so doe for 3 times
then put them in to could water and let
them ley all night the take them out and
dry them in a cloth and bete it in a stone
morter very fine and halfe a pound of
napell bisket grated and on quart of
cream and :10: eggs take away halfe the
whites bete them very well and strain
them in to the cream grate a small nut
meg and put in a littel salt & halfe a poun
of good suger ster it well to gether then
haue haue a thin sheet of puf past and
flower the bottom of a depe pewter dish
lay on the pufpast then put the puding
halfe a pound of good fresh butter
butter it all ouer the puding in small
peces then cover it with another sheet
of pufpast not to thick and cut it with
fine works & on the brims of the dish on hour
will bake it

page 24 verso || page 25 recto

for a Quinsey or sore throte

Take sallet oyle large mace & red sage boyle
them togather annoynt the throte & lay an
cloth on it to keepe it warme

for Convulsion ffitts

Take Rosemary stamp it & straine it & giue
it on a sponefull of beare before the fitt or
new mone

Doctor Morns his Purge

Two Ounces of Mannah 3 scruples of salt
prunella in a quart of Whaye

for the Green sickness

Take rosa sollis new gathered beat it into a
conserue with suger lett the party eate as
much as a nuttmegg fasting fast 2 hours
after it useing exersise in a weeks time
shall cure them

1 for the stone
Take a pint of Beane watter 8 ounces of marshmalloes take 2 spoonfull at a time

for stomach wormes

Take 3 bunches of Lavender cotton boyle it a pint of new milke take night & morn fasting

for a sore throte

Take allum fine suger planton watter ho... of roses surip of mullbery of each a little quart to gargle the throte

for the falling sickness

Take young ravens when they are ready to feed bake them with browne bread till they are powder mix it with honey till it is an electuary

for a sore Brest

Take Hemlock & oatemeal & lilly roote a handful Chopp these togather & make a plaister anoynt the place with warme milke twice a day

for a spraine or bruse

Take a handful of bay leaues 2 handful of Camom ell Rosemary & sage of each one handful chop them them togather & mingle them to gather with may butter put them in a seller nine days Clarefie it & keep it for your use

a Glister for wormes

boyle a little wormseed & southerwood & sentry in posset drinke sweeten it with brown suger drinke it 3 weeks togather

To pickle Mushrooms

Pick them and wash them in 3 or 4 waters with a good deal of salt then put then into a kettle with a good quantity of salt without any water sol let them boyl till they be tender make the pickle of white wine
vineger nutmeg mace cloves ginger peper
and put them up hot.
If you have but a few you must boyl them
with a little water.

For a quinsey or sore Throte

Take sallet oyle large mace red sage boyle
them to gether and anoint the throte lay a red cloth
on it

For convulton Fitts

Take rosemary stampt it strain it give it in
a spoonfull of Beere before the fitt or now

Doc Morns his Purge

Two ounces of manna 3 scruples of salt
Prunella in a quarte of Whay.

For the Greene Sickness

Take Rosa-solis new gathered beate it into a
consarve which suger let the partey eate as much as
a Nutmeg fasting 2 house after it vseing
Excercise in a weekes time it shall cure them

For the stone

Take a pinte of Beane watter 8 ounces of
March mallowes take a spponfull at a time

For Stomacke wormes

Take 3 Bunches of Lavender cotten boyle it
in a pinte of new milke take it Night and
amor

For a sore Throte

Take allum fine suger planton water
honey of rosses surrup of Mulberries of Each
a Little quantity gargle the Throt /
ffor the falling sickness

Take young Ravens when they are redy to fly bake them with Browne Bread tell they're Powder mix it with honey tell it is an Electnary

ffor a sore Brest

Take hemlock and Ottmell a handfull of a Lilly roote Chop those to Gether and make a Playster Anoint the plate with warme Milk Twice a day/

ffor a spraine of Bruse

Take a handfull of boye Leaves 2 handfull of Camomell Rosemary sage of Each one handfull Chop them to gether mingle them to gether with may Butter put them in a seller Nyne days Clarifie them and keepe them for your vse/

A Glister for wormes

Boyle a Little wormehood and sowthernwood sentry in possett drink sweeten it with Browne suger Drink it 3 weekes to gether /

Another medson for the stone

To a quarter of a pinte of white wine put as much Black Cherry water 2 ounces of surrip of Lemond as much surrup of Mallows Take 4 spoonefull in a Morneing and 4 in the After Noone /

A drink for a Cough

Take a handfull of ffiggs a handfull of reasons 2 ounces of dates an ounce of greene Liquorish halfe an ounce of Aniseeds a quarter of an ounce of Elicum pane boyle it halfe a way sweeten it with halfe an ounes of suger Candy Drink it Night and Morneing/

To make surfitt water

Take a Gallon of the best Aquevita put it in
a greate Glass bottle then put it into it Resons
of the sun ston'd white suger Candy of Each 2
pounds, nutmeg, Cominout Cloves beaton of Each
an ounce Liquorish sticke sliced Anyseed Beaten
of Each 2 ounces Then add to it a quart of Red
popie water and a pinte of Damacke Rose
Water stopp up the Bottle Closs shackle it once
a day: you may make a second sorte of water when
you have Drawne of the first by puting in halfe
the Quantity of waters /

To make surrup of Voiletts

Take a pinte of spring water and a pound & halfe
of Double Refin'd suger and boyle it tell it be
a surrup then take a good quantity of violettts and
beate them well then put them into the surrup
when it is over the fire and lett it stand a
little then straine it out and put it up for
your use /

page 27 verso || page 28 recto

To make a Cake

Take 5 pound of fflower dry it 5 pound of
Currants cleane pickt washed and Dry'd 3 quart
of a pound of suger one quarter of a Ounce of
sinnimond 3 Nutmegs and a little salt mix
them all together then take a quarte of Cream
warmed a pound and a halfe of Butter melted
good pinte of Ale Barme 16 Eggs halfe the
whites Beaten them very well soe put your
currants and Butter and Barme and Eggs in
the flower mix it all to Gether put it before
the fire to rose a bout a quarter of an hower
if you will you may put sack into it and Ice it
Double refin'd suger and Rose water and a
spoonfull of storch Beten on way all the while
your cake backes and then your power it on the
Topp/

To make Schotch Scollops

Take a Legg of vele and Cut the ffleshey parts
into Thin Slices as a shilling and as broad and
as Long as your fore finger then hack and beat
them with the Back of the Knife then fry them
Browne and not enough over a quick fire then take then
take them out & keepe them hot then put in A
pinte of strong broth or Clarrett or gravy
2 sallots or a Onion sprigs of time 2 of sweete
margerum 6 of parsley mince them first and put
in Anchoves a halfe Nutmeg as much pepper
Cut a quarter of a pound of the fate of Bacon &
as small as peace soe lett it stew vp and put
the Collups and lett them stew all to gether/

Two minuits and put in 6 yolks of Eggs Beaten
with a spoonful of viniger and a quarter of a pound
of Butter soe shake them together tell it is redy.
to boyle and soe serve it up so you may fry
forse meate vele sweete breads and Lamb stones
and Bacon Rround them and put in oyestrs and
such things Larde it them plese /

How to make sawce for ffresh ffish

Take for any of these samon Trout or pike
perch smelts or fflowndr or Plaice or Carpe or Towce
Take 2 Anchoves 2 sallots and mince w
i th it halfe
a Nutmeg and cut a Little horse Redish the In
side of a Lemmon and halfe a pinte oyestr & quarter
of a pint of gravy or Clarrett and lett them boyle
up then put in a pound of Butter and stir it tell
it is all melted soe serve it up /

How to make forst meate.

