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Quince Wine good

Let your Quinces be through ripe, clean, grate them, press out the Juice, let it settle 24 hours by which time it will be clear, pour it off from the thick bottom and to every quart of Juice put half a pound of fine Sugar put it into the vessell as soon as the sugar is desloved and when it hath done working stop it close, let it stand 10 weeks, bottle it it will be soon fit to drink

plume pudding

4 Spoonfulls of flower
4 Spoonfulls of Sugor
4 Eggs
1 pound of Suet
1/2 a pound of Raisons of the Sun
to be boyled 4 hours
To make almond cream

take a quarter of a pound of jordan almonds lay um in cold water till thay will blanch then beat them in a marble morter with a little rosewater strain them with a quart of verye sweet cream sweeten it with fine suger then sett it over the fire stirring it a good while lett it boyle verye gentle -ly if at all then sett it by an eat it cold

To make a carrote pudding

take a pint of cream 6 eggs 4 of the whites beat them verye well and putt um to the cream then grate white bread and red carrots of each a like quainty and putt in as much as will make it as thick as bread pudding with a little sack and suger to your tast mix all these togethers and putt it in a dish with thin slices upon it and bake it about half an hour is enough

To Make a Hericoe

Take 1/2 a pound of lean Beef and the scragh End of a Neck of Mutton/ which you are to use afterwards/ and make a good Brooth with it Cutt the other part of the Neck into Cutletts and beat'em em with a Knife on both sides then put it in a stew pan with the Broth a piece of Bacon, stuffed with Cloves two onions a Bunch of Thyme parsley sweet Marjorum a Carrot & a Turnip & Let 'em all stew with the Mutton .centuke take 2 or 3 large Turnips and Cut 'em in Dice & fry'em in Butter to then take a stew pan and put in a piece of Butter to brown & some Flower to thicken it then take the Broth from the Meat and put into the Butter the onion Thyme Bacon stuffed with Cloves the fryed Turnips leaving out the other Ingredients till put in one anchovie Let all these stew together till it is thick then Take the best part of the Meat & Put in a Dish be sure you take all the fat off the Sauce & pour it with the Rest of the Ingredients over the Meat and squeeze in half a Lemon take out all the onions and Herbs when you dish it Garnish it with Lemon and fryed bread. be sure don't let it boil
To pickle samphire

take samphire and pick of all the old stems
and putt it into a copper pott with some vineger and
watter and a bitt of allum then past it close that no
air may come out let it boyle half an hour then take
it off and lett it stand soe till it is cold keep it in
the same pickle/

To stew Rabbits Mutton or lamb

take your meat cut it in pieces and fry it in butter
till it is crimp then put it into a pipkin and putt to
it parsley sorrel and other sweet herbs one onion and capers
minced and some slices of lemon a little peper mace
and Nutmegg some clarrett and strong broth lett this stew
with 3 anchovis when you dish it putt in a little
vineger and butter/

to make almond cream

take a quart of cream and boyl and in boyling drop in
the juce of half a pound of almonds well beaten with rose
watter then sweeten it and dish it and drop in it some
sirrup of barberrys cherrys or plums which you please before
it is cold and when it is cold serve it/

folio 2 verso || folio 3 recto

to make black puddings

scald the middle sort of gretts over night with milk
the next morning take a sufficient quantity of blood and
putt to it season then with a little thyme sweet marjorum
winter savory fennil and a few leeks if you please with
a good quantity of pennyroyal and what other cooling
herbs you like grated nuttmeeg cloves mace salt and a
good handfull of brown bread grated 3 or 4 eggs add to these
a good quantity of hoggs lard cutt pretty bigg wash your guts
in rosewatter/

to make pancakes thick or thin

take a pint of cream 8 eggs a gratted nuttmeeg a quarter
of a pound of butter and a little flower fry um in a pan
dry for the thin ones warm the pan and pour in the
batter and leave enough to cover the pan and pour out
the rest/

to make a pudding

take a pound of suett minced very small half a pound of
raisons stoned 4 spoonfulls of white suger 4 spoonfulls of
flower 4 eggs a little salt boyle it 4 houres melt butter
with sack for sauce/

