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

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

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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
 egges pare them verry thin and as you pare them
 put them into faire water, before They are pared
 take *the* waight 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 Conceave will make sirrups to boyle vp
 your Plumes when the sirrups is boyled and a
 scummed take them out of *the* water and put them
 in *the* sirrups 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 till they are green clear and the sirrups
 thicke then take them of the fire and let them
 stand till 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 preserue Quinces Amber Colour

Take of *the* fairest quinces you can get and Core them then
 Coddle them in faire water as tender as you can without
 Breakeing then take a pounce and a halfe of poulder shuger
 to one pinte of water Clarify your suger and let it boyle to a
 full sirrups 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 sirrups begineth to turne amber Colour take vp a litle
 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 sirrups pretty Cold and then power it into the quinces but
 if you finde your quinces be enough and sirrups doe not gelly take
 vp your Quinces and boyle your sirrups 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 nutmeggs a quarter of A pinte 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 putt 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;

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To Bake Beef like venison

Take Buttake beef cut it in preaty thin slises, take A way all the skins, then take

bacon cut out in thin slises, lay A peace
of bacon beteen every peace of beef, then
beat it together with a roleing pin, then
thke a prety 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 prety stif then take a littell
ginger nutmeg sum salt make them
up into loaues and set them into an ouen
with a prety quick fier when they begin
to Chang colouer 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^rke cut out all the sinnows then shrid it
prety small and beat it in a stone mortar
till it is very fine then mingell a pound
of beef suit shrided prety 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 some yolks of
eggs you must fry them with sweet butter;
let let them fry leasurly till they be perety
brown

To make A creem puding

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 some 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 puding

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 prety 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 some Cloues and mace, slice some 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 ~~sum~~ must doe only by shaking it together till the salt is melted 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 melted, pour a littill ale yeast one
the flower a quarter of a pint of rosewater
with some musk & ambergreec dissolved
in it, season it with a penyworth worth of mace
and Cloves a littill nutmeg finely beaten /

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3 pound of currants well washt pickt and
dried, a pound of allmonds blanced & beaten
with some 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,
Cover it with a Cloth then make it up, & put
it in a hope, or paper round it let not the
oven be too hot nor too cold something more than
an hour will bake it, Against you draw it
have ready some rosewater and suger finely beat
en and well mixt together, & wash the top of
the cake with it and set it into the oven to dry

To make whit pudings

Take 6 peny white lofes grate them, take 12
eggs all the white, beaten very well, then put
them to the bread, shred in a good quantity
of beef suit, some 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 barberries

gather your barberries when they be dry pick
pick out the fairest of the bunches and put
them in an erthen pot pick the smallest ones
from their stalks and boyl them in water
and salt till the liquor is strong then strain
it and put in some red wine and when
it is cold pour it over the barberries

To make puff past

Take A quart of flower, the yolks of 4 eggs
2 whites a littill cold water mingell it with
the flower and mold it up then role it a brod,

and take butter and lay all ouer then fould
it up again throughly beat it with a roleing
pin, so lay butter as at first and fould it up
again so doe nine times together and make
it up in what fassion you pleas

To make suger cakes

Take A pound of flower half a pound of
suger beaten and sifted, mingell it with the
flower then take half a pound of butter &
crumbell it in to the flower and suger then
take the yolks of 2 new lald eggs 2 spoonfull

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of sacke 2 spoonfull of creem, beat all those
together and putt them in then mold it all up
together into a past and role them out thin
and cut them with a glas & lay them upon
papers or plates very well butter and flow
ered, so set them into the ouen & be carefull
of them for a littill matter bake them, the
ouen must be prety quick but not to catch

To make an allmond creem

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 creem
put your allmonds into a littll of it and strain
it once or twice till all the vertis be out of it
them then grate in a quarter of a nutmeg
a littill mace sume rosewater and lofe suger
to your tast then put in the rest of the creem
and boyl it till it come to a pape then power
it forth into a sillver 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 avoyd 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 ~~sume~~ for all sorts of boyled fish

Take some whitwine put in it some an
choueyes shelot some stewd oysters
minct small some 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

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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 prety
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 prety 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 some grated Bread and a
littill grated nutmeg, then put it to the curd
put in 5 eggs 2 whites uery well Beaten put
in a littill flower some 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 some
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 some creem a littill
rosewater so mould all these up together and
make it into what fasion you pleas

