These crowdsourced transcriptions were made by EMROC classes and transcribathons (emroc.hypotheses.org), Shakespeare’s World volunteers, Folger docents, and paleography students. Original line endings, spelling, and punctuation are maintained and abbreviations are expanded, but the overall layout is not reproduced. Please contact emmo@folger.edu with transcription errors. Digitized images are available on LUNA and XML versions are available upon request. All transcriptions can be freely used and shared without restrictions, but please acknowledge “Folger Shakespeare Library” and the source manuscript’s call number.

Last Updated: 27 April 2020

**V.a.456: Medicinal and cookery recipes [manuscript], 1626 June, 1702-1758.**

front outside cover

front inside cover || [folio i recto]

many hands

Katherine Thatcher
1712

II many
For: the Cloth bead
November the 28
to the dyer 0:9.0
for tape 0: 0: 8
for Laice 0: 4: 5

same
TC a salver worth : 10:17 at 7 to
a 3:0:7

47
21:2
61
71 1

80
21
80
160
1680
720
240

[folio i verso] || folio 1 recto

tak
c/
Mary Baumfylde.
her booke. lune
Anno. 1626

per mr Abraham: Somers.

Katherine Foster
May 1707
Katherine Foster
July 1707

i For sore eies & to cleere
the eie sight

Take a howse snayle & pricke the
lower part of him & there will
issue out cleere water take that
and drap into youe eie but pricke
him not to deepe lest it com thicke
and then it is naught probatim
My dear Aunt Cotterells
dyed March. 29. 1758.
Aged. 81 January

2 A receipt for snow

Take a pinte of thicke creame
a spoonefull of rose water, and
a spoonefull of sugar, beate them
together untill it be froth and
as the froath riseth taketh it
of, then boyle creame and eggs
together and put into the bottom
of a dish, and when it is colde
pick the snowe upon it.

3

3 To make biskett

Take viii eggs the kenings taken out, and
vi spoonfulls of rofwater and beate it
together halfe an hower, then take
3 a pound and a quarter of fine
drie flower and asmuch sugarinely beatten, halfe an ounce of
annisseed; a quarter of an ounce
of caraway seede, cleane picked
and rubed a little colliander
seede brused a little fine pouder
of ginger then put all these
together to the eggs and soe beat
it ii howers and bake as you see
good eyther in plates or coffens
put some sugar vppon them before
you put them in the ouen and
wett them vppon with roswater

4
4 To make Almond cakes

Take a pound of Iordan Almondes
blanch them pound them small
putting a little rosewater in the
beating to keepe them from oyl
then take the whites of viii eggs
and beate them very well, then
take i pound of loafe sugar, pound
it very fine, and iii ounces of
fine drie flower w
i
ith 2 graines
of muske and one of amber grees
beate these things w
i
ith the whites
very well then put in your almon
ds
and beat it altogether; / butter
your plates and soe bake them

5 for a Canker in the mouth

Red sage, rew, Rosmarie woodbine leaues
and plantine, of each of these a hand
full, boyle them all a good while in
vergis then straine them, and putt
into the liquor yf it be a pint, ii
spoonfulls of honney, and a peece
of allome as bigg as a wallnutt
then boyle the liquor againe and
skum it, and wash the patients
mouth bloud warme twise or
6 To stop bleeding at the nose

Take amber grosly beatten, and burne it in a chafing dish of coales and let the smoak goe into the nose

To make white Hippocras

Take a quart of white wine and put into it iii ounces of Synamon brused and halfe an ounce of mace iii nuttmeggs and halfe a pound of fine sugar, and let it steepe 24 howers, then take a Ielly bagg and put a little fresh Synamon in the bottome of it, and 2 or 3 slices of ginger, then take a pynt of new milke, and power a little of the milk and a little of the wine and soe power it often through the bagg vntill it be cleare

To make white leach

Take thick creame and put sugar & whole mace into it & a pretty peece of ising glasse, as much as you thinck of will make it stiffe, and soe let it boyle a good while, then take your almonds readdy blanched and pounded with rosewater, then take of the creame, and straine the almonds into it, then set it ouer the fier againe and let it boyle a pretty while longer, and when it is all boyled put a little rosewater more into it, soe put it into a faire dish, and let it without ioging stand still it be cold, you must remember to lay your Isinglass in
cleane water, i hower or 2 before you
go to make your leach

7 A receipt for the yoelowe laundes
approued by mrs Rogers

Take of the young leaues of haertie
chocks that grows in the middle
and boyle them in beer and drinck
it warme three mornings together
fasting and eating nothing in two
howers after.

8 To deliver a woaman of a dead child

Leeke blades & skale them in hott water
and binde them to her nauell and
she shalbe deliuered take them soone
away, or they will cause her to cast
all in her belly.