Take halfe a pound of vele the same of Beefes
suit mince it small then take 4 sprigs of time
4 of peny Royale halfe a handfull of spinnige &
parcly a Nutmeg grated as much pepper a spoonful
of salt, soe worke this up all together with 3 or 4
yolks of Eggs and halfe a peny white Loafe grated
and make sume as Long and as Bigg as you.r finger
and sum rowne and as Bigg as small as a Nutt
and fry them for hash or ffrigeces on Potage /

To make a Oyester or most sorts of ffrech ffish

Pyes

Take a quarte or two of oyestrs and see there
be noe gravell in them then take a quarter or a
Nounce of Cloves and mace and much peppr 2
Anchoves 2 sallots 3 sprigs of sweete morgerum
Three of time 6 of parcly mince all these fine and mix them with as much salt as will lye on a six pence soe put them in your Pye and a pound of Butter a top and halfe a pint of Srimps and Bake it an hower then put in a Cawdle of a pint of white wine thickened with five yolks of Eggs/

The Lady Hulls Pumatum

Take some of a Leafe of a hog new Killed take of the skin put it into a Basson of cleane water shift it 2 or 3 times a day powering out the Water and putting fresh when you haue soe shifted it Nyne dayes let it set in a place when there is no :fire then take the best pipens and put them and slice them as you would for friters take out the cores thene, takea clene new Er.. Jugg and Lay a Layer of your Pippens first in the Bottom of the Jugg then a Layer of the fat and a Nother Layer of then pipens tell your lugg is full then stop it very Close with a Double paper or soty it downe then set it in a Cettle of water Lay a brick or something on the tope that no water getts In soe lett it boyle 2 or 3 howers then take a fine Cloth and straine it while it is hot into a Basson then the next day turne the Cake and scrape all the blacke and throw away the water then beate it in a Earthen or Silver bason 2 or 3 howers still powering a way the water that com from it soe beate it tell it is as white as snow then put in some Rose water to Cover it all over the Same day beate it very well

Rub the Tongues well with the spice all over but noe salt sticks them with a few cloves bake them with Butter 6 howers & then fill them with Butter Keepe them for vse the Tongue must be Cold before it is stuffed /

To make Seede Cakes

Take 4 pound of flower seercht fine a pound of Butter & almost a pinte of Ale Barme with a quarte of creme from the fire 4 spoonfull of Rose water then you have mingled these well together Lay it before the fire to rise halfe an hower vntell the Oven be made theane let it
be not hotter the for mainchett sett up the oven Lid after it is Cleane take a pound of Biskets and halfe a pound of carraway comefitts mingled together then mingle your paste with these and make it in a Cake and lett it stand a hower /

To make a Lemmond Sallet

Take as many Lemmons as you please put out all the meate cleane them very well boyle the rhines very Tender dry them well with a cloth and put them in a pott with viniger and a good delle of suger in a short time they will be fitt to Eate it is best to boyle the viniger and suger to gether first /

To Stew a Carpp

Power clarrett downe the mouth and cutt it up take out the Gutts and save the Blood put to it spice and Clarrit onions Anchoves Sweete Hearbs some pieces of Browne Bread a piece of butter take for the sawce Clarrett Onion spice Anchoves and the bread that was stew'd with it masht fine and straind through a fine Cloth take as much as will thicken the Butter and 2 yolks of Eggs /

To make an Orenge Pudden

Take 2 Orenge either dry or wett beate them in a mortor tell they cum to a past and then put to them halfe a pound of butter & beate them a quarter of an hower then put in halfe a pound of suger and beate this togethers then Take 18 Eggs the whits of 5 and beate them well together then mix this well together tell it be like butter then Lay puft paste in the bottom of your dish put it in the oven to harden before you put in the Pudden into it, for the pudden must stand but halfe an hower in the Oven /

Mrs Parkers way for a Hash

Take your caves head and boyle it tell it begins to be a Little Tendr then take it
it up keepe halfe of it whole Lard it with Bacon and Lemmon peale Take the meat
clean of the other parte but saue the bone
ffry some of your meate stew some brile the
whole side haue Lambs stones sweete bread
oysters mushrones ffry some boyle some more
Batter of Eggs and fflowers dry sage Leaves
And ffry them cut the braines in 4 square
bits flower it and fry them put the bones
under the halfe head and pile all the first
meate make on it some Long some round
stew some fry some /

To make a cold Possett

Take sweete creme and boyle it with some
Lemmon pele and a sprige of Rosemary
and when it is boyl'd Lett it stand tell it
be milke warme then haue reddy your possett
pot with white wine a Little water the luce
of Lemmon and suger as you like it then
standing on a high stoole power out the
Crem and be as Long a powering of it out
as you can stur it and Lett it stand an
houer /

To make a whip Possett

Take a quarter of a pinte of sack or more season
it with suger put it into it a pinte of crem put
it in a bred dish then take a bunch of dry'd
Rosemary the Leaues stript of whip it tell
you see a greate deale of froath rise then Take
it of with a spoone and Lay it on the Possett
cup tell it be full soe Lett it stand a hower or
2 before you sarue it in you may make
The same with Clarrit or the Iuce of
Rasburyes which Lookes well /

To make strawberry ffoole

Take a quart of sweete Creme and boyle it with
12 Eggs Leave out all the whites 3 graines of Amber
grece lett it boyle thick but not crudle then take
it of the fire and put in halfe a pound of suger and
a quarte of ripe strawberryes stur all these to gether and lett it be cold and so serue it up /
How much flower you must put to a peck of flower for all sorts of Paste /
1 fior pye and Tarte paste 3 pounds of Butter to a peck of flower and make the Paste with Boyleing water/
2 fior puff paste Eight pounds of Butter and 8 Eggs to a peck of flower and mak the paste. with Cold water /
3 fior pasty Paste 4 pound of Butter and 6 Eggs to a peck of flower and make the Paste with Cold water /
for Custard paste Boyleing water and noe Butter/

How To Season Custard Stuff

sett 2 quarts of Creme over the fire with whole mace and slice Nutmeg when it is scalding hott straine out the spice then beate 14 Eggs take out the whites of 7 Beate the Eggs and straine out the Treads mix the Eggs and Creame together with suger and Rose water harden the Coffin and fill it /

How to make Marrow Pudden

slice halfe a pound of Biskett in Thin squares slices then take the marrow of 2 bones cut square like dices and some Reasen stones and slice dates sitterne and Orrieng and Canded Lemmon mix these to gether and butter the Bottom of the dish and Garnish the brimes with Pufe paste and then fill it with a quarte of Creme 4 Eggs and Rose water and suger and Nutmegg /

To Season a Devonshire Pye

Cutt a Loyne of Mutton in steaks and seasone them with peper and salt and Apples and Onions and a Little faire water and bak the Pye 2 howers when it is baked put in a Little drawne Butter and stire it all together /

To make a Carp or Ele pye

Cutt in peeces the Ele and season it with pepr
salt Nutmeg slice Lemon and Barberrys and currants put butter in the Pye and bak it 2 howers schall and bone the carp season it as above, put in Reasings and currants and bake it 2 howers and make a Lear of verges Butter and suger and the yolke of an Egg heate it over the fire and fill the Pye /

To make a Steak Pye

Cut a Loyne of Mutton in steaks and season it with peper salt and Nutmegg sweet hearbs & on Onion a few capers put Butter in the Pye and bake it 2 howers when it is baked fill it with Anchovies Sawce /

To season a Rice Pudden

Boyle a quarter of a pound of Rice in a quart of milk with sinemt whole and when it is Tendr put in 4 Eggs and sack Rose water and suger a Little Saffron and Marrow and Currants and Cover it with Pufft pastry

To Season a Turkey Pye

Bone the Turkey and Larde it with fatt Bacon and season it with peper and Salt and Cloves and mace and nutmeg put butter in the Pye and Bake it 4 Howers when it Bakt fill it with Clarri'd Butter /

To Season a Lamb Pye or a vele Pye

Cut the meate in steaks and season it with peper and salt and nutmegg and suger put the meate in the Pye and Large mace sliced Lemon and Barberrys and Reasings and currants and sweet meats if you please put Butter in the Pye and Bake it 2 howers when the Pye is baked mix a Lear of white vine and Butter and suger the yolk of an Egg heate it over the fire and fill the Pye /

To season a Chicken Pye

Cut the Chickens in pieces and season them
with Nutmeg suger and salt and a Little peper
put the Chickens in the pye then Large Mace
Sliced Lemmon peele, Dates and Barrberryes
Candied Orrieng and Lemmon peele Dates and
sitterne put the butter in the Pye and Bake it 2
howers when it is baked make a Lear of sack
sugar and Butter and the yolk of an Egg heate it
over the fire and fill the Pye /
To season Goose Pye
Bone the Goose and season it with peper and
salt and Cloues and mace and ginger put
Butter in the pie and Bake it 4 houers when
then Pye is Baked fill it with Clarified Butter
To make sweete Water
Take a handfull of sweete margerum a handfull
of time a handfull of savory and a handfull of
hisop put halfe apinte pinte of Damask Rose water
Leaves strip the herbs of the stucks put them to
steepe in the Rose water with the peele of halfe
a dozen Civill orrenges halfe a quarter of an
ounce of sinamon the same quantity of Cloves
mace Nutmegg with a peniworth of Arras
Powdr put it all together to steepe for a Night
then Still it of if you Double still it, it will
Keepe the Longer /
To pott Venson
Take your venson and beate it very well if
it be very fatt you must take some beeffs shuett
and beate with it then season it pretty high with pepr
and salt and a Little Cloues and mace but not
to much of the Latter, Lay 2 or 3 bay Leaues