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To ~~mak~~ To make A whitepot

Take a quart of creem, take 8 eggs half the
whits Beat them very well and put them
into the creem bruse an nutmeg and some
mace and in it, slice in some candyd lemoⁿ
and oring peel and citturn seson it with
rosewater and suger to your tast then
haue a deep dish well Buttered and lay
some sippits of whit bread cut uery
thin at the bottom and some prety great
lumps of marrow upon them you must ston
some reasons and Lay some of them betweeⁿ
the bread and marrow then power on the
third part of the creem then lay some 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 uery soft ouen
of 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
some 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 spoonfull^s
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^tuff uery hot stir it round well
together, Let it stand but a very littill
while after, one the fier remember to keep
out sume 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

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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 Iuices 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

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To make the Duke of York^es
Cakes

~~Take one pound of fresh~~

.....
Take one pound of fresh butter and
one pounce 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 peniworth
of stone pitch. one peniworth 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 spirettts of eleder

Gether the berries when they
are full ripe pick them Clean from
the stalkes and leues 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 downe
and stirr them all to gether so
let them stand firmenting: 9 or

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10: dayes then distill them in a
ly^mbick 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 rving 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 exlent biskitt

take a pound of lofe suger well
dreyed 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 svger 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 beter when they
are baked drey them befor the
fyer

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~~A resaitte 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 pimponell 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 liquorish beate 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

fier be to hot vnder your still and those
drugs that are too harde to Cut beate in A
morter but not small

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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 sw stew it ouer the fire
with a quart of white wine a pint of
grauie and a pint of strong broath
a fagget of sweet herbs an onion chop
small a couple of anchouies an hand
full of oysters stew it very well to
geather 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
vpon a gridiron thicken it vp your
hash with a couple of yelks 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 Keetle then
take of time swett marjorum and parsley
a prety 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 peelee 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 sutfitiently 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
beeten 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. /

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for making of pust past

take a quarter of flower two pound of
butter fouer eggs breake a litle 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 saffron 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 ~~sir~~ 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
Iust 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 peelee 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 fower
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 Eggs doe not Curdle you
may put in stewd oysters if you please
and Soe Serve it vp. /

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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 enough 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 mortar 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

o

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

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to make biskets Mrs Beales way.

take seven eggs and divide the yolks.
from the wh 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 colered on the top take
them of the papers and put them
a siue into the ouen again to dry

o

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

o

to Cause Sleepe in a weake Porson.

take white Popey seeds and sow them in
to litell bags either tifyney 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

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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 handfull 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 colliander seeds and caraway seeds
as many as you think fit beat them
again a littel then drope it with a
spooone vpon tinn sheets being but
butored before into littel round biskets
then sift 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 pounce 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
together 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 goeing to be swept then take
and ~~mik~~ 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.

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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 v̄p v̄p

for makeing a pastye venison

take a side of venison and bone it v̄p
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 v̄p 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
v̄p set in a glas of Clarret four pounds
of suit belonging to a pastie for the b̄
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 Eggs & 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 prety hot lett A quart of milke boyl up vpon the fier put A peece of butter and two Sponefulls of Shuger in it when the Eggs 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 of reasons of the Sun stoned & minced very small put the frute to the flower shuger & spice mix them well together 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 Eggs and the whites of two well beaten together with A Sponefull of flower put to these A wine pint of Ale yest Straned and A good pint of Creame being first boyled & takeing 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 Eggs & 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 &

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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 duple 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
loaves 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
Secend Course

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 rabbitt Chopt it very small mix
it well together 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/

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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 mortar 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 mortar 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 whits and mix them dwith a
quart of creame and let them run throw
a seeue and then put your almonds and
creame and eggs to gather and set it one
a charcole fire sturing it that it may~~not~~ 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 quarter 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 ouer the gentell fier
and keep it stiring tell it is as
thick as batter then take a round
tin puding pan and butter it

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well then put in your tansey and put
it in an ouen that is not to hot and half
an hour will bake it then put it on a
plate or a maserene and squis the Iuice
of 2 orings upon it and good store of
double refind suger beten small garnish
with slices of carue oring and qurter
if you bake it in a frying pan it most
be with a gentell fire but an ouen is beter