9 For the Collicke and stone

Take peascode shells and destill them
and drink the water therof
it is an approued medicine.

10 To stop bleedinge inwardly

Take Oaken leaues, plantaine Leaues
bramble Leaues the flowers and strings
of wild tanse: and yarro\^w
of each halfe a handfull, boyle all
theise in posset drinke and drinke
a good draught every morninge
& eueninge with a little Bole
armoniake mixed with it, and drink
a pretty draught after it to wash
downe the bole.
Take the same hearbs and boyle
them in smythes water, and wet
a double Cloath therin and aply
it to the stomache warme.
ii to stop bleedinge in a woond

take a linen cloth and wet it in white wine vineger and then burne it to ashes and so lay it vpon the woond

Stoc
But why (you'd say should I abroad For happiness Repair
Will distant Climes or new Aboad Discharge the mind from Care
Yet let me try if Fortunes Smiles Or frownes I'll be Resign'd
Enioy the good or bear it's Ills
With a Submissive mind.
Catherine Thatcher Verses 1707
Saint Mary @ Hill. Billingsgate

once a Day
once a Week
once a Month
once a Year.

A Soueraings Water of Doctor Chambers Phisicion which he long tyme vsed and did many Cures, and kept it secret till a little before he dyed, And then the Bishope of Canterburie gave it of him in writinge.

Rx. a Gallon of Gasgoine Wyne, then take ginger, gallingale Cynamon nutmeggs, graine cloues, mace, anniseeds, fennell seeds, and Caraway seedes, of each of theise a dram; Then take Sage, red mints, rose leaues, Time
Pellitorie of Spaine, Rosemarie, Wilde time, Camomile, Lavender
of each of these a handful.
Then beat the spices small
and alsoe the herbs, and put
all into the Wyne and let it
stand xii hours stirringe it
divers times, then still it
in a Limbecke, and keepe the i. 

first water by it selfe, for it
is the best, keepe allsoe the
second for it is very goode.
The virtues of the same
It comforteth the vitall spirits
and helpeth inward diseases that
cometh of Colde, and against it
shakinge of the palsey, it helpeth
the Conception of Women that
be barren, it killeth the Wormes
in the bodie, it helpeth the ++
stone in the Bladder it Comfor
teth the stomacke it cureth
the colde Coughe, it helpeth the
toothache, it cureth the colde
dropsies, it helpeth the diseases
of the Raines, it helpeth hpt
ly a stinkeinge breath, and
whosoeuer useth this water
some tyme and not often, it
preserueth him in good health
and shall make him to seeme

Younge very longe, it Comforteth
nature merveilously. With this
water Doctor Chambers preserued
his life till extream age Would
suffer him nether to goe nor
stand any while, and he Continud
for fiue yeares, when all the
Phisitians iudged he would not
have liued, and he Confessed
when he was sicke at any time
he neuer used any other mede
=cine but only this water, And
if it stand in the sunne all
the summer it will be the better. finis.

A receipt of Clarie Water

Take the Flowers and leaues and still them in a Colde still, then take your water and draw it twice in a glasse still close luted of one quarte of Water that you put in draw out but a pinte you must let it drop into The receiuer upon muske and ambergreees finely ground and put it into a little bagg, then take spirit of wyne and put into your water, for euery pottle of water a pinte and a halfe of spirit of wyne, then take Sugar Candie as much as will make it sweete, a pound for euery pottle when your sugar is desolued in the Water you must filter it through a Tunnell of cap paper which must haue no hole in it, but must be sowed up very close that it may soke through the paper and drop very leasurely, and let your muske and Amber hange in the glase and soe use it when you haue Ocasion

+ A Bath for an Olde Soare

Take a good quantitie of Iuie that grows our the ground for a gallon of faire water, and to the gallon of water take a pound of sheep suit, boyle it till halfe be consum’d then let the partie hold ouer the soare that the steeme of the liquor may come to it till it be cold soe colde that the partie may put in the soare and soe bathe it very well and binde some of the hearbs to it, doe this three mornings one after another.
+ An oytment for any soare brest

Take ii handfulls of sealf heale, one handfull of ground Iuie one handfull of ground Dasies, roots and flowers a handfull of plantaine one handfull of parsely shreed all these hearbs and boyle them in fresh Butter, then strayne it and keepe it for your use.

+ To stop bleedinge inward or outward.

Take toade spaueme and beate it all together very well till it come to an oyle then take raggs and dip in it seauen or eight tymes and drye them euery tyme you dip them in the same, and lay to one the wounde, if it be inward if you lay it one your stomach it will stay presently.