To make a Frigassie

Take Rabbits or Chicken & cut them in smal peices & fry
them in some water first then put to them some white Wine
lemon Shallot sweet herbs mace; pepper, salt anchovies then
thick it with an Egg/

To Fry a hinder quarter of Lamb

Cut the loin in bones & the legg in thin peices beat
it well with a rowling pin then let it be fryed in butter,
let your butter be boiling hot & the froth fallen
before you put in your meat & fry it it till enough then
take out your meat & put away that butter for the
sauce take some water & the bones broken well & some salt
let it boil together till it is scumed then put in two or three
blades of mace three or four corns of pepper an anchovie
let it boil till it be strong then strain \*it\* & put in a
good peice of butter in it stir it till it be thick
then have ready three yolks well beaten & put in it, stir
it well together then put the meat into the pan again
&pour the sauce all over it & stir it a little while
together in the pan then put it in the Dish you may
do frigassies of Rabbitts or Chickins or anything else so
you brake the bones/

To make Sassages

Take 2 pound of lamb or Veal & as much \*beef\* suet shred them
very smal together & put as much Nutmeg cloves mace pepper
& salt as will season it to your taste then break 5 Eggs & mingle
all well together with your hands then rowl 'em in long rowls
and fry them/
To pott Beef

Take a leg of mutton peice of beef and
putt it in salt three or four days and then
putt it in a pott with a pound and half of suet
and bake it with bread and when hott pull
it to peices taken a way all the skin and seniws
and beat it verye fine with the suett it was bake
ed with clean from the gravye season it with
one nutmeg a quarter of one ounce of cloves and
mace togethener the cloves to be the bigest half
putt both suett and spice in by degrees in beating
and when fine enough putt it in a pott and
run it over with Clarified butter/

To make Chocolate Creame

Take a pint of Creame & boyle it & 3 Eggs beaten and
stirr'd in the creame over the fire every well if thicken
take it off & put in 2 spoonfulls of chocolate & melt
it in a chocolate pot when cold put it in Chinia
Basons or Glasses/

To stew carps good

Take a brace of liveing carp knock them on
the head open their bellies wash them out of the blood with
vineger and salt then cutt them close to the tail
to the bone and wash um clean putt um in a broad
stewpan putt to um a quart of claret half a pint of
white wine half a pint of vineger a pint of watter
a faggott of sweet herbs a nutmeg sliced some large
mace 4 or 5 cloves 2 or 3 race of ginger some
whole peper one anchovics cover them close and
stew um a quarter of an hour then putt to um
the blood of the carp and the liver lett um boyle
and thicken itt with brown butter. if you please
you may putt in a ladle of drawn butter to thick
it if you do not like browned butter garnish
with lemon/
To make orange Custard to eat hott or cold

boyl a quart of cream with a stick of cinnamon and
a little mace lett it stand till it is almost cold beat
8 Eggs butt 4 of the whites mix it with the cream and
put the juce of 4 oranges mixed with suger strain it
altogether and bake it in crust: half milk will be
verey good instead of cream

To make a tart before green Apricocks come

pare e sevil oranges white and all clean off then
slice them and lay a laying of them and a pretty many
layings of sorril the stalks picked off then a laying
of suger and so on till you have made it as thick as
you like then bake it: it must be long sorril

a little dish for second corse

putt large oysters on skuers and between every one
a bitt of fatt bacon and roast them and drudge them with
a few crumbs of bread serve it on the skuers you may do
the same with sweet breads cut and rosted with them