To make a quaking puding

Take a peny lofe and grate it take a
pinte of cream and 8 eggs put a way
the whites bete them very well grate a
nutmeg and 2 sponfull of rosewater mix
all these together a littell salt and as much
suger as will make it plesent let your
puding cloth lyle in water a littell
then squse it out and spreade it ouer
with butter then strew it ouer with
flower and lay it in a bason put in the
puding and tey it vp clos one hour to
boyle it for saces a littell sacke and a
quarter of a pound of sweet butter
and a good sponfull of fine suger set it
ouer the fire and melt it thick and scrape

lofe suger set..... vp on the puding
and round the brims of the dish pour
on the sauce to serue it to the table
you may coler it with Iuyce of spin
nage or cowslips or malets or marygolds

To make a rice puding

Take a qurter of a pound of rice and boyle
it in a quart of milke tell it be very tender
then put it in to a cullinder and let all *the*
milke draine from it beate it in a marter
grate in a qurter 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
dipt 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

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To make an Allmond puding

Take half a pound of almonds and blanch
them bete them in a mortar 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 litell sack
and as much suger as will make it ples
a pint of cream and 8 eggs take away
half the whits 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 sume 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 cold 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

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for a Quinsey or sore throte

Take sallet oyle large mace & red sage boyle
them together 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

2for stomach wormes

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

3for a sore throte

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

4for 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 handfull Chopp
these togather & make a plaister anoynt the place
with warme milke twice a day

for a spraine or bruse

Take a handfull of bay leaues 2 handfull of Camom
ell Rosemary & sage of each one handfull 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 & southenwood & 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 soł 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 the^m
with a little water.

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For a quinsy 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 convulston Fitts

Take rosemary stamp 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 hourse 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 sponfull 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

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For a sore Throte

Take allum fine suger planton water
honey of rosses surrup of Mulberryes of Each
a Little quantity gargle *the* Throt /

ffor the falling sickness

Take young Ravens when they are redy to
ffly 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 surrip of Mallows Take 4
spoonfull 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 beaten 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 shacke 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 Voilets

Take a pinte of spring water and a pound & halfe
of Double Refin'd suger and boyle it till it be
a surrup then take a good quantity of violets 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 /

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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 them
take them out & keepe *them* hot then put in A

pinte of stroung broath or Clarrett or gravie
2 sollots or a Onion spriggs 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 spoonefull 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 oysters 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 with it halfe
a Nutmeg and cut a Little horse Redish the In
=side of a Lemmon and halfe a pinte oyestr & quarter
of a pinte of gravey 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 spoonefull
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 ffrigece on Potage /

To make a Oyester or most sorts of ffrech ffish

Pyes

Take a quarte or two of oysters 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 them, 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* Iugg is full
then stop it very Close with a Double paper or
soty it downe then 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 apound pound of carraway come fitts
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

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Hearbs sume peeces of Browne Bread a
peece 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 to-
gether 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
cleane of the other parte but saue the bone
ffry some of *your* meate stew some brile the
whole side haue Lambs stoness 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 till it
be milke warme then haue reddy *your* possett
pot with white wine a Little water the Iuce
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 stir 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 till
you see a greate deale of froath rise then Take
it off with a spoone and Lay it on the Possett
cup till 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 /

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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 off the fire and put in halfe a pound of suger and

a quart of ripe strawberries stur all these to gether
and lett it be cold and so serue it up /

How much flower ^{Butter} you must put to a peck of
fflower for all sorts of Paste /

1 ffor pye and Tarte paste 3 pounds of Butter
to a peck of fflower and make the Paste with
Boyleing water/

2 ffor puft paste Eight pounds of Butter and 8
Eggs to a peck of fflower and mak the paste.
with Cold water /

3 ffor pasty Paste 4 pound of Butter and 6 Eggs
to a peck of flower and make *the* Paste with
Cold water /

ffor 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 Nutmegg 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 mixthe 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 quart of Creme
4 Eggs and Rose water and suger and Nuttmegg /

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 Nutmegg slice Lemmon and Barrberries
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 Nuttmegg sweet hearbs &
on Onion a few cappers put Butter in the Pye
and bake it 2 howers when it is baked fill it with
Anchoves Sawce /

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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 nuttmegg put butter
in *the* Pye and Bake it 4 Howers when it
Bakt fill it with Clarrifi'd Butter /