+ Another to stay bleedinge

Take stoney and the pouder of Ginger being mixt togither then boyle it and make it into little pellets and take them, if it be outward aply it in forme of a playster.

| folio 18 verso || folio 19 recto |

To preserue Apricocks or any other greene fruite.

Take your apricockes when they be bigg growne before they turne from being perfitt greene, put them into luke Warme Water in a pan and couer them with a dish as the plums may be under the water and when that groweth cold, put them into another pan of hotter
water, keeping them couered as before, and thus continue still, shifting of them in hot waters till the outmost skin pill of, which skin is no thicker then the purest Laune for if you goe too deep with the skin you take of the couer when the skin is of let them simper ouer the fire, in one of the former waters, till they be tender, still keepinge them couerd then haue your sugar readie, of the finest and whitest, you can get, put your plums into it, and let them Boyle softly, till they be sweet to the stone, Boyle not your sirupe to too great a height for spoyling the couller for the whiter your sirupe lookes, to the greenest of the fruite, the more beautifull it will be, you may hang in it a bagg of muske or Amber greece as you like, and this way you may doe any other green fruit that is to be preserued greene. this way you may preserue green pesco put they will aske a longer boyslinge, you must take of the skin allsoe.

To make white metheglin

Take iij gallons, and a halfe of water then take marierome, winter sauerie egremonie & broade tyme, of each a handfull, parsely rootes, and fennell a handfull, the pithe beinge taken out, cloues and cinamon of each halfe an ounce, put the spice in a bagge, and when the hearbs and rootes are washed, put them into the water and your bagg of spice, and let it Boyle together halfe an housre, then take out your spice, and cleanse your
water from the hearbs, then put iij gallons and a halfe of cleane water to this liquor, which is boyled, and put to it a gallon of the finest water honey you can gett: then you must laue it all together six houres, then take a new layd egg and put into it, & if he swim the bread of a groate, then tis stronge enough. if not you must adde more honey, and laue it as you did before, and when you think it strong enough, set it one the fire, and as it boyles scum it very cleane, and you must haue in readines the whites of thirtie eggs beaten to a froath, to put in soe soone as it is scumed. then take it from the fire, presentlie and run it through a lellie bagge, and let it stand till it be very cold, then put barme to it, and let it stand foure and twentie houres, and then tun it up, and hang on the bagg of spice, and when it hath done workinge stop it very close, and in the month or six weekes you may drinke of it.

To preserue Raspes.

Take a pound of sugar, and put to it a pinte of water, and boyle it to a thicke sirrupe, then take it of the fire, and put therin as many raspes as will lye one by an other, then set it one the fire, and let it boyle up all together, then take it of the fire againe and soe let it boyle up three tymes, and then they are readie, and soe put them up and keep them soe long as you please. if any of your raspes
breake, take the whole out, and
strayne your sirupe through, a
piece of tiffanye to keepe backe
the seedes.

To pickell mutton Cowcumbers
Take the fayrest of yor young xx
cowcumbers, and wipe them very
dry, then make your pickell with
halfe water and halfe vineger
and some parings of the worst of
the cowcumbers, and let it boyle
very well, then let it coole, and
strayne it into your vessell.
then put in your cowcumbers
and cast a pinte of oyle oliue one
the topp, and couer them close.
the oyle keepes it without any
creame one the topp, that when
you use any they shall not
take winde.

Paracelsus playster accordinge
to the London Receipt.
Take oyle oliue six ounces, yellow wax
one ounce and a hale, litharge of gold
four ounces and a halfe, Gum Amoniand
Bdellium of each halfe an ounce
gum Galbanum opopanax mirrhe and
Francemensense of each two Drams oyle
of Bayes lapis calaminaris, of each
two dramas. Venice terpentine one ounce
and of both thes Aristochia Rootes two dramas
ffirst scrape your wax very fine. then haue
your litharge finely puluerised & searsed.
theise with your oyle you are first to
boyle ouer a soft fire till they will
not sticke to your fingers. then you
haue your gums desolued in white wyne
vineger & strayned, the which are, Ammoniaccum
galbanum & opopanax, the aboue sayd beinge
taken from the fire & nott to hott
putt in your gums & keepe them stirring
till the be all well incorporated, then
putt in your the rest of your powders beinge

finely puluerised & searsed seuerally
by them selues, beinge sure to keepe
itt continually stirringe ouer the
fire but lett itt nott boyle & last
of all adde your oyle of bayes &
terpentine, & incorporate them well
together & make them into roles
& keepe them in oyled paper or
Lether. this emplayster hath
many rare virtues.

To heale a Tetter. Mr Corsley .