To fricare of chicken or rabitts brown

cut um in peices fry um in brown butter then have
ready hott a pint of strong gravey a little claret
and white wine 2 anchovies if you 2 shivered pulletts
a small faggott of sweet herbs and some savorey balls
thicken it with brown butter and when you dish
it squeeze a lemon over it

the white

if chicken cutt um and skin um putt um
in a stewpan with a little nutmeg salt peper
some strong broth and lett um stew slow and
when you think um enough putt a blade of Mace
a pint of cream some white wine and thicken
it with a bitt of butter rowled up in flower
if it is rabits when cut wash them from
their blood for before you stew um

To Make a Caraway Cake

Take 4 pound of flour one pound of butter rub in the butter
then take 14 Eggs leaveing out 7 Whites and beat them
well togerher with a pint of cream and a pint of balm
put this into your flower and lett it stand while your
oven is heating when your oven is hott put in one pound of
suger finely beaten and half a pound of carraway seeds or
comfitts put in your Cake and lett it be well baked it
will keep 6 or 8 weeks/

To Make hartshorn Flummery

Take a quarter of a pound of harts horn shaveings boyl
it in a quart of watter till it comes to a pint then
strain it off and put a quarter of a pint of cream in
it 2 or 3 spoonfulls orange flower watter, and sweeten it
with double refined suger to your tast give the cream a
boyl up in it then blanch some almonds and call them
vereey small and thin and steep them in orange flower
watter stick the flumery with them when turned out

To Make orange fool

take the juice of 6 oranges and 6 eggs well beaten a pint
of cream and a quarter: of a pound of suger lett it \(^{\text{boyl}}\) till it be pretty
thick put in a little piece of butter stir it till it is almost
cold and then put it \(^{\text{in}}\) your basons

orange Butter

take the yolks of 12 eggs and 6 whites well beaten
and strained put to them the juice of 8 oranges season
it with refined searched suger verey sweet put it
on the fire and keep it stiring till it thick putt
in ambergreece if you please if your oranges are
not verey Juicy you may put a littleJuice of lemon

To make little seed cakes

Take 3 pound of flower half a pound of suger half
a pound of butter an ounce of caraway seeds 3 eggs
beat well warm your butter in milk then rowl them
thin and round and bake them in tin plates/

To make sweet meat white pott

lay your sweet meats in your dish a little distance between
then take a quart of cream 3 eggs leave out one of the
whites beat the eggs and cream well togethers with
suger to your tast pour it over your sweetmeat so
as to fill your dish then bake it in a slack oven

Pidgeons Aladobe

Take thin slices of fatt Bacon fry them till
they are a light brown season your pidgeons with
a little peper and salt and nutmeg then fry them
in the liquor that comes from the bacon cut a
handfull of onions in thin slices fry them in the
same liquor take them out of the pan and lett them
stand by the fire: burn a bout half a pound of butter then
putt the pidgeons in with some whole peper a little
mace bruised and some lemon to your tast if you
have any gravye putt some in thicken up the sauce
with a peice of butter and flower then putt in the
onions and fryed bacon when you have burnt your
butter have some boyling watter hott to putt to it/

Green Pease Soup

boyl 2 quarts of old peas in more then a gallon
of watter with a little mint a sellicea lttice and
cabbage lettice when the peas will pulp strain it through
a cullender then putt to it a pint of young pease one
scellicea lttice one cabbage lttice a good peice of
butter pepper and salt boyl it till the are tender tost
a french role and putt in the dish and a little spinage
putt in att the first/

To preserve orange peels

pair your oranges verye thin so that none of the whites
remains throw them into watter as fast as you peel
them Just enough to cover them save this watter to
make your syrrop then boyle the peels till they are
tender as the watter wasts fill it with more boyling
watter so as to keep them covered and when they 
are enough putt them into a thin syrrop and give them 
 a boyl in it and then dry them

to pickle oranges good

take sevil oranges and putt them into a thin cloath 
boyl um tell thay are tender shifting of them 4 or 5 
times then cutt a little hole in the top the bigness of 
a shilling and take out all the pulp with as much as 
you can of the white rind then fill them with white 
powder suger and when they are cold putt them into enough 
white wine vineger to cover them then the longer they 
be in vineger the Clearer they will look/