To Season a Lamb Pye
or a vele Pye

Cut the meate in steaks and season it with
peper and salt and nuttmegg and suger put the
meate in the Pye and Large mace sliced Lemmon
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 peeces and season them

with Nutmegg suger and salt and a Little peper
put *the* Chickens in the pye then Large Mace
Sliced Lemmon peelee, Dates and Barrberries

Canded Orrieng and Lemmon peelee Dates and
sitterne put the butter in the Pye and Bake it 2
houers when it is baked make a Lear of sack
suger 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 Clarrified 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 peelee of halfe
a dozen Civill orrenge 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 beefs 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

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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 till they be Tendr take them
out and beate *them* to a paste, to a pound of
puly a pound and halfe of suger with the
Iuce of 2 Lemons Either boyle your suger
to Candy height & then stur in your Iuce
and puly or Else put them on 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 lett it stew safely till it
Gelly straine it from the meate & lett it
stand till 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 Loafe suger
halfe a spoonefull of Rose water 3 spoonfull
of *the* Iuce 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 Tendr *then*
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
peece 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 ffriggasee of Chickens or Rabbe^{ts}

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 fflower made into batter make strong broth of any meate you can gett and of *the* bones

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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 spoonefull of suger Double Refin'd 6 spoonefull 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 discoler 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* p^l pulp & whisk it very well putting in *the*

Weight of *the* pulp of fine scarched 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* Coffen 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 & discoluer 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 sponne 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 thicke 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 /

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Scotch Scollops

Cut thin slices of a Legg of vele Chopp it
with the bake of a Knife lard it *with* Bacon time
Lemmon peelee 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^e 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 grose and
mix *with* it Oyle vineger and peper Solay it
Like a star in the Dich and Garnish the Dish
with Lemmon peelee and Blew flowers /

To make an Allmond Pudden

Boyle a pinte 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 Chocked Saft *that* you may beate it to
a pap then put to it halfe a pound of Allmonds
reddy blanched 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 gether 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 /

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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 Cappers
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 shred *the* yolk very small and
strew over the meate and soe searue it up

Another way to pickle Cowcombers

Take Cowcombers 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* Cowcombers as hott as yow can soe let
it stand 24 howers take white wine vineger
and boyle it with Dallfennele seeds Cloves mace
Nuttmeegg whole peper Ginger Draine out
your brine and put in *your* pickle as hott
you can /

To Preserve Goosburys

Take as much suger as *your* Goosberryes weigh
unpicked and stoned to every pound of suger
take halfe a pinte of water when *your* Goose
=berrys 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 suger 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

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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*
Lye 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 Rasperrys
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 Rasperrys 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* orrienges
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 &
ffitt 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 Iuce a pound of suger stur it with a spoone
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 when it 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 /

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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 Busshell 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 ffiggs 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 till 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 untill the suger
be melted take it of and skime it lett it
stand till 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 lett them boyle up againe take them
of the fire and scum them and strew the other
parte of the suger lett them boyle as *foresaid* then
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

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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 till 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 Iust 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* sugger
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 sticke *the*
red Currants as yow please /

To make Gooseberry wine

Take 12 quarts of water and 36 pound of Goose
=berryes bruse them *with* water straine them and put
them in 12 pound of sugger lett it stand a
ffortnight

To make and Excellent surfiet water

Take 2 *pound* of greene walnuts before they be to
hard 2 *pound* of figgs 2 handfull of reu slice *your*
ffiggs 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 puting 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 strain
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 cardimum golvingule mace nut
megg ginger cinaman of Each 2 Drames
the Iuce of saladine one pinte of Iuce of speare
mints Iuce of Balme of Each halfe a pinte
violett flowers Cowslips flower Rosemary
Buglas betts marigolds of Each 3 drames
bruse *the* spice ~~xxxxxxx~~*the* flowers and *the*
seed steepe ~~xx~~ 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 giue 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 nuttmeg all over & in his
belly some Cloves and Large mace whole and
some sliced Lemon and sume thin slice^sd 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 calves 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 /

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To make Rice pancaks

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
them *which* you must doe with fresh Butter
and not make *them* very thin strew suger &
the Iuce 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 sugger 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* soft of from *the* score and *the* skin and putt it in a dish with 2 spon 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 yow 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 yow haue all *the* Iuce lett it stand and settle then take a quarte of crem & boyle it with 2 graines of Ambergreece 2 spon 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 yow 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 /