Take halfe an \^ ounce of Camphire halfe an
ounce of sulphur vicum, (quicke sulphur)
and 2 or three bitter Almonds blancht
slice your Camphire very thin, then
puluerize your almonds sulphur & Camphire
and searse them throughe a fine
search. then take two spoonfuls of
the powder & putt itt in a bottell &
putt to itt halfe a pinte of \^ white wyne vineger
stirringe itt well to gether, and with
a clotit bound to a sticke anoyny your
tetter Morninge & Eueninge.

for scaldinge or Burninge to keepe itt
from blisterringe.

Take a stronge onion and as much Bay
salt & beate them well together and
apply itt to the soare place. & itt helpeth.
Take onions and bay salt of each
a like quantitie, beat them well
together, and streine itt: wett cloath\^ es
therin and apply itt them to the
place greiued.

An excellent medecine For
any kinde of Ague . Doctor Costine

Take saffron one ounce and a halfe and
as many Currens vnwashed as will beate itt up into a Cataplasme, beat them well together and putt itt in bagges of Boulter two to be applied one the handweightes one the Pulses and the other one the pitt of the stomach: probatum est

A powder for the wormes

Take wormeseedes two ounces, Sena two ounces, harte-horn rasped mirrhe gentian roote dryed centori of each six drams, of the best Rhubarbe. six drams. make all into a fine powder and giue halfe a dram at a tyme for three morninges together in Muscadell for a man you may giue a dram & a halfe.
Somers.

Balsamum with the vertues.

Take of yellow wax halfe a pounde sallett oyle three pound, Venice terpentine one pound, red sanders. one ounce. washe the terpentine in rose water, and the wax in sacke or white wyne, then melt the wax, and put the oyle with the wyne vnto itt, and the sanders, and boyle itt gently, till the wyne be consumed: then put the terpentine to itt, and lett itt boyle till all the moysture is gone strayne itt while itt is hott & keep, itt It healeth a greene wound very suddenly, cureth scaldings & burnings. but maketh itt a little smart. If you giue of itt once or twice mingled with a little sinamon in red wyne itt cureth the runninge of the raynes.
To Cure a fistula

Take white Copperas one pound, roache allam, one pound, beate them to powder in a morter. then putt them in an earthen pan, and sett them one the fire till they be boyled dry, that you may bringe them to powder againe then adde 3 spoonefulls of the powder to a gallon of boylinge springe water. and preserue itt for your use. and washe the place fistulated, or in jecte itt with a seringe.

To heale a bruise speedily

Take a handfull of rye beate itt a little then boyle itt in a quarte of Vineger till half be consumd then spread itt thicke one browne paper and lay itt hott to the place affected.

ffor a Consumption

Take a handfull of eringo rootes a handfull of elicampane rootes. Anniseeds and licoras, of each two ounces, reasons of the sunne stoned a good handfull, ginger slyced two rases. Betony two good handfulls put all theise in a bagge of Boulter of hang them in fiue gallons of strong worte that hath had but a few hopps boyled in itt.

A pulsis to allay paines swellings or any anguish.

Take strawberies leaues, violett leaues Collumbine leaues, εΦ and blynde nettles of each a like quantitie, Boyle them in fayre water, and thicken itt with oatmell and apply itt to
the place greiued as warm as you can suffer itt.

A Pomata for a Burne

Take three pound of the greasse of a spayed foule lett itt be new & subset then take a pinte of red rose water fowre or fiue Queene apples, pare them core them and quarter them, then take a quarter of a pound of red rose leaues, a good handfull of blanchtd Almonds. putt them all together in an earthen pipkin, and lett it stand two dayse, in warme embers, then strayne itt through a lininge cloathe, and lett it stand & settle powre away the clearest when itt is colde and stirr itt well with Wodden spattle till itt be very White.

Good

A playster for a soare breast

Take halfe a pound of larde, a pinte of the grounds of stronge beare, a quarter of a pounde of frankincense, boyle the larde and grounds together, till the grounds be consumed, then putt in the frankinsence by little & little, keeping itt stirringe till itt be thicke then aply itt to your use. But if the breast be red and inflamed, you must make a pultis wth stale manchett & runninge water, boyled together, & apply itt soe hott as you can indure itt and you must anoynt the place round about wth linseede oyle; butt nott where the hoales are.

To make sirruppe of Violetts
Take your picked violetts beate them in a stoaone morter very small, havinge a little water boylinge in a rediness, adde some of this water & putt into the morter to make the iuice streyne forthe the better to a pinte of this iuice adde a pound of sugar, boylinge itt to a sirrup

Good for the face or hands.

Take the whites of fiue new layd eggs. ten spoonefulls of iuice of Lemons, beate theise together till itt comes all to froath, then lett itt stand 3 or 4 dayes till the froath be desolued and then sett it ouer the fire, & lett it boyle till it come to the thickness of starch addinge unto itt mutton suitt as much as a walnutt and as much burnt allum as will lye one a sixpence.