In the Bottom of the potts and then Lay
your beaten venson in them Cover it thinn
with butter and cover the potts with paste
when it is Baked very Tendr then draine
it well from the gravie and put it into dry
pots and kepe out the liquor and cover it
well with Butter /
To make an Orrieng Cake

Take 3 or 4 Orriengs Lay them in water
2 dayes shifteing the water twice a day boyle them
Close cover'd tell they be Tendr take them out and beate them to a paste, to a pound of pully a pound and halfe of sugger with the luce of 2 Lemons Either boyle your suger to Candy height & then stur in your luce and pully or Else put them or the fire together while the suger Melted if you doe them the Latter way the suger must be Beaten and sifted Drop them and dry them in a stave /

To make a Gelly

Take 8 vnckles of vele lay it in water one night to take out the Blood put it in a ppot with a Gallon of spring water sett it on the fire scum it well let it stew safely tell it Gelly straine it from the meate & lett it stand tell it be cold take of all the fatt and

Putt the Gelly in a possnet set it over the fire to melt put in 2 ounces of siniment one ounce of Nutmeggs brused and ounce of Loafè suger halfe a spoonefull of Rose water 3 spoonfull of the luce of Orrienges or Lemons the whites of 8 Eggs beaton to a froth sett it on the fire not sturing it till it Boyles up run it through a bagg offten till it Looks Clear /

To hash a Calfes head

Take a Calfes head and boyle him Tendrthen Cut it in small peeces and put to it a pinte of Clarrett with a little of the broth it is boyld in and lett it stew gently then put in a good peec of butter a Nutmegg 2 or 3 whole Cloves a bundle of sweete herbs bound up close take 6 onions apeece of fatt bacon cut small and lett it stew with 6 Anchoves Cut the bones and lett them stew beate them 3 yolks of Eggs tas it together in a pan the Dish is Garnished with hardychockes bottomes sweete bread and Lambs stones/
To make a ffirgasee of Chickens or Rabbe\textsees

Take Chickens or Rabbets flay them and cut them in small peeces breake the bones take out the Biggest of them dip it in yolks of Eggs and flower made into batter make strong broth of any meate you can gett and of the bones

And wast peeces of Chicken put it in a bunch of sweete hearbs /

To make Cogs Biskett

Take 3 pound of fine flower well dry'd a Ounce of Carraway seeds 6 spoonfull of suger Double Refin'd 6 spoonfull of Ale 6 Eggs the whites of Two and wett it with warm Milk 2 peny worth of safforn lett it Lye to Rise /

Mrs Bests way for Clear Cakes

Take 3 pints of Goosberrys top and Tayle them put them in a skillet with a little a half a quarter of a pinte of water sett them on fire and when the begin to boyle and discouler put in as much water as before by little and Little and when it is thin as a pancake batter Lett it boyle a quarter of an power and put it in a Canvas strainer that is sow'd at one Corner and /

To make Goosberry Biskett

Take 2 quarts of Goosberrys put them in a Large mugs and sett the mugg in a pott Cover Close and boyle them lett not a drop of water gett in then when very safte take a pulp them through a haire sive then take the pulp & whisk it very well putting in the Weight of the pulp of fine searched double Refin'd suger whisk it 3 or 4 howers then take square peeces of white paper and make Coffins put in your biskett stuff, then sett your Coffën on Tin plates and sett them in a stone
and when it will come Clean out cut them
in which shape you please and searve it In/

Mrs Bests way for clear Cakes

Take 3 pints of Goosberrys top and taile them
put them in a skillett with a Little above a Quarter
of a pinte of water sett in on the fire and when
they begin to boyle & discouler put in as much
water as before by Little and Little and when
it is as thin as a pancake batter lett it
boyle a quarter of an hower and put it In
a Canvas strainer that is sow'd at one Corner
and hangh it up and lett it hangh without
squeezeing and run out only scrape it a Little
downe with a spone then take the weight of your
Liquor in a double Refin'd sugar and beate it fine
and put to it, sett it over a fast fire and kepe
it sturing tell it be desolued lett it not boyle
then put them out in Clear Cake glasses not
to thick and they will crome pule of the topp
skin and they are the Clearer in all Cakes sett
them in the stoue to Candy turne them and cutt them
into what place you please keep them and turning tell
they are dry the Goosberryes are done when they
are Greene with a Moderate fire /

Scotch Scollops

Cut thin slices of a Legg of vele Chopp it
with the bake of a Knife lard it with Bacon time
Lemmon peele dipp it in batter made of the
yolks of Eggs and flower make balls of vele
sweete hearbs peper Salt nuttmegg Lemmon
Peele Anchoves all beate small roule them
up with yolks of Eggs and grated bread fry this with your
meate in butter when they are pretty browne
power out the butter & straine to them some
strong broth put in gravie (If you have it)
Anchoves a bundle of sweete hearbs nuttmeg
mace slices of Lemmon a Little salt sallott
white vine lett it stew A good while then put
In a Convenient quantity of Butter and
thicken it up with yolks of Eggs/

To make a Cold Hash

Take a Cold cappon or Chicken pule of the
skin & put it in thin slices & mix with it then
take 3 or 4 Cabbeg Lettis cut it grosse and
mix with it Oyle vineger and peper Solay it
Like a star in the Dich and Garnish the Dish
with Lemmon peele and Blew flowers /

To make an Allmond Pudden

Boyle a pint of Creme with Sinament or nuttmegg
tell it tast well of the spice then pare the crust
of a peny Lofe and slice the crum in the creme
as it boyleth take it of the fire and cover it Close
tell it be Choked Saffte that you may beate it to
a pap then put to it halfe a pound of Allmonds
reddy blancht and beaten with Rosewater very
findly 3 or 4 Yolks of Eggs a good quantity of
beefes suit shred very smale 3 or 4 spoonfull
of sugger as much sake a Little salt mingle
all those to gather and put them in a dish
to bake lett not the Oven be to hott before you
put it In the Oven stick it thick with Resons
of the Son you may make the Pudden with rice or flower
schoked like the Bread and then it must be no
Bread /

To make Clowded Creme

Take a Gallon of Milke Boyle it a pretty while
then put 2 quarts of creme Lett it Boyle a pretty
while after that put in a Little Salt then put
in a Milk pan in a Coole place skime
it next morning /

page 35 verso || page 36 recto

To mak a Hash of vele

Cut the vele in thin slices season it with
savory and time shord small and a little
peper a pretty deale of Nutmeg grated then
put it in the Dish or stew pan with some butter
in the bottom Cover it Close lett it stand on
the Coles a quarter of an hower then put in
a little Oyster Liquor a few minced Cappes
then sett it on the Coles againe as Long as
before, Dish it out with sippetts and take a
hard Egg & spred the white with parsly put in
a little into your sauce Garnish your Dish with
the rest then sred *the* yolk very small and 
strew over the meate and soe searue it up

Another way to pickle Cowcombers

Take Cowcumbers Rub *them* cleane lay them 
In a pott take water and salt make strong 
Brine to beare an Egg lett it boyle and put
it to *the* Cowcumbers as hott as yow can soe let
it stand 24 howers take white wine vineger 
and boyle it with Dalfennele seeds Cloves mace
Nuttmegg whole peper Ginger Draine out
*your* brine and put in *your* pickle as hott
you can /

To Preserve Goosburys

Take as much sugger as *your* Goosberryes weigh
unpicked and stoned to every pound of suger
take halfe a pinte of water when *your* Goose
=berries are Clean peck't and ston'd sett *your*
suger and water over *the* fire lett it boyle
before it be skin'd put in *your* Gooseberrys
and lett them boyle as fast as yow can possible
tell they be cleare and *the* surrup thick enough
*which* will be in less then a quarter of houer you
must not put *your* Goosberrys in *your* Glasses tell
they are plumb Run some of *your* surrup
through a Tiffiny into *your* Glasses before the
syrup is to much Yallow'd when *the* Goosbery
haue stud a Little put them up & run the
rest of *the* surrup upon them through a
Tiffiny /

To dry Goosberrys

Take the fairest Goosberrys yow can gett new
Gather'd cutt of all *the* Blacks prick them full
of holes with a pin take to Each pound of Goosberrys
3 quarters of a pound of sugger then put In goosberrys
and suger in a presarueing pan and boyle them
tele they are Tender lett *them* Lye in *the* surrup
2 or 3 dayes you may heate *the* surrup and lay
*them* on a silver dish take to Every pound of

Goosberrys halfe a pound of suger boyle
it to a Candy heigh power it on them as
soone as they are Lay in the Dish lett them Lay 2 dayes Lay them in Glasses to dry in shifteing them in clean Glasses Every day /