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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 flake 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 lett 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 Colleer a pigge

Take a good fat pigg of a month
or fiue 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 littel mace
a few cloues bete very fine a handful
of salt mix it all well to gether and
season the pigg all ouer with it R
roll it up. hord and tey it a boutte with
tape and sow it up in a clean linnen
cloth and boyle it in water with a
littel 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

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bey tell it is colld take of the cloth and
put in the gpig 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 turpentine and wash it in rose water
take a pint and half of the best sallet
oyle and put the oyle and turpinti
in^{to} the pipkin when the wax is well mi
xed in the wine then boyle them together
with a gentell fire till they be well cor
porated take it of then and let it coole
when it is throw could set on the fire

again and when it is throw melted
put in one ownce of the powder of
red sanderss and stir it till it is
coold then put it in a galliy pot and
ke^{epes} it for use

To make Almond cream

Take half a pound of Iardon almonds &
blanch them beate them in a mortar 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

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stew them quick when they are clere
they are enof squise on some Iuyce of
lemon and dish them vp with fine carued
sippets and stick smoth suger almonds

and peces 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 bredes
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 selebu^bbbe

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 quarter of a
pint of water stone your cherrys and
boyle them till 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 ~~drate~~ bread

To dry pears or aples

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 one 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 kete

of water to scald in the bottles hard corked
downe and when they looke white they are
eneof then set them in your seller when they
are quite cold put some rosin about *the* corkes

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How to make lemmon cakes

Take of the purest hard suger if not
duble refine beate it very small sife
it throught 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 swecese it and strain
it throught 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 pounce 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 till all most
all your milk bee wasted away then
straine it throught a strainer or thin cloth
and season it as you vse it with a littel
beaten cinamon suger a littel Iuce
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 quar^{ts}
of sack stop it close and let it stand twenty
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

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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 till
they bee tender then force them throw
haier sceiue and to 4 ounces of that put
haue 5 or 6 ounces of duple 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^te 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
clammie then staine it pu and put to
it half a pound of suger or more a
littel sack a spoonfull of cinamon wate^r
the Iuice of six lemmons and two graine^s
of amber greece and so set it ouer a
slow fire tell it will Ielly then put
it into thin glasses

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

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

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To make ^a calves head piye

Take a calves head being par boyled
cut of all the meat from the bones and
the tongue in peices season it will with
cloves and mace nutmeg and salt let
it steepe all night in about bout 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 li^cquer and a pound
of raissons 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 ~~10~~ or 12 eggs whole
and some marrow a bout the bigness
of wallnvits if you please you may
when the py is baked put in some
canded orreng or erringgo go root or
lemmon cut in thine slices if it want
moustur put a slices of butter and
serve it int will bee bake in an
hour and halfe

How to make Exelent Pankakes

Take a pint of Creme and 3 Eggs and fife sponfull of fine flower and beat it Well toga=ther an Melt a quarter of a pound of butt=er 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 hallfe a peek of fine flover 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 to the flov^er and temper it to gether wi=th water in to a soft past work it with flover and put it itn to to severall wooden dishis and let to stan d half an our or upward flover dishis before you put it in and remember to let the yest stan all night in water

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A ffrigizee

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 buttur then put in your meat and fry it brown then take it out pour a way 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 together then take a pice of fresh butter and ster well together & 2 anchovoies & *the* Iuice of a lemon & shak it well together & Garnish *the* dish with lemons & oranges & serve it up as hot as you can

To make calves feet lelly.

Take a sett of Calves feet and scald off the haire

then beat it all to peices: 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^s
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
aslong as you see and scumme: then take it up and streyne it
through avery 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
runing will bee the clearest for white then pour it into
your Glasses to coole.

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To make A orring pudding

Take the paring of one large sivell
orring 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 poun^d
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 porringe
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 tis 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 suger
and 6 eggs beatten and when you hau^e
mixt it well together then put it in a
dish and bake it halfe an hour will
bake it

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To Pickel Wallnuts

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

To make a Carret Pudding./

Take too penny manchetts and grate them
and half a dozen of Carrets and grate them
and half a nuttmege and a little quantety
of salt ^ and 6 eggs Take half a pound of sugar and
a point of craime. 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 lofe and cut him into
thin slices, take a point and a half of
creaim 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 smal put it into *the* iuce sweeten
it with sugar *the* quantity of half a pound

which you must put into *the* lemmon 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 almonds and blanch
them in hot water ^ and beat them in a mortar 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 ~~poun~~
pound of melted buter and less then an hour will
bake it.