To make whay drincke

Take of Endiue, Agrimony, Cichory liuerwoorte roses, and the topps of greene hopps, of each one handfull anniseedes, parsely seedes, & licorish of each two ounces, Polipodie of the Oaks 4 ounces, boyle all theise in a sufficient quantity of whey and drinke there of at your pleasure.

To make marmalade of Oranges

Cutt your Oranges in halfe, and take out the inside of them, lay the oranges in water changinge them every day for 3 dayes, then putt the orange rindes in boylinge faire water and
lett them boyle till they be tender then take their weight in sugar & beate the rinds in a mortar. untill they be incorporated together then add unto take the sugar with a little water and boyle itt to a thicke sirrupe, then adde the orange pills that was beaten into this sirrupe mixings it very well together, and lett itt boyle a good spare puttinge in 3 or 4 Cloues, then take the insides which you picked out of the oranges & putt into the sirrupe takinge out the stones and the skins, then boyle itt to the heighte of a marmalade puttinge these in the iuice of a lemon when it is almost boyled, you must not adde the lemon too soone lest itt make itt better.

To make a purgative Whey:

Take Fumiterry, Agrimony, scabious, & a halfe Damaske rose leaues & Cetamache, of each one handfull. Sena, and Polipodie of each 2 ounces Rhabarbe six drams, gusseete Fennell seedes and grumell seedes of each halfe an ounce. cut the heads slice your Rubarbe and bruise the saes & boyle them in a gallon & a halfe of Whey till one quart be consumed & runne itt through a Wollen strayner @ daniche thereof twice a day.

Against Deafnes.

Take pure honey, iuice of onions, of eache fowre ounces, stronge Clarrett Wyne Vineger, a quarter of a pinte,
oyle of Sothernwoode, halfe a pinte, putt all theise together in a dishe and stir them well together, then sett them one an easie fire till itt be boylinge hott, when itt is colde, put itt in a glasse, and stop itt close. Then lett him that is deafe warme a little of itt, and drop three drops in his eares, and stop them with blacke woolle, use itt only at night when he is in the bed, for a fortnight or three weeks together, if he haue bin long deafe he might no goe abroad in the Weett, nor in the ayre, if itt proceed from Cold you may put a little saffron in the medecyne and itt will be the better.

A Secrett Quintessence.

Take of Opium, an ounce and halfe desolue itt in the best red Rosewater seeds of henbane and of white popie of each six drams; bruised and in= =fused in aqua vitae, fowre and twenty houres, pure mirhe one ounce (mummia one ounce) and a halfe, both infused in red Rose Water forty eight hours, of English Saffron halfe an ounce, in= =fused in aqua vitae, pearle prepared and desolued in destilled vineger two drams, Corrall White and red prepared of each six drams, Diambrae, Axomaticum Rosatum, Laetifficans Galeni, of each halfe an ounce Confectio Alcermis six drams, those things that are infused strayne well, and Boyle gently the liq= =uors to the consistane of honey. then adde the Cordiall speties the Corralls and the Alchermes and stir itt well with a spatle till it come to a Masse.
The Virtues of the quintessence

It easeth the paine of the goute and collicke, it stayeth the bloudy flyxe, woemens flowers, and the runninge of the Reynes, itt stoppeth the yeox and Vomitinge, itt provoketh sleepe and cooleth in burninge feuers, it taketh away the palpitation or tremblinge of the harte and being put into the nostriall itt easeth the pains of the head, the dose is from 4 grains to 12, beinge taken in the forme of a pill, or desolued in Baulme Water, or any other Cordiall as is fitt for the nature of the dis ==ease. But noate, that if the bodie be bound, you must prepare itt with some openinge Clyster sirrupes or potion. As if the patient, be troubled with paine of the head ffeauer or other obstructions prepare a Clyster after this manner, if by Colde the disease happen, Take mallowes mercurie, Beets and violet leaues, of each of each a handfull of Mellilote flowers and Camomile flowers of each halfe a handfull seeds of fennell and Cummin bruised, halfe an ounce boyle theise in a quart of faire water to a pinte, strayne itt, and adde the yolkes of 2 eggs, a little sugar, and 2 or 3 spoonfuls of sallett oyle, minister itt at 3 or 4 a Clocke in the afternoone, when your Clyster hath wrought, about 9 or ten of the clocke giue your Cordiall pill, the dose is, ordinarly 6 grains If you giue itt in a potion make one after this or the like manner. Take diascordiu m one dram, sirrup of di diacodium, or of redd poppies, six drams of the quintessence, 6 grames, mixe all theise, with some 3 ounces of Carduus, Dracons, or any other of
Cordiall Water, make it luke warme and lett the patient drincke it of last to bedward, couer him warme, and lett him sweat. Abraham. Somers.