To stuff the bodys of Ducks

harden the liver of the duck the yolk of one egg 
boyled hard 8 or ten young onions chopt small 
altogether paper and salt and a peice of butter 
mix well and putt in the bodys before thay 
are toasted

To Make Walnut Catchup

Take your nutts before thay have any shells 
and to every hundred of nutts putt two large 
handfulls of salt and bruise them verey well 
togather and lett them stand a fortnight then 
strain out the liquor and boyle it up with all 
sorts of spice and a great deal it will keep 
a year or more from one hundred of nutts 
you will have more then a pint of catchup putt 
no cinamon/

sweet spice is

cloves mace nuttmeeg cinnamon suger and salt

savory spice is

derp salt cloves mace and nuttmeeg
Past for a Pasty

lay down a peck of flower work it up with  
6 pound of butter and 4 eggs with cold watter/

Past Royal for Patty pans

lay down a poun d of flower work it up with 1/2 a poun d  
of butter 2 ounces of suger and 4 eggs/

To make orange marmalade

Take your oranges and quarter the out side  
skins with a knife but do not cut through  
to the juice and pull the out side and inside skin  
of togather then pick out the inmeat clean from  
seeds and skins and beat the meat smooth and  
all a like in a Marble Morter then boyl the  
outside skins Very tender without changing the  
watter only filling the saucepan up with boyling  
watter as the watter wasts then slice them  
in thin slices the length way of the quarters to  
To a quart of in meat and luce of orange  
there must be two quarts of pipkin Jelly  
and two pound of the sliced peels and four pound  
of suger boyl your suger to a candy height then  
put in the peels and boyl them a little then put  
In the orange meat and Jelly lett alk boyl till it  
flaks from the sides of the preserveing pan putt  
it shallow potts or glasses

To Make the pipkin Jelly

Pare your pipens and slice them into watter putt as  
much as will cover them boyl it as fast as you can  
breaking and stirring them often when they are all  
boyled to mash squeeze it throughg a cloth/

To butter oranges

Take 6 oranges and chip them Very thin and make  
a hole as the top and scoop out the seeds and meat and  
boyl them in two watters till they are not bitter then make  
a thin syropp and boyl them till they are tender take
the chippings of two of the oranges unboyled and mince them verey small and the Iuce of all the six oranges and the Juice of one lemon the yolks of 4 eggs with some suger beat all these well together and sweeten it to your tast fill your oranges with it then sett your oranges upright in an earthen pott and putt the syrrop to them and sett them into an oven till the inside is as thick as a custard then take them out and putt them into your dish with some melted butter and suger over them a lay on the tops

To make a Carrotte Pudding

Take a quart of Cream or milk a pound of Naples Biskets grated & three quarters of a pound of Carrott grated half a pound of dish butter melted twelve Eggs & leave out half the whites a spoonfull of flower some grated nutmeggs put in a good glass of Sack sweeten it to your taste garnish your dish with puff paste, one hour bakes it/

folio 11 verso || folio 12 recto

to stew Pidgeons good

take six whole pidgeons and beat them flat with a rowling pin flower them on both sides and fry them brown with sweet butter then put them into a stew pan with as much strong broth as will cover them with a blade of mace two or three cloves a little ginger sliced a peice of lemon peel a bundle of sweet herbs a bag leafe or two half a pound of the thin end of bacon cut in slices two inches long of the thickness of a crown peice and put half a pint of mushrooms two dozen of coxcombs blanched in warm watter 2 ox pullets boyled and blanched and cut in long slices let these stew togather till they are tender then take out your pidgeons and put them into the dish they are to be served up in then take all the fatt off of the broth as clean as you can then put 2 or 3 anchovys washed and boned and bruised then shake them up with a quarter of a pound of butter and pour it on your pidgeons garnish the dish with grate bread and pattys and lemon on the pidgeons/