To make a Gelly

Take 3 quarters of a pound of Red Rasberrys and a quarter of a pound of white put to a pound of - 3 quarters of a pound of suger desolue your suger in the Iuce of Rasberrys sett them on the fire lett them Boyle tell you can see them begin to Gelly take them of and put them in Glasses /

To Preserve Cheny Orriengs

Take your orrienges and lay them in water 24 howers Changeing the water 3 times then Boyle them in 2 or 3 waters tell they be Tender then take them out and lay them in a Cloth to drain take to Each of the Orrienges one pound of suger and a pinte of water and make a surrup put the orrenges into it sett them over a few Embers half a hower but they must not boyle, do soe 2 or 3 dayes Boyle them in that surrup tele theyre Cleare take them out and set them on a sieve to draine soe yow must make them /

To make Appricoke wine with water /

Take to Every gallon of Appricoks a Gallon of and halfe of water and 4 pound of suger Boyle the suger to gether power on the fruit, being put in a Barrel stop it up Close tell it hath done workeing after 2 or 3 moneths drawe it forth into another vessell and put a pound of suger to feed it & when yow finde it clear & ffit for bottling draw it of yow may draw a strong water of the first thus yow may doe any sorte of fruit /

To make Clear Cakes of Plumbs

Put your plumes into a pott Cover'd Close put to it a skilett of boyleing water lett the Iuce be all out of the skins take to every halfe pinte
of luce a pound of suger stur it with a spoo"e
sett it on warm Ashes one hower put it In
Glasses sett them on a stoue turne them
when yow thinke ffitt /

To Candy Appricoks

Preserve them first till they Looke clear and
no Longer then take them of and lett them Lye
in the surrup 2 dayes then take them out of it &
draine them clean from the surrups put them in
a dry Glass take a pound of fine suger and with a
pint of water boyle it halfe an houer skime it
verry well whenit is cold put as much of it on your
Apricoks as will couer them put them in a stove to
dry put a Little fire to them / Everyday /

To make poppie water

Take a gallon of the best Aniseed water a
peck of the best poppes when they cum first an
ounce of the best English Liquorish slice a quarter
of an ounce of Ginger slice a quarter of an ounce
of dates a quarter of a pound of Reasons of the son ston'd
6 figgs slice a handfull of Mother time tops
of mines one ounce of nutmeggs grated steep
this 9 dayes and lett the water be strain'd and
soe boyle it up with a pound of lofe suger tell
it comes to a Gallon /

To make Madam Buttlers Red watter

Take halfe a Bussshell of poppies and 4 quarts
of sack 2 quarts of Brandy 2 quarts of suger
put it in a bottle sett it in the sun Close
stop'd let it stand 6 dayes then straine it
hard out take 6 ounces of Liquorish 4 ounces
of dates Cloves ginger Nutmegg mace Each
an ounce Cardimum seeds Caraway seeds
of Each an ounce halfe a pound of figgs put
all these together and lett it stand 3 dayes in
the sun then straine it out put to this halfe
a peck of Clove gilly flowers take 3 quarter of suger
Candy finely beaten & put it in a bottle
stop'd Close /
To Preserue Cherries

Take a pound of Cherries cut the stalk halfe
of Cross every cherrie on the Top only race
of the skin take 3 quarters of a pound of other Cherries
pule of the stalks & brack them without any
water & boyle them tell they cum to the couler
of Clarrett straine them into a Bason and
take a pound and quarter of fine suger beaten
small divide it into 3 parts put one parte into
the Liquor sett it over the fire untell the suger
be melted take it of and skime it lett it
stand tell it be blood warme put in the Cheiries
yow intend to presarue and lett them boyle
as fast as yow can then strew in one parte of
the suger let them boyle up againe take them
of the fire and scum them and strew the other
parte of the suger lett them boyle as foresaidthen
take them with the fire with a Thin Trencher that is
Round, upon a pen Knife point when they
be thick take them of the fire put on their
skins when they are bett^wen hott and Cold
soe keep them :/

To presarue Damsons in Gelly

Take your Damsons and slit them on the sides
take to one pound of Damsons 3 quarters of a pound
of suger boyle your suger and scum it put in
your Damsons sett them on the fire which must
be softe when yow presarue them begin to
turne your suger lett them boyle them with a
Gentle fire haue your Gelly made thus take
some Damsons put them into a Gally pott
sett them in apan of water take a sive and
straine out the Clearest of it take to one pint
of Iuce 3 quarters of a pound of suger boyle your
suger Candy hight put in your surrup and
boyle it tell yow see there in a little scum put
your Damsons in Glasses and the Gelly on them /

To make Marmalade of Appricoks

Pare your Appricoks and stone them and cutt
them in small peeces put them in a silver
Bason to the weight of the Apricoks put as
much refin'd suger put your suger into a
nother bason lust wett it with water lett
them Boyle severall tell the suger be Candy
high tell your Appricoks be pap breake your
greate peeces with a spoone when your suger
is so high put in your Appricoks lett them
stand on the fire tell they be well mingld
put them in your Glasses when thay are Cold
put them in a stove keepe them with a temperate
heate tell they are Canded all over if you
put red Currants it looks well yow must stone
them put yow whole fruit into Glasses stick the
red Currants as yow please /

To make Gooseberry wine

Take 12 quarts of water and 36 pound of Goose
berrys bruse them with water straine them and put
them in 12 pound of sugger lett it stand a
f fortnight

To make and Excellent surfiet water

Take 2 pound of greene walnuts before they be to
hard 2 pound of figgs 2 handful of reu slice your
figgs and bruse them with the walnuts and rew in
a stone Morter, then put it in a Ordinary
steele put to it one quarte of sack lett it
stand one houer to socke the steele being Close
pasted distill it with a soft fire putting in
some Lofe sugger as it drops, to sweeten it
to the last the best time to make it is at mid
summer /

To make surrup of Gilly flowers

Take your Gilly flowers clip of the white take to
and ounce of Gilly flower 4 ounces of water
scolding hott. lett it Infuse all night in stoue
or silver pott cover'd close in the morneing straine
them out take double the weight of your gilly flower
in Double refin'd suger put it into your pan
power the Liquor to it sett it on the fire when
the suger is melted and your surrup scalding hott
it must not boyle take it from the fire /
To make Aquemerabilis

Take cubube cardium golingule mace nut
megg ginger cinaman of Each 2 Drames
the luce of saladine one pinte of luce of speare
mints luce of Balme of Each halfe a pinte
violett flowers Cowslips flower Rosemary
Buglas betts marigolds of Each 3 drames
bruse the spice the flowers and the
seed steepe in 2 quarts of sack put in
one pint of Angelico water one pint of
Red rose water steepe your Ingredience in
Liquorish one night distill it draw it
of in Glass bottles hide it in sand sweeten
it with double Refin'd suger /

To wash Poynt

Take your poynt and sope it on the rite side
lett it Lye in water all Night warme your
suds and wash it out of that make 2 Lathers wash
it well out of that if it be yellow Lay it on the
Grass a night or 2 first boyle it and put it
to some Cold water if yow see it not white
then sett it to whitten glue it a Lather run
it with water that has no blew after that run it
in blew water that is made with stone blew starch
it with Holland starch it on the rowng side Lay it
in a Cloth a Little dry it in your hand pule it as Even
as yow can Lett it not be to dry nor to well Iron
it not with to hott an Iron lett the cloth be pretty
thicke that it is Iron on if yow poynt be high rais'd
take the Glass of with a dry cloth rub it pick every
parte in his place /

To stew a Lampry

When he is skin'd season him with a little salt
and peper and sliced nuttmeag all over & in his
belly some Cloves and Largge mace whole and
some sliced Lemon and some thin slice'd of
Butter lett him then be rowled round and A Skure
thrust through to turne him with the Liquor
must be a pint ^ an halfe of white wine or halfe white
wine and halfe sider put a little Butter in
the Bottom of the pan before yow put on the
Liquor and some thin slices of Butter upon
the Top of the Lampries when he is stewing
sett the pan over A Stoue Charcole fire and
Ad to the Liquor a bundle of sweete hearbs
and a sliced onion turne the Lampry offten
in the Liquor and when he is Tender Enough
bruse 2 Anchoves into thin parts and Infuce
Mix on of the best of gravie beate a Little more
butter make your sauce and thicken it care
fully with the Yolk of an Egg /

To Order calfes feete
Boyle them and slice them in the middle & noch it
boyle it with 3 quarts of milk with halfe and ounce of
sinomon boyle it to 2 quarts then take it
of and straine it sweeten it with halfe ane
ounce of white suger Candy and putt to it 6
spoonfull of red Rose water Drinke of halfe
a porrienger at night and morning /