A Capo Restoratiue

Take a pottle of Sacke, halfe a pinte of Red rose water, halfe a pounde of powder sugar, halfe a pounde of currens cleane washed and dryed in a cloath, halfe a pound of dates stoned and cutt in pieces, halfe an ounce of large mace, broade tyme and Rosemary of each, halfe a hand= =full, lay all theise a steepie in the sacke & Rosewater. Then take a Cocke pull of his nekke & feathers, draw him and cutt him in halfe, breake all his bones, and putt him to the rest of the things, lett them steepe al together, a whole night in the Cold still, then draw itt of, the first ^water^ is the best, the next is small the Cocke must not be washed, but putt him hott into the still and Couer itt Close all night

Gascoynes powder which is good for all feuers, consumptions small pox, swoundings, conuulsions and to driue venome from the hart

Take of the clawes, and eyes of the crab, corrall, white amber, pearle, hartshorne, a blade or two of saffron make all into fyne powder, and giue therof a little quantity, in a spoonsfull of sacke, or any other wyne, drinke a little after to washe itt downe and fast an houre after itt. You must haue as much of the crabs clawes, as the weight of all the other ingrediences.
ffor a Canker.

Take, Plantane, honeysuckles, Preeuett violetts, and sage, of each one handful boyle thrise in a pottle of springe water to a quart, then adde, honey, sal gem, of each 2d white coperas, and Allam of each. i d worth, halfe a pinte of white wyne, boyle itt a little and keepe itt for your use.

Mrs Reasons Receitit for the biting of a mad dogge: good for man or beast probatom

Take a handful of box: a handful of rue: a handful of bittani^c a handful of wild sage: a handful of plantine: with a good quantity of the wild vine more: chop all these very smale: and s'eepe them in strong beere or Ale: giue there of to a dogge: 5 or 6: spoonefulls: with a quantity of methridate about the bignes of a pease and warmed to a man you may giue more it must be taken: 3 mornings tasting

The 24 of july } 1702

To Make Sassages

Take the lean of a legg of porke & mince it Very small with 4 pound of beef suet & a good handful of sage finely minc'd this done take Clous mace and paper of Each a good quantity & as much salt as you shall think fits to season the meat: with 9 or 10 eggs mix all these
To Make Cheese Cakes

Take 6 quarts of new Milk and one quart of cream
Sett it as you do a cheese but instead of warming the milk put in as much hot water as will make it fit & when it is come break it & pour it into a Cloth & whey it between two & when the whey is very well drain'd take the curd & break it with a pound of fresh butter some mace & a pound of sugar the yolks of 44 eggs the whites of 8 make Them upon plates in very good puff past when they are risen & colerd they are enough

Another way to make cheese cake

Take a quart of cream set it over the fire when it is redy to boyle put in to it a pound of currans & 3 parts of a penny loaf grated & that being boyled together allmost a quarter of an houer put in to it 12 eggs yolks and whites and beat your eggs with a quart of a pint of sack and after the eggs & sack are in lett then let it oute boyle then sweeten it & put into it half a pound of fresh butter let it stand till it be cold then put it in to puff past and bake it. the oven being pretty hot this quantity will make a dozen & a half

How to make Biskett.

Take one pound of rice flower & a pound of dried suger & the yolks of 8 eggs & 3 whites beate the eggs first by themselues very well & then with 4 or 5 spoonfulls of orange flower water or Rose watter then strain them in to the suger & beat the Eggs & suger together with a slice 3 quarters of an hour then Gently shake
in the flower by degrees & beat it all together
a quarter of an hour then sprinke what seeds you
please collander or carraway or both if you
like them butter the pans & fill them but half full
ice them ouer when they goe in to the ouen with
suger & rose water that iust boyld up & rose so
bake them as fast as you can take them oute of the ouen
take them oute of the pans with a knife.

To Make Elder Wine

Take 20 pound of malligoe Raisons
pick & chop them & putt to them 20 quarts of water
lett them stand 10 dayes in a warm place then
draw it for one off then put to it 3 quarts of elder
the infused iuce of Elder Berries tun it into a runlet
when it haue done working stopp it close lett
it stand a boule two monthes and then
Bottle itt

An Orang pudding pudding

Take the rinds of 2 fair Orings
& 12 ounces of D^ouble refine Sugar
beate it in a stone morter then putt to it 12 ounces of Butter 12 yelks of Eggs
beat the Eggs first by them selves mix
it very well bake it betwen 2 sheets of past in adish a boute an hour