To burn butter

take your butter and put it in a frying pan with
To make Ginger Bread

To a quarter of a peck of flower put a pound of Butter and rub it well in: two ounces of ginger one ounce of coriander seeds one ounce of caraway seeds a quarter of a pound of sugar half a pound of candid citron lemon and orange Mix all these well together and then put to them two pound of treacle rowle it with your hand in what shape you will and bake them on tin plates

To make fritters

Take a pint of milk and a pint of flower and mix it well together and then boil it very well stirring it continually least it burn then let it cool put to it the quantity of 5 eggs and then whites of 3 and little nutmeg fry or boil them in lard in very little pieces and they will swell large and be extremly light

To make cheese cakes good

take 4 quarts of milk run it very tender & when it is very tender well drain'd put it through a hair sive then take 1/2 a pound of butter or better boiled up & scimed, then put it to your curd, then take 3 naples biskets grated, put to it 3 parts of a pint of cream, boil it till it comes clear from the bottom of the Sawcepan and when it is cold put it to the curd & put 2 nutmegs sugar & a little Salt to your tast 9 large spoon fulls of sack with the yolks of 14 eggs half a pound of Currants will do for 1/2 the curd a little cinnamon & rose water & for ounces of almonds or mackroons beat with rose water twice as much cinnamon & nutmeg as let your bottoms be of the best puff past
To make queen cakes

Take a pound of butter and work it till it is soft
as cream take nine eggs 5 of the whites and work
it in with your butter take a pound of flower and a
pound of suger and mix them togather then work it
in with your hand the other and a pound of currants
and work it very well togather with a glass of white
wine and a glass of rose watter make them up into
tin pans buttered and scrape suger over them
as they goe into the oven

To make Cheesecakes

drain a quart of curd from the whey and rub it
through a hair sive with the back of a spoon then put
in a little sinnammon 6 eggs a little rose watter half a
pound of suger then melt half a pound of fresh butter and
mix them togather then put in four ounces of almonds
beat with rose watter or macroons and what currants
you please and it is fitt for use

To make a good plumb cake

Take 4 pound of flower well dryed 4 pound of
currants 8 eggs leaveing out 5 whites a pint
of yeast half an ounce of nutmegs mix the nutmegs
and flower part the flower: with one half of it
mix the yeast and with the other mix the eggs beat
the eggs verye well and put to them a glass of sherry
and as much rose watter mix the eggs and flower
well a part then mix the whole togerther with 2
butter pound & a pint of raw cream melt the butter in the
cream over the fire when it is melted take the top
of it and mix it well togerther with the rest then
let it stand half an hour before the fire for to rise
then mix the currants and half a pound of suger and
what sweet meats you please 2 hours will bake it
put some lemon peel and ginger in it

for the Iceing

take half a pound of loaf suger and the whites
of two eggs beat veryer well togather/

folio 14 verso || folio 15 recto

folio 15 verso || folio 16 recto
to stew pidgeons filled with forced meat

a pound of beef suet and half a pound of lean veal
2 anchoveys chop all verey fine put to it some parsely
and sweet herbs and shallots or onion and some lemon
peel all shred fine wett it with one spoonfull of white
wine a little lemon juce the yolks of four eggs and
season it with salt and peper mace cloves and nutmeg
beat fine lard the breast of the pidgeons and fill
them with this force meat rowling each peice of force
meat in crumbs of fine bread then put it into the
pidgeons and fry them brown in fresh butter and then
put them into as much strong \*^broth as will cover them
and season it with salt whole peper mace and cloves
whole onions or shallots a bundle of sweet herbs let
them stew gentley and they are done take out the
pidgeons and skim of the fatt of the sauce and strain
it: put to it some pickled mushrooms and capers and
fryed sweetbreads and lamb stones morrels truffels
boyle up all put in a glass of whitewine and a good
lump of butter and boyle it as thick as cream lay
the pidgeons in a dish and pour the sauce over them
and garnish the dish with barbaries/