To make Rice pancakes
Take a quarter of a pound of rice boyle it
very tender when yow can make it small
with the back side of a spoone put as much
milke to it as will make it pretty thin
then with fine flower make it of the thickest
batter then put in 4 Eggs and a quarter of
a pound of melted Butter beate it well
and lett it stand 12 howers before yow fry
thems which you must doe with fresh Butter
and not make them very thin strew suger &
the luce of a Lemmon over them /

To make A Pudden
Take halfe a pinte of crem put to it a
quarter of a pound of butter then sett it on the
fire tell it be hott that it will melt the butter
put in 3 Eggs well beaten and crumbs of
bread to make it thick as for a pancake
butter them put in a Little suger and
nuttmegg a Little salt 2 spoonefull of
rose water butter your Dish well and lay
paste a bout it and Bake it three parts
of an hower /
To make a crem of Pipings

Take 12 pipings and rost them in a dish in the oven then take the softe of from the score and the skin and putt it in a dish with 2 spone fulls of rosewater a quarter of fine suger then take a quarte of creme and boyle it with 2 yolks of Eggs lett it not cruddle when it is on the fire put in your pipings as before stur it all together and put it in a strainer sarue it up Garnish the Dish as you please /

To make a crem of Grapes

Take a pinte of ripe Grapes pick them from the stalks put them in a Cloth & squeeze them till you have all the Iuce lett it stand and settle then take a quarte of crem & boyle it with 2 graines of Ambergreece 2 spone full of Rose water as much fine suger as will sweeten it boyle it a quarter of an hower take it of the fire and put the Iuce in a dish you Intend to serve it up and when your creme is allmost Cold power it on your Grapes then it is reddy for your services to Eate Cold /

To Pott Beefe

Take half a Buttock of Beefe take off the skin and cutt it into pretty thick peeces the way that the graine Lye beate it the same way very well & season it with peper and salt very well & a Little Cloves and mace if you please then put it into an Earthen pott with a pound of shuett shred and strawed betwixt the slices and put the skin over Cover the pott with some paste and sett it in with a Batch of Bread when it is Baked pull the meate fflak from fflake and when that is done mix the meate with the Liquor stur it all to gether & put in too Little potts pressing it downe with a spoone sett it into the oven a Little againe when it is Cold put a Little melted butter upon it & keepe it for your use /
To make Cherry wine

Break all your cherries open let them stand 24 howers straine them out worke them with yeast lett it stand a day and night a workeing to every Gallon of Liquor put In 2 or 3 pound of sugger then put in your Barrell and Bottle it /

To Collee a pigge

Take a good fat pigg of a month or five weeks old and kill him and dres him fit to rost cut of the head and slit him down the back and bone him take a handfull of sage chopt small and to nutmegs a litle mace a few cloues bete very fine a handfull of salt mix it all well to gether and season the pigg all ouer with it roll it up. hord and tey it a boute with tape and sow it up in a clean linnen cloth and boyle it in water with a litle otmell in it well seasoned with salt boyl it tell it tis tender then take it out and hang it up in a cloth that it was boyled in tell it tis quit cold then put in some water and otmell as if you weer going to make a thin water grewell season it well with salt and put in a pint of white wine & halfe a sponfull of wholl peper boyle it all to gether halfe an hour set it bey tell it is colld take of the cloth and put in the pig let it ley: 8 days in the sowesing then use it as you please it must be eaten with musterd and suger or with uineger

To make lugailus Balsom

good for a green wound or any bruise inward or outward to hell the lung being taken inward in canary wine
or poset the quantity of hasell nut
Take a quarter of a pound of yellow
bees wax cut it in to an earthen pan
with a pint of canary melt it and
when it is quite melted take it of the
fire take halfe a pound of uenes tur
turpintine and wash it in rose water
take a pint and half of the best sallet
oyle and put the oyle and turpinti
in^ato the pipkin when the wax is well mi
xed in the wine then boyle them together
with a gentell fire tell they be well cor
porated take it of then and let it coole
when it is throw could set on the fire
againe and when it is throw melted
put in one ownce of the powder of
red sanderss and stir it tell it is
coold then put it in a galliy pot and
ke^ees it for use
To make Almond cream
Take half a pound of lardon almonds &
blanch them beate them in a morter with
4: sponfull of rosewater or oring flower
water put a quart of cream to the almon
and stir it well then strain it throw a
hear sieue and set it on a slow fire and
let it Iust boyle then sweeten it and
put it out in to littel chieng dishes and
when it is cold serve it to th table
To stew pippins
Take large pipins pare them and cut
them in halfaes and core them lay them
into a stew pan or presoring pan and
put as much water as will couer them
and let them Boyle about a quarter of
an hour then power out the water put to
them a pint of whit wine a pound of good
suger: 12: cloues a quarter of an ounce of
cinnamon a piece of oring an lemon peel
stew them quick when they are clere
they are enof squise on some luyce of
lemon and dish them vp with fine carued
sippets and stick smoth sugar almonds
and peaces of candied oringe and lemon pele and candied cittorn pour on the syrrip and then strew on some smoth carrayways on them and on the breds of the dish and some suger if you would haue them red put in a slice of preserued quins and keep them close couered and stew them ouer a gentell fire

To make selebubbe

Take 2 quarts of cream in and sweeten it and put it in to a bason and squise in to lemons in to it and on of the pils put in a quarter of a pint of sack and put in one drop of oring flower water take out the lemon whip it with a clear whiske and put it in your glasses halfe this will fill seauen

To dry cherrys

Take :13: pound of cherrys and :2: pound of suger and wet it with a qurter of a pint of water stone your cherrys and boyle them tell they are clere then set them by all night then draine them out and lay them vpon sefes and set them in an ouen to dry that is hot eneof for whit dratein bread

To dry pears or aplies

Take them at michaelmas and prick them full of holes and bake them in a pan then take them out and pres them flat and lay them vpon a sefe and if the top be brown dip them in the sirrop and lay them one by on in a sefe and set them in the ouen to drye

To keep goosberrys all the year

Take the goosberrys when they are at the full growth but not ripe and put them in to gllas bottles with a wide mouthe fill the bottles and cork them put them in a ketle
of water to scald in the bottles hard corked
downe and when they looke white they are
e noe if then set them in your seller when they
are quite cold put some rosin about the corkes

How to make lemmon cakes

Take of the purest hard suger if not
duble refine beate it very small sife
it through a peace of tiffeny and get
the palest Coulered lemmons because
you must grate the out side of the rind
be shur you grate if on a fine grater
cut your lemmon sweccese it and strain
it through a peice of tiffeny lawn
in a glass then when your suger is dry
put in as much of your Iuce of lem
mon as will weet your suger keep
out a pritty deale of your suger
least you should ouer wet it and keep
out sume of your Iuce least should
need it you must put in no more Iuce
then will make it a littel thinner then
for paste there must be fire vnder it
all the while put soe littel as will but
heat the dish stire your lemmon and
suger together with a spoone put in
as much grated lemmon as you like
and when tis of that thickness you like
drop it on a plate in littel round cakes
then dry them in the sun or at the fire put
them into a box or papers

To make Barley creame

Take halfe a pounde of french barley let
it sibber in two suver all waters in an
earthen pipke close couered then pour
of your water cleane a way and put
to it a quart of new milk boyle it
leasurly and close couerd tell all most
all your milk bee wasted away then
straine it thought a strainer or thin cloth
and season it as you vse it with a littel
beaten cinamon suger a littel Iuice
of lemmon and eate a meale for break
fast or supper it tis both cooling and
nourishing

An excellent cordial water for an diuinese: and swimming in the head

Take four pound of blak cherries bruise the stones of them and then put them with the cherries into a glass bottel and out into them a good handfull of balm and a handfull of rosemary tops cinamon nutmegs vpon them all two quartes of sack stop it close and let it stand twentey fore hours then distil it of in balneo distil so much of it that it be weak like Aqua merabilis sweeten it with white suger candy to your tast and drink a littel wine glassful of it in the morning fasting and at night

going to Bed; this cured a lady of a great dizzinese and swimming in her and ma many other have found the like infallible effect of it

To make Bisketts of apricocks or any other fruite

first paire your apricocks and slice them into a pott and stopp it downe close and boyle it in a skillett of water tell they bee tender then force them throw haier sceiue and to 4 ounces of that put haue 5 or 6 ounces of duble refined suger beaten and scarced put your suger and your pulpe into seuerall dishes and heat them both scalding hott then put them together you must continue beating them 2 hours the longer you beat them the more glose they will haue this you may doe with any ffru'ite the thinner your pulpe is it will require more suger but the weight and a third part is a nought for Apricociks and gooseberrys