Sauce for a legg of Veale or calves Head

Take a pint of good broth a pint of Oyster lyquor half a pint of clarret put in the
boyling a large blade of mace whole peper & cloves. lett it boyle for half an hour & keep it close together covered and
take yolks of Eggs well beaten and stirr it in with half a pound of Butter when it
Thicks up putt in a handfull of parsly & som oysters cut very thynne small & the Brainsof a calves head
bray them & putt them all togather
Then take the Veale & drie it up very well
Take a pece of raw veal & som beif suet and beate them togerather very fine it must be seasoned with wine winter savory salt & pepper a little nutmeg according as you like it the yelk of an egg a spoon full of cream & make them up for sassages to Lay aboute the meat

Garnesh your dish with oring or Leamon of any kind of sallering you may if you please put An anchovies in probatum probatum

A Sock Posset

Take 3 pints of indifferent thick creame boyle it with mace take it off the fire then take 8 eggs beat them with half a pint of sack nuttmeg & suger put ouer coles till its scalding hot then pour in the cream stirr it & then couer it a quarter of an hour

To Stew Musrooms

Put them in a dish ouer coles till the heat hath drawne out the liquor which must be putt a way then putt to them a good quantity of grauie sweet herbs spice & salt & of shelot & when they are enough put in a good peic of butter & the yolks of 2 eggs Beaten

A Cabedg Pudding

The lean of a leg of veale & and as much beef suett a good handfull of Collwort leaues mince it all uery small season it with pepper salt and nutmeg work it up with 6 Eggs and grateed bread rowle it up in a boyled Collwort leafe and tie it up in a cloth Serue it with Butter
Dress a Shoulder of Mutton in blod

Steep a Shoulder of mutton in blood an hour then take sweet herbs half a pound of beef suett pepper & salt mixe them with half a pint of blood the yelks of 2 eggs stuff the mutton with it wrap it in the coule. & as it rost baste it with the bloud; for the sauce graue & iuce of lemmon

Harts horn ielly

to a pound of hartshorn 5 quarts of water boyle it close couered till it come to a three pints put to it a pound of lofe a quart of renish wine 2 nuttmegs 2 or 3 blades of mace the iuce of 8 lemons the whites of 16 eggs beate in to froth boile & stirr it till its cream strain it throw a ielly bagg putt slices of lemoon peel in the glasses

Howe to Coller a pigg

Take a good tall pigg scald him and cutt off the head & slit it down the back & bone it & throw him into fair water and salt let him lie one night to soke oute the bloud then dri it with a cloth then take cloves mace nutmeg & salt & rub in it then rowl it up tite as you can in a cloth & tye it up at both ends hard and in the midle and then boyle it with water & salt & as much milk as will cover it put a sliced nutmeg & race of ginger a pece of Lemon pelle boyle it an hour & half lett it stand in the Liquer till it is cold Then take the cloth from of it then put in an earthen pott & put the liquer to it and in 3 or 4 dayes you may eate it
To Make bisket

Take the yeorks of 5 eggs & the whites of 2 beat them a quarter of an hour & in the beating putt 10 spoonfuls of Rose water then strewe in a pound of double refine sugar finely beaten and sifted after the sugar is in beat it an hour then take a pound of flower well dried shake it in still beating it one way then strewe in your seeds caraway or coriander or both if you please. drop them in to butterd pans and bake them.

To make an excellent whine

Take malligo raisons pietet & rubbed in a cloth to every pound of raisons a quart of water put it together in an earthen vesell lett it stand 12 dayes stirring it every day then squeeze out the Raisons out of the liquor then take the 3d part of the liquor and set it on the fire till it is redy to boyle them put it to the other liquor and to every 10 qts. 10 quarts put a quart of good sack then put it into a vesee ll so as have been half a quarter of an hour hour held our burning brimstone and when it hath wrought stop up stop it up sinke begun

How to stew Carpes

Take male carpe scale them and save the bloud put a spoonfull of clarret wine to keep the bloud from cloting save the rows then put them to the bloud with some clarret putt as much as will cover them & no more for the less quantity of liquor of liq there is the sweeter they will stew put to it 3 or 4 peces of lemon peel one onion cut in half
a blade of mace or 2 one nutmeg cut
in slices one Anchovie then set them on
the fire not to hot lett them stew Easily
and turn them twice in half and hour in which
time they will be stewed enough and
melt butter to it

Thomas Thatcher
Sculp

Howe to Coller Eles

Take the largest Eles & skin them
and bone them then season them very
well with salt mace and nutmegs
& some sweet herbs & parsley well
shred strew it upon them, & rowle
them up as close as you can be
beginning at the tail first then=
sow them yp in cloaths first &
then prepare the pickkill which
must be water white wine & viner
salt leamon pill and a race
or 2 of Ginger then putt it over
the fire when it boyles putt its the
Eles when they begin to be ten
der then take them out & lett
them stand till they be cold &
when the pickle is Cold putt