folio 16 verso || folio 17 recto

To fry mutton in cakes

take the lean of a leg of mutton and beat
it verey well in a stone mortar and season it with
peper mace cloves and nutmeg beat fine put in
some salt and parsely and thyme shreed verey fine
pound it with some onions or shallott and anchovey
and mix all togather with the yolk of 3 eggs and
make it in little cakes and fry it in butter and
serve them with good gravey and a little wine boyled
in it/

To make A Ragoo of pattatoes or egg

boyle the pattatoes or eggs hard then cut them in
slices and have ready some good gravey in stew pan
and put them in with some shallots or onions a bundle
of sweet herbs 2 blads of mace and a little salt
and beaten peper and one anchovey a good lump of
butter and boyl them in it and send them to table
To Ragoo a breast of veal

bone the breast of veal and lard it with fatt bacon
verey thick and fry it verey brown in fresh butter
and take it out of the frying pan and drain it
from the butter and then put it into as much strong
broth as will cover it with whole onions and
sweet herbs and season it with whole peper cloves
mace and salt a slice or two of lemon let it stew
tell the meat is verey tender then strain some of
the liquor and add to it a glass of white wine and
some capers and mushrooms morrels and truffels
2 anchoveys boyl all these with a lump of butter
thick and lay the meat in the dish and pour
the sauce over it you may put in the dish
fryed lambstone and sweetbreads and rasages
garnish the dish with lemon samphire
and barberries/

To make a Lemon Pudding

Take 6 Lemmons pretty large pare them reasonable thick boyl the
peal in 5 or 6 waters, then beat them in a stone morter very fine then put to it
8 Yolks of Eggs amd 4 whites beat them very well together add
6 ounces of loaf sugar and half a pound of Butter still keep
them beating in the morter, make puff paste and lay at the
bottom and top or like bares an hour will bake it/ 2

To Coller Elles

Take the largest Ells scower them with Salt, then
open them at the belly & take out the back bone &
smal bones but none of the meat, season it with
Cloves, mace, & Nutmeg & salt & sweet herbs, most nutmeg,
then role it up very close & sew them up in cloaths
very hard boyl them in this pickle, take the
back bones heads & tails with a bundle of sweet herbs
some whole pepper salt & a little Venigar boyl
all these in as much water as will make pickle
when the heads are boyl'd take all out & put in the
Collers which will not long be boyling then
take them out & set them upright till cold then 2
put them into the pickle

Jelly of Hartshorn

Take half a pound of hartshorn & 3 quarts of water & boyl it in a new pipkin till it be stif Jelly & strain it then let it be strained & stand to settle, then add the Juice of 4 or 5 lemons & as much fine Sugar as to sweeten to your taste, then take the whites of 4 Eggs well beaten & set on the fire till it just boyl, so run it through your bagg into your glasses & if it happens not to be very clear then run it through again, you may put in Shavens of Lemmon or Orange peel

A Caudle for sweet Pyes

Take sack and whitewine a like quainty a little veriuce and suger boyl it and brew it with 2 or 3 eggs as buttered ale when the pyes are baked pour it in at the funnell and shake it togerather

A pear for savory Pyes

take clarret gravey oyster liquor 2 or 3 anchoveys a faugott of sweet herbs and an onion boyl it up & thicken it with brown butter then pour it in to your savory pyes when called

A pear for fish Pyes

take clarret whitewine and vineger oyster liquor anchoveys and drawn butter when the pyes are baked pour it in with a funnell