To make Ielly of harts horn

take two quarts of fair water and six
ounces of harts horn when your water is warm put in your harts horn and let it infuse upon embers all night then boyle it till the spoon feels very clamie then staine it and put to it half a pound of sugar or more a littel sack a spoonfull of cinamon water the juice of six lemons and two grains of amber greece and so set it ouer a slow fire tell it will jely then put it into thin glasses

to keep backe any ill red humor that comes in the nose or face

Take a lemom rinde and all cutt in peices and lay it in steepe in white wine with a littel camphire then wash your face with it every day prooued

To make a calves head pyle

Take a calves head being par boyled cut of all the meat from the bones and the tongue in peices season it with cloves and mace nutmeg and salt let it steepe all night in about halfe a pint of sack put in half a pound of beefe suet chopt small the next morning when the coffin is made put some butter in the bottom then put in the meate with the liquer and a pound of raisons stoned and chopt small as much suger as you think will make the meate a little sweet put in like wise the yolkes of 10 or 12 eggs whole and some marrow about the bigness of wallnuts if you please you may when the py is baked put in some canded orreng or erringgo go root or lemom cut in thine slices if it want moustur put a slices of butter and serve it 1st will bee bake in an hour and halfe
How to make Excellent Pancakes

Take a pint of Creme and 3 Eggs and five sponfull of fine flour and beat it Well together an Melt a quarter of a pound of butter and put to it a little nutmeg and salt put it very thinn in your pan When the poan is very hot and fry them With out any thing in the pan and serue them up

To make Freanch Bred

Take half a peck of fine flour a quarter of a pint of yest then take the whites of 10 Eggs beat them to a froth then straine the Eggs and yest into the flour and temper it with water in to a soft past work it with flour and put it in to severall wooden dishis and let to stand half an our or upward flour dishis before you put it in and remember to let the yest stan all night in water

A frigizee

Take of Chickings or Rabbits and divide every quarter into 2 or 3 parts and season it with cloves mace nutmegs peper and salt then take a frying pan & heat it moderately hot with a piece of butter then put in your meat and fry it brown then take it out pour a away the buttur it was fryed in and take some beef and make some very good gravy and put in a bundle of sweet herbs a little sallot a leaf of mace a glas of whitwine Let that stue a little and then put in your Chickin or Rabbits and let them stue well togather then take a pice of fresh butter and ster well togather & 2 anchovoies & the juice of a lemon & shak it well togather & Garnish the dish with lemons & oranges & serve it up as hot as you can

To make calves feet Ielly.

Take a sett of Calves feet and scald off the haire
then beat it all to pieces: put it into a pan or a kettle
cover it over with spring water: put it over the fire
and Boyle it all to a jelly: then take it off the fire, and
streyne it through a thick woollen bagg: let it stand till
it is cold: then put it into a skillet, put in a dozen glave
of eggs, but whip your eggs first: put them into the said
jelly, with about a penny worth of Izing glass into it:
boyle it and scumme it well till it comes clear: then
take it off and streyne it againe: then take the Iuice
of half a dozen Lemons a quarter of a pound of double
refined sugar put it with the Iuice of Lemons into the
jelly with a graine of Amber greece tyed up in a ragg and
put into it: then put it over the fire and Boyle it againe
as long as you see and scumme: then take it up and streyne it
through a very thick cloth bagg: take the first running and colour
it red with a little Lemon & Cochineale: then take the second
running and colour it with a little bit of saffron: the last
running will bee the clearest for white then pour it into
your Glasses to coole.

To make A orring pudding

Take the paring of one large sivell
oring and pound it in a mortar
tell it is very fine and then mix
it well with 8 ounces of white suger
and then take the yolks of 8 eggs
and beate them and 8 ounces of
butter and melt it with a little
water as you do for sauce and
then mix your eggs and butter
together and after that put it into
your suger and orring and mix
all together and then put it into
puft past and bake it

To make A rice pudding

Take a pound of rice and deuide
it in 3 parts and on of the parts pouned
and sift it throught a fine shvrch
then take a quart of milk and boyl it
then lett it stand to be Cold but first
mix your flower of rice in a porringle
with a little Cold milk then mix it
with the rest of the milk pouring it in by little and little and sett it on the fire to thicken and stur it all the time and when it is thick put in some butter still sturing it you must put in 3 quarters of a pound of butter and then take it of the fire and still keep it sturing tell it is all melled then put in 3 quarters of a pound of sugar and 6 eggs beaten and when you have mixt it well together then put it in a dish and bake it half an hour will bake it

To Pickel Wallnuts

Take the wallnuts when you can thrust a pin in them and take and prick them and let them lie 9 days in water and take very good vinagar and boil it and put as much salt in it as will bear an egg and put in some iameca pepper into it

To make a Carret Pudding.

Take two penny manchetts and grate them and half a dozen of Carrets and grate them and half a nutmeg and a little quantity of salt and 6 eggs. Take half a pound of sugar and a point of cream. Take half a pound of butter and Melt it. half a Dozen spunfuls of sake so mix it all very well together and put it into a dish with some butter att about the dish let it stand about an hour and a quarter in a pretty quick oven.

To Make a Lemmon Pudding

Take a two penny loaf and cut him into thin slices, take a point and a half of cream a boil it and put it boiling hot into the bread and so stire it take the iuce of two Lemmons cut the out rine very small put it into the iuce sweeten it with sugar the quantity of half a pound
which you must put into the lemmom take the yoaks of six eggs and whits of four beat them very well grate in a little nutmeg put in half a dozen spoon fulls of sack, so mix it all together buter your dish and put into it a quarter of a pound of melted buter then put it into the oven three quarters of an hour will bake it if the oven be prety hot.

To make an Almon pudding

Take a too penny manchett and cut him into thin slices and a point an half of creaim boil it, put it into the bread boiling hot and stire it, take some almons and blanch them in hot water and beat them in a morter with a little water to keep them from oyling take half a dozen spoonfulls of sack yoaks of eight eggs and the whits of six beat them well together with some nutmeg and sugar then mix it all together and put in it a quarter of a pound of melted buter and less then an hour will bake it.

To Make a Tansy

Take a quarter of creaim half a pound of sugar half a pound of grated bread 16 or 20 eggs well beaten the iuce of spinnage and a little tansy as much as will colour it you must strain it. take a handful of fleur and a little nutmeg stir it all together and put it on the fire and when it comes thin buter the pan and put it into the oven and half an hour will backe it.

To Make Wine vineger

or that which will serve for

the same uses allltogether as well

To 12 gallons of Cider put 3 pounds of Malego Rasons & 2 ounces of Roach allum & lett it stand in a vessel in the sum with the bung only covered with a Lynnen or hair cloth so that
the aire may come at it for two
months any time from the ffirst of
May to the Last of July & not
later & in that time it will be
made good vinegar fitt for keeping
of pickles or any other use.

To make Mangoe

Take large Cucumbners cut a piece out of the
length of the Cucumbers scrape out all the seeds
very clean, then scour them with salt and water and
and make brine that will make brine.

To make Mangoe

Take large Cucumbers cut a piece out of the
length of the Cucumbers scrape out all the seeds
very clean, then scour them with salt and water and
pour upon them Scalding hot, water. Stive them close for 24 hours then take them out
and dry them very well with a cloth and
fill them with sliced garlic mustard seeds
and sliced ginger and tie them up fast with
a thread, you must make the pickle of white
wine vinegar whole pepper and what salt you
think fit and pour it on hot and water stive it
close and so doe for 2 or 3 days once a day till
they be very green.
a day or 2 after you must put a spoonfull of
mustard and some horse radish into the pickle.

To make a frigacy of rabbits

Take rabbits and cut them in little pieces and
season it with salt and nutmeg and put them
in the pan with water to cover them and put
a quarter of a pound of butter in the water
take some parsley and lemon time and lemon
peel shred them very small when it is almost fryed away put a good large glass of claret and
2 anchoves take out one of the livers and grate
him to thicken it besure to keep it stirring
and then put half a pound of butter and sason
it up.
To pot Venison.

Take your venison and beat it very well if it be not very fat, you must take some beef suet and beat it then season it pretty well with pepper and salt and a little cloves and mace but not too much of the latter, lay 2 or 3 bay leaves in the bottom of the pots then lay your beaten Venison in then Cover it thin with butter and cover the pots with paste, when it is baked very tender then drain it well from the gravy and put it into dry pots and keep out the cold and cover it well with butter.