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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 handfull 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 alltogether 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 Iuly & not
later & in that time it will be
made good vinegar fitt for keeping
of pickles or any other vse

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
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 wa
:ter and make brine that will bear an egg 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 garlick 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.

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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 parsly 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 gravie 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 char cole 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 anchoves 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./

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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 remain then place it hard in the pots and cover it with butter.

To drey tongues and Westfalia 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 ~~thex~~ 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 Westfalia 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* 2^d salting. before you ha.. up your tongues or hams you must all over with

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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 roasted leg or shoulder of mutton a good quantity of oysters either raw or pick^led, 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 wil 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 lemmon sliced, a *withthe* rind and barberyes 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 spoonfull 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 marmalet and when it is melted drink half of it at a time, the older *the* marmalet *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* Aprecocks 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 carrotts and boyle them very tender, then scrape them and beat them in a mortar, 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 mortar 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

will bake it. you may make it of parsnips or Potatoes./

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 to; 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 y way and grate some orrange or lemmon peel into it.

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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 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 eð 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 rasberries.

Take *the* rasberries gather'd very dry break them *with*
a spoon small, allow to every pound of rasberries
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
iuce 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 mortar, weigh it
and take three limes the weight of sugar, it
must be double refine'd, beat them alltogether
in a mortar then lay them on a plate some=
=what thicker ordinary past so let them dry
in a stove./

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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 co^ales 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 wett 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 currans 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 with out breaking or cracking the skinns then pare them and scrape the pulpe cleare from the core and take of double refind sugar equal to the weight of the pulpe break your sugar into pretty big lumps, and dip the peices 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 preserveing pann and boyle it scumming it very clean till the syrup will stand in a drop, in the ~~mea~~ mean time 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 hott, 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 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

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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 with 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 refind sugar, searce it through a tifany sieve, put into it 3 whites of neu 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^ates, 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 till it will
gelley then take out the feet and
let the gelley stand till 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 lemmon 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

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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 till they are cold

To make thick Creame

Take a pinte of creame or more
according to the quantity you wou
ld 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 ounce^s 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 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 tifennng 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

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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

bery codlings pear plume cream

To make snow

Take the whites of 5 or 6 egges a handfull of fine suger and as much rose water and put them in to a quart of Creame of the thickes you can gett beat them all together as the snow ariseth take it of with a spoon you must beat with a sti stick cloven in 4 then must you take a loaf of bread and cut away the Crust and sett it upright in a platter then sett a fair Rosemary branch in the loaf and cast your snow vpon it with a spoon

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To make Goosbery wine

Take for every 3 pound of Goosbery 5 pound of suger a quart of water brus the goosbery steep them 24 hours in the water in which time you must stir it often then let the clear licker run of from the goosbery through a siue to which ad the suger then put it in an earthon pot and keep it clos coured for a fortnigh or 3 weeks then dran it in to botells let them be well corked at a monthe end it will be ready to drinke the same way you doe caurrans and rasbery

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 biskets, and 2 apples and cut it all in thin slices and a quarter of a pound of currans and half a poaund of reasons 2 ounces of oraing 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 aske 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 squeez the iuce of them and squeez 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 mortar and beat for half an hour then put past over and under it, and it will aske 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

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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 iust before it is put into *the* oven, it requirs more bake =ing than cake./

For a Consumption

Take comfrey roots dried, 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 ivey 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 mortar 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.

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To preserue Barberies

Take the Largest Barbereis you can gett and
stone them take double their waight in suger
put as much water to the suger as will luse
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
gether & ^{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^raain
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 some red wine
and boyl them till ~~they be almost boyled~~ put
it it is prety stif, euer stiring it and when
they be almost boyled put in a prety quanti
ty of suger, stir all well together and put it

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into a gally pot you may make set tarts
of it adding a littill rose water

To make raspase ^{Rasbury.} cakes

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 ouer *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 violettis, or any other flower, butt

they must not be dried, but put
in to *the Sugar green* /

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spine

RECEIPT

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head

fore-edge

tail