A pear for pasties

season the bones of that meat you make your pasties of cover them with watter and bake them with the pasty when they are baked strain the liquor out into the pasty/

folio 19 verso || folio 20 recto

folio 20 verso || folio 21 recto
A Ragoo for made dishes

Clarret gravey sweet herbs & savorey spice
toss up in it lamb stones coxcombs boyled and
blanched and sliced with sliced sweetbreads oysters
truffles and morrels thicken these with brown butter use
it when called for/

A Regalia of Cowcumbers

Take 12 cowcumbers and slice them as for eating
putt them in a corse cloth beate squeeze them verey
dry flower and fry them brown then put to them clarret
gravey savory spice a bitt of butter rowled in flower
toss them up thick they are sauce for mutton or lamb

strong broth

take 3 or 4 gallons of watter putt therein a leg and shin
of beef cut in 5 or 6 peices boyle it 12 hours now and
then stirr it with a stick and cover it close when it
is boyled strain and cool it let it stand till it will jelly
then take the fatt from the top and the dross from the bottom

gavey

cut a peice of beef in thin slices fry it brown
in a stew pan with 2 or 3 onions 2 or 3 lean slices
of bacon then pour to it a ladle or 2 of strong broth
rubbing the brown of from the pan verey clean add to it
more strong broth clarret white wine anchoveys a faggot
of sweet herbs season it and let it stew verey
well then strain it off/

A whipt Sillabub

put a pint of cream into a broad earthen pan with
a little orange flower water 2 or 3 ounces of fine
suger the juce of a lemon the whites of 3 eggs beat these
togather and haveing in your glasses wine and suger: and
clarret and suger at the bottom of your glasses lay on
the froth with a spoon heaped up as light as you can
Orange butter

take the yolks of 5 hard eggs put to it a pound of butter
a little fine suger with a spoonfull of orange flower water
work it through a sieve almond and pistastia butter is made
the same way but let them be blanched and pounded/

Scotch Collops White

Cut a leg of veal in thin slices and hack them
with a back of a knife and fry them in butter
and watter will they are just turned yellow then have
ready some gravey seasoned with Mace peper and all spice
a fflaggot of sweet herbs and shallot and 2 or 3 spoonfulls
of milk boyl all well togather then strain it off
then add to it a glase of white wine and the yolks
of two or three eggs with a little cream beat
togather and squeeze a little juce of lemon in the
beating of the eggs and when these are put in throw
in a bitt of lemon peel and a little bitt of butter rowled
in flower boyl all these till it is a thick as cream
then put in the collops of veal and shake it all
togather take out the lemon and grate in a little
nuttmeg when you putt in the collops and dish of
it out/

To make strong broth

Cut a leg of beef in peices and put it in a pott
with 6 quarts of watter a little whole peper 2 or 3
onions a bunch of sweet herbs and boyl it down verey
well and strain it when cold scum of the fatt and
it is fit for use for a white frycase make it of a nuckle
of veal/

To Make gravey

take some lean beef and fry it brown then putt some
watter to it an onion stuck with cloves a little whole
peper a little sweet herbs 2 or 3 anchoveys and boyl
it down verey strong then put in a little clarret/
To keep Goosberries All the year

Take your goosberrys before they turn ripe
pick them carefully that you doe not bruise
them and fill glass bottles that have wide mouths
with them and stop them very close with good
Corks then set them into a kettle of cold water
up to the neck of the bottle then make the water 2
ready to boyl this done take off the kettle with
the bottles and lett them stand in the water
till it is almost cold then take them out and doe
ye corks round with wax or pitch and sett
them in a cold celler/

To make a Triflle

To take one quart of Cream boyle it a little
while with whole mace then take it off & cool it
season it with sugar & rose water & when it is 2
lukewarm pour it into a dish and put a spoonfull
of runnett into it, stir it altogether and let it
stand till it become Cheese/