To Stew a Lamprey

When it is Skinned season it with a little salt and pepper and sliced nutmeg all over and in its belly, all along and put also into his belly some cloves and large mace whole and some sliced lemon and some thin slices of butter let it then be rowled round and a skure thrust through to turn him with the liquor must be a pint and a half of white wine or half white wine and half Cyder put a little butter into the bottom of the pan before you put on the liquor and some thin slices of butter upon the top of the Lamprey when it is stewed set the pan over a stove charcole fire add to the liquor a bundle of sweet herbs and a sliced Onion turn the Lamprey often in the liquor and when it is tender enough bruise 2 anchovies into thin parts and in juice mix one of the best of the Gravie beat a little more butter make your sawce and thicken it carefully with the yolk of an egg.

To pot Beef

Take lean Beef cut it cross the grain in thin slices beat it very well with a rowling pin then season it with salt and pepper and salt peter some mace and a little nutmeg roul it up in balls so put it in a pot with some slices of fat over it, bake it five hours then work it toge
ther with butter take out any strings that remaine then place it hard in the pots and cover it with butter.

To drey tongues and Westfalie Bacon

Take salt upon salt as much as will lye upon a shidinge for one tongue and as much other salt as you think will doe sett them on the fire in a skillet, and keep them stiring with a spoon: till it is very hot, so hott that you cannot touch it with your hand, lay it upon the tongue and then rub it very well in, Lay them in a pan by themselves and a week after salt them as you did before: and then let them lye till they are hard. For one Westfalie ham you must take an ounce of salt of salt and other salt mix with it: Doe it as you did your tongues and let them lye but a week after the 2d salting. before you ha...

t up your tongues or hams you must all over with 

53
Calves or Bullocks bloud once or twice and dry them by the fire: then hang them up: when you boyle them you must not lay them in water nor boyle them with hay.

To Boyle a Calves head

Take a fat Calves head and boyle it in a little water and salt very tender, take a great deep dish put into it claret large mace anchoves stew it till the anchoves are all consumed then put the gravy of a rosted leg or shoulder of mutton a good quantity of oysters either raw or pickled, but raw are the best, then take sweetbreads of veal lamb or hogs, and let them be slitt and fry'd in a pan but not too brown, slice also collop lops of your best bacon, and frey them but not too brown, then put the calves head into your wine which should have all the while some sliced onions stewed in it. Let your head stew in it till dinner be ready; and when you send it up lay a good part of your oysters at the bottome of the dish, and all the rest on the top; lay your collops and sweetbreads all over and lemmom sliced, a with the rind and barbaryes you may garnish the dish. remember to sred a pretty quantity of lemmons and put it into the sawce and a peace of butter and so serve it up.
To keep Cherys for tarts

To a pound Cherys allow a *quarter* of a pound of sugar and put them together in an earthen pot, and past it up very close, set it in a bakers oven and keep it close till you use it you may doe a great many together. /

For the wind Collick.

Take a spoonful of ginger and mix it with a little ale and drinke it./

To stay a looseness.

Take a pint of milk 3 ounces of double refined sugar boyle them together a little, then take it off the fire and put in 3 ounces of old quince marmalade and when it is melted drink half of it at a time, the older *the* marmalade *the* better./

To Make Aprecock wine.

Take a pound and half of lofe sugar 3 pints of water, put them together over *the* fire, when it boyles take off *the* scum that rises: then take 3 pounds of Aprecocks pard & ston'd & and put them into *the* liquor and let them boyle till *the* Apre= cocks are tender, then take it off *the* fire, and take *the*A Aprecocks out, and let it stand till it is could then bottle it.

To Make a Carrott Pudding.

Take your carottts and boyle them very tender, then scrape them and beat them in a morter, take eight eggs and too whites, beat them well, put in 3 or 4 spoonfulls of sack, half a pound of butter, half a pint of cream, a little salt and nutmeg, beat all these together in a morter till it is well mingled sweeten it to your tast with sugar, then put in some grated bread, so much as will make it as stiff as batter, then butter your dish you bake it in, 4 spoonfulls of Carrotts is enough for this quantity, half a hower
To Make Lemmon Cakes

Take your iuce of Lemmons & set it in a clear fire and make it very hot but you must not let it boyle you must put your sugar ouer the fire in a broad dish and make it very dry and when it is very hot and the iuce is so; cast in your sugar with your hands: keep stirring your iuces till it be as thick with the sugar that it will drop into cakes and not run on the plate. you may make orrange cakes the same way and grate some orrange or lemmon peel into it.

To make Aprecock cakes

Take a pound of Aprecocks and pare them and take out the stones and slice them into half a pint of juce of white currins then set it on the fire till it is all mash'd then put to it a pound and a quarter of double refin'd sugar that is boyl'd to candy, then stir it together till it be all melted then put it into glasses and soe put them into a stove and when they be ready to turn out, put put them out of the glasses and keep them turning morning, and evening, dusting them with a little sugar throw a tiffany and when they be dry keep them for your use. /

To make quince cake in the fashon of iumballs

Take your Quinces and ed coddle them then pare them till you come to the whites & put them into a silver dish and mash them to pap: then set them on a slow fire, and keep them stirring till they be dry but be sure you doe not let them boyle, then take half the weight in sugar boyl'd to sugar again and beaten fine.

To make Aprecock cakes in the fashon of iumballs

Take ripe Aprecocks and pare them and put them into a silver dish & cover them and set them over a soft fire and when they are very soft make them into a pap and so dry them
over coles, & when they are dry'd into past & cold
work them up with sugar finely searchd to make them
into little knotts and iumball if you please and dry
this way you may iumballs of any sort of plum or
quince or pipin plums you must boyle in a iug in
kettle of water and strain the pulse throw a strainer/

To Make past of raspberries.

Take the raspberries gather'd very dry break them with
a spoon small, allow to every pound of raspberries
3 quarters of a pound of sugar double refin'd finely
beaten let them boyle without sugar till it be very
thick then put in your sugar and boyle it but
once up for if it boyle longer you spoile it
put it into moulds or drop it and so stove
it but let not your stove be too hot./

To make orring biscakes both cordiall and pleasant./

Take orringes and pare them and take the thin peel
and lay them in water a day or two shifting the
water once a day; then boyle the peels very ten=
der, then take the meat of the orranges and
infuse them in a silver bason drey'n the thin
juce from them and pick out the strings and the
seeds and mingle them with the peel, and beat it
into a very fine past in a morter, weigh it
and take three limes the weight of sugar, it
must be double refine'd, beat them alltogether
in a morter then lay them on a plate some=
=what thicker ordinary past so let them dry
in a stove./

To cand green Grapes or Goosberries./

Gather them a little before they be ripe, and take
the fairest that is without specks put them into a
skillet of fair water being ready to seeth couer
them, and let them, stand on a few coals till the
skins will peel off; then take them from the fire
and peel them and put them into hot water and
lay a cloath over them and a dish over that and
let them stand in embers till they be green, then
take them out and lay them on a cloath to dry, to
a pound of grapes take a pound and a quarter of sugar, and as much water as will wet it, and boyle it till it comes to a candy height then put your grapes into the syrup and boyle them till they be enough, and so set them by; let the grapes lye in the syrup 2 or 3 days every day turning them and at the last lay them upon plates to dry./

To make Aprecock cakes./

Take a pound of Aprecocks and pare them and take out the stones and slice them into half a pint of white currants then set them upon the fire till it is all to mash then put to them a pound and a quarter of double refin'd sugar that is boyld to a candy then stirr it together till it be all melted, then put it into what fashond glasses you please and so put them into a stove, and when they be ready to turn out, put them out of the glasses, and keep them turning morning and evening, dusting them with a little sugar throw a tiffany and when they be dry keep them for use./

To make paste of Quinces or Pipinns./

Gather the Quinces when they are ripe and dry and coddle them very tender without breaking or cracking the skinns then pare them and scrape the pulpe cleare from the core and take of double refin'd sugar equal to the weight of the pulpe break your sugar into pretty big lumps, and dip the pieces into a porringer of water one by one till the lumps have suck'd in the water and so take more water according as the quantity of sugar requires, then put your sugar into a preserving pann and boyle it scumming it very clean till the syrup will stand in a drop. in the meantime let your pulpe of Quinces be beaten very fine, then put the Quinces to the syrup and set it on a soft fire till it be scalding hot, but not boyle for then it will not dry; then put it out of the brass pan, and set it by till the morning so put it could into moulds or upon plates and set them in a stove to dry, they must be turnd and will be dry in 3 or 4 days./
To make clear cakes of Goosberries./