Plague Water

Take a pound of dragon:mugwort: balm
agrimony: betony: wormwood: pimparnell: fumetary
Rue: selandine: burnett: sage: speermint: wood
sorrell: featherfew. stabius. cardus. hearts earn
May weed. termementall: Angellico: scardino
wild time: brome: Ellicompane: & angellico roots of each half a pound tormentall & butter burr roots & leaves of rosemary each one pound germander sentery tips rosa: solis Each 4 oz
Clove gilliflowers. red poppyis. couslips & merygoold flowers. each half a pound: zediary: liquorish sweet fennell seeds carraway seeds aniseeds corriander seeds & cardimums each 4 ounces sinamon: Cloves maces & nutmogs of each 2 ozcis Venice treacle half a pound meter date and dia scordiam each a pound let the herbs lie on sheets to wither then slice both herbs and roots and let them infuse 3 or 4 dayes close covered and to this quantity putt 2 gallons of sack and one of brandy distill it in a limbick

folio 56 verso || folio 57 recto

A Sauce for Fish

Boyle 3 or 4 anchovies in about a quarter of a pint of gravy as much clarett and 4 or 5 spoonfuls of the hyn of pickled oysters and when it hath boyled a while put in a little parsly sorrel and sives a little spinnage a few vilate leaves a little time winter winter savery pennyriall all shred very small then stir in the butter and beat it very thick if it be a Carp be sure to save the blood of him to put into the sauce rub the Dish with an onion and lay slicet Lemmon over it

folio 57 verso || folio 58 recto

How to mak Scotch Collops

Take a Leg of Veale and cut it in long thin slices & hack it with the back of an Knife; season it with fine sweet margvem penny riail sives parsly and winter savery a grated nutmeg pepper & salt, rub the collups on Each side and put them into a scillet. put in as much white wine and vargus
as will iest cover the meat then take
one clove of Garlick and halfe
an nutmeg tenn cornes of pepper
& 4 anchovies cut in peecs sett all
those stewing on the coales then take
out som of the liquer into a sauce
pan and stew it with a clove of garlick
a little anchovy Liquer melt som
butter thick with it then take the coll-
=upps out and Browne them in a fry
ing pan and lay them in a dish

and put the sauce over them
squee in the juce of an orange
over them

To Pickle Wallnuts

first prick them through & through
& lay them in pump water with
a handful of salt for nine day
shifting them Every Day with
fresh pump water & salt put
the them in a Cullender & drain
them & put them over the fire in
water that Covers them & put a Cloth
down upon the Nutts to Keep in
the steam & lett them iust boyle
then take them of the fire & wipe
them very dry: & lett them be
quite Cold before you put the
pickle to them then lay a
Laying of wallnuts & a laying
of Mustard Seed & a clove of Garlick
with a little peper between each
now with Bay leaves turn over leaf

till all are put in then boyle
as much vinegar as your quantity
of nutts shall require with a little
peper & a few Cloves with a little
Jamaco peper putting it hott to
the Wallnutts & Cover them
Close for your use
Mrs Kirbeys receit

folio 58 verso || folio 59 recto

folio 59 verso || folio 60 recto

Mrs Kirbeys receit
In Wit, as Nature, what affects our hearts
Is not that executness of peculiar parts;
'Tis not a Lip, or Eye, we beauty call
But the joint force & full result of all
'Tis with our judgments as our watches, now
Go just alike, yet each believes his own
At every trifle scorn to take offence
That allways shows great Pride, or little sense

A Receite, to make the
Stomattick Bitters

Take
6: Civill orange Peeles
1/2: ounce of Snake Roote
3/4: ounce of Gention = sliced thinn
1/4: ounce of scutcheoneele = Brused,

Put into a Quart of French
Brandy lett it stand :24: hours
then straine it off through a fine Flannell

Then put a quart of White=
Wine on the druggs and lett it stand :48: hours then straine
it off as before

Zedoary
For the Rheumatism

half an ounce of Gumgoacum steept in half a pint of best brandy Take a Teaspoonfull in a Glass of spring Water in a morning fasting & at 4 a clock in the afternoon it an Excellent Remedy

penny worth Mallow leaves
penny worth Marshmallow R 1 oz Liquorish Roots
2 oz Raisins
1 oz Gum Arabic Boil it in 4 quarts Water till it comes to 2 quarts strain it of: sweeten it with syrup of: Marsh Mallow

1 17 9 1 13-9
1 11 6
3 = 9 3

33
12
3 405
12 435
36
back outside cover
  spine
  head
  fore-edge
  tail