To make Viniger

Take green Goosberries just as they are turning
to be ripe, to every Gallon of Goosberys one
Gallon of boyling hot water on the Goosberys 2
stop it close, stir it often for 14 days than
strain it & to every Gallon Liquor put a
pound of the worst brown Sugar & put it into
a vessel & set it in the Sun till Michaelmas
if it not Sower enough then set in a hot
place near the fire, past a peice of paper
over the Bung Hole & prick it full of holes
To stew Mushrooms for Second Course

Take Clarrett or white Wine 2 blads of Mace
a little whole peper lemon peal & Ginger stew your
Mushrooms a little in their own liquor, you must not
put these things till half be wasted, then have 2 or 3
Yolks of Eggs beaten Juice of Lemmon & anchovies 2
& a peice of butter, put this them & shake it
together lay Sippits of french bread.

To make Lemmon Sillibubs good

To a quart of Cream put a pound of Single
refin’d Sugar, the Juice of 3 Lemmons & the Rhines
of them grated, put the Sugar into a deep pan
& grate the peel into it, then put a Pint of white
Wine & half a pint of Sack & then the Cream
and with a whisk keep it stirring allways one
way for a bout half an hour; then put it into
your Glasses; They will keep ten days & are best
when they have been made three or four days./

To make a Cake

Take a pound of fine flower well dryed,
a pound of butter, beat it to a Cream, then beat
ten Eggs leave out five of the whites let your 2
flower be quite cold before you put it to your
butter & Eggs, then take a pound of dry 8penny
Sugar beat all the lumps out of the Sugar,
two Ounces of Carraway Seeds, let it not stand
long before you put ^ it into the Oven, an hour will bake it/

To make an Apple Pudding good

take about 12 good apples pair them and make
them like goose sauce ^ with as little watter as you can then
beat 7 or 8 eggs well and put to the apples the
rind of a fresh lemon shred small and the juce also
rung into the apples and a quarter of a pound of
butter melted a quarter of a pound of loaf suger beat
mix all these together and a bitt of thin paste about
the edges and sides of the dish and bares over it a
little bakeing will doe and shred in half a sevil
orange peel/

a thin paste for tarts

to half a pound of flower six ounces of butter
and mix it with blew milk warm into paste rowl
it out thin it is for tarts in pans some put but
four ounces of butter/

To make Scotch collops

take a leg of veal skin it and cutt it into thin slices
about 4 fingers broad or square then hack them well both
ways with the back of a knife and then spread them on
a board and season them with a little salt and grated
nutmeg then put them in a stew pan a pound of butter
when hot skim it then put in your meat and if you
have more then your butter will Cover when it boyls you
may fry it at twice lett it boyl verey fast turning it
and tossing it all the while with your spoon and when
your butter begins to be thick and strong of the gravey
before it look oylly take out 4 or 5 spoonfulls to put in
your sauce and lett your meat be lightly brown and while
it is in the frying pan prepare sauce thus/
set a stew pan on a hott fire of charcoal put in a gill
of strong broth made of beef or mutton clear from fatt with
a little roast beef gravey and gill of white wine a little
faggot of marjorum and thyme an oinon quartered a little nutmeg
sliced 4 large leaves of mace shred small 12 cloves and
a little lemon peel shred also lett them be verey hot just
on boylng then shred 2 good anchoveys in it and put to it
the third part of a pound of butter and the yolks of two eggs
beat up with 5 spoonfulls of white wine when/

all these are well stired together then take your
meat hot of your pan with a slicer letting it drain from
the fatt and soe put it to your sauce and then turn it
often with a spoon and stir your sauce that it curdle not
then lay your meat in the dish upon sippets and one the top
some slices of lemon and balls garnish your dish with pickles
for the balls

take little veal and twice as much suet shred small
then beat 4 or 5 yolks of eggs verye well and put thereto
with a little grated white bread and season it with a
little salt a pepper and a little grated nutmeg and beat
cloves shred a little thyme and marjorum or