Take fair goosberries and cutt the black top off them then put as much water to them as will cover the bottom of the skillet and keep them from burning. then take to 3 pints of goosberries a pint of water but put it in by little and not altogether and so let them boyle all to mash: then take them of the fire and dreyn them through a seive then take the clear and to every pound of iuce take a pound of double refin'd loaf sugar, wett it with water and set it on the fire and boyle it till it come to sugar again, then pour in your iuce but doe not let it boyle, stirr it till it be quite melted and then put it into your glasses pretty thick, and set it into your stove till it hath a candy on the top, then take them out and cut them into quarters and dry them upon glass plates./

To dry Aprecocks/

Take your Aprecocks, pare and stone them and put to them half their weight in double refin'd sugar and let them stand till the sugar is all melted, and then set them on the fire, and let them boyle till they are very clear, and then set them by in the syrup 4 days but be sure your Aprecocks be coverd w the syrup, and lay them to dry in the sun, or put them into the stove./

To make sugar pufs./

Take a pound of double refin'd loaf sugar, searce it through a tifany sieve, put into it 3 whites of new laid eggs, 3 spoonfulls of orring flower water and a spoonfull of gum dragon being steep'd in orrang flower water, you must put in some musk braded very small in a spoonfull of your stuff. if you see it goeth too thick you may put in another white of egg you must beat it an hour an a half or 2 hours not leting it stand still at all drop it upon pie pl^a^tes, and set it in an oven after you have drawn brown bread this you may ice a cake with./
To make Calfs foot gelley

Take 4 feet drest clean from the hare
put them in too quarts of water
boil them leisurely tell it will
gelley then take out the feet and
let the gelley stand tell it is cold
then take all the fat clear of it
then to a quart of this stif gelley
put a pint of white wine some
juice of lemmom to your tast 3
quarters of a pound of suger a
stick of cinnamon and a piece of
lemmen pill fiue whits of eggs beat
then very well boile all this together
a little while then put it through
a flannell gelley bagg putting it
still through as long as tel it lookes
clear then put it in potts or glases
as you please

To make oring butter

Take fresh butter out of the chur
ne lay it in oring flower water
to giue it a taste then boyle 3 or
4 eggs very hard take out the
yelks make them very fine with
the back of a spoone put four tim
es the quantity of butter to the
eggs a little to your taste doe it
throw a dredg box lid with a
spoone the eggs must be exterord
dirary hard boyled and lett a
lone tell they are could

To make thick Creame

Take a pinte of creame or more
according to the quantity you wou
dl make boyle it then take a spoon
full of flower of rice and mingle
it with the yelk of an egg and so
boyle it a little then take the pulp
of 2 or 3 roste aples, make them in
to mash and put them in and soe
sweeten it to your tast and ster it
that it may not burn when it is cold

To make quince pufs

Take 6 ounces of suger and 4 ounces of pulp of quinces beat the white of an egg to froth and put in 2 spoonfulls of the froth into the quinces then beat them an hour and drop it on the papers and dry dry them by the fire and they will keep a year this way you may make pufs of plums

To make suger pufs

Take a pound of double refined suger searce it through a tifenng siue put into it 3 whites of new laid eggs 3 spoonfulls of orring flower water and a spoonfull of gum dragon being steeped in orring flower water you must put in some musk beaten very small in a spoonfull of your stuf if you see it groweth to thicke you may put in spoonfull or 2 of your orring flower water more and another white of egg you must beat it an hour and halfe or 2 hours not leting it stand still at all drop it vpon pie plates and set it into an oven after you have drawne brown bread this you may Ice a cake

To make pipin Creame

Take the pulp of pipins sett them on a soft fire and put to it a good quanty of suger and let it drye press them well boyle your Cream and nutmeg and when cold mingle them together this way you may make Goosebery rassberry straw
To make snow

Take the whites of 5 or 6 eggs a handful of fine sugar and as much rose water and put them in to a quart of Cream of the thickest you can get and beat them all together as the snow ariseth take it of with a spoon you must beat with a stick cloven in 4 then must you take a loaf of bread and cut away the crust and set it upright in a platter then set a fair Rosemary branch in the loaf and cast your snow upon it with a spoon.

To make Gooseberry wine

Take for every 3 pounds of Gooseberry 5 pounds of sugar a quart of water bruise the gooseberry steep them 24 hours in the water in which time you must stir it often then let the clear liquid run off from the gooseberry through a sieve to which add the sugar then put it in an earthen pot and keep it closed for a fortnight or 3 weeks then drain it into botellas let them be well corked at a month end it will be ready to drink the same way you do currants and raspberries.

To Make a Marrow pudding.

Take the marrow of 3 bones and cut it into thin slices, then take half a penny loaf and half a pound of biscuits, and 2 apples and cut it all in thin slices and a quarter of a pound of currants and half a pound of reasons 2 ounces of orange and lemon and 1 ounce of citron cut it all in thin slices then put puff past round your dish then
begin to fill your dish a rowe of every sort till all your ingredients be in, then take 3 pints of cream and season it as you doe your custard stuf and put it into your dish your pudding will ask an hours bakeing.

To Make a rice pudding.

Take half a pound of rice and boyle it in milk till it be very tender, and while it is hot put 3 quarters of a pound of butter to it, and a little spice, beat 6 eggs and put to it and a little sack, then put in it half a pound of sugar and half a pound of currans. and a little orang flower water. put puf past round the dish and fill it, it will ask an hours bakeing.

To Make an oraing pudding

Take 3 oranges and grate the rind of them and cut a slit and squez the iuce of them and squez in the iuce of half a lemon, then take 18 egg but not more then 4 whites a little sack and a quarter of a pound of butter sweeten it to your tast put it in a morter and beat for half an hour then put past over and under it, and it will ask an hours houer bakeing.

To Make Ginger Bread.

Take three pints of fine flower, dry it well put into it a quarter of a pound of good dry sugar half an ounce of ginger in powder some anniseeds mix these well together then rub into it a quarter of a pound of butter till it is very fine, then warme a pound an and half treacle blood warme and mix it together, and if it be not enough you may put a little warm milke to make it tender, let it ly by the fire a quarter of an hour before you put it into the pans and if you please to put any sweet meats into it let it be done but just before it is put into the oven, it requirs more bake ing than cake./

For a Consumption

Take comfrey roots dryed, and marsh
mallow roots dryed of each three ounces
scorcenero roots two ounces canded
eringo roots two ounces, cut all the roots
in little slices, then mix alltogether very
well and devide them into ten parcells
an ounce in a parcell, put one parcell
into three pints of spring water then
let them boyle a very little while
over a gentle fire after that add a
pint of milk and let it boyle till
it come to a quart, every morning
fasting take half a pint, and as much
at five in the afternoon, it must be
made blood warm when it is drank

and when all the ingredients are gone it
must be renew'd. I have heard this receipt has
done wonderfull cures.

For a violent Cough

Take common honey four ounces, oxcemells= quills four drams, flower of brimstone three drams, powder of Liquorish two drams
with as much syrup of grownd ivery as will
make into an electuary, a grown person may
must take as much as a walnut in a morning fasting, and a child as much as a nutmeg.

Another receipt for a consumption that has don
great cures./

Take the gall of a sucking pig and half the lights beat it in a stone morter till it is
well incorporated, take as much as a large nutmeg in a morning fasting and drink
a larg draught of cock broth after it made
of harts horne and french barley the receipt
must be renew'd every three days this was
sent out of Holland for an extraordinary secret.

To preserue Barberies
Take the Largest Barbereis you can gett and stone them take doubel their weight in suger put as much water to the suger as will Iust wet it then Boyl it to a candy hight which you may know by the bubling then put in your Barbereis and Let them Boyl 2 or 3 walms to gather & then take them of for Long boyling will take a way the coller so pot them up & keep them for your use

To make Conserve of damsons or pre

Take ripe damsons put them in to scalding water Let them stand ouer the fier Boyling till they be broken almost to mas then st'aain out the water through a cullider and let them stand therin to coole then take a way all the stons and skins, and set the pills ouer the fier again and put therto sume red wine and boyl them till they be allmost boyled put it it is pretiy stif, euer stiring it and when they be allmost boyled put in a pretiy quanti ty of suger, stir all well together and put it into a gally pot you may make set tarts of it adding a littill rose water

To make raspase

first dry the raspase ouer a chaffindish uery dry, then take double Refined suger, beaten very fine and putt itt into A skillett and A spoonfull or tow of Rose water stir itt till begins to melt, then sett itt over the fier and lett itt boyl till itt Candys aboutt the spoon, then take itt of and putt in the Raspase seed, then take A plate and Rubb and almond on itt to make itt slip: then drop the stuffe in little drops on the plate and lett them stand till they will slipp then lay them on papers and keep them for your vse, sett them in A dry place near the fier in the same manner make Cakes of violetts, or any other flower, butt
they must nott be dryed, butt putt in to the Suger green /
RECEIPT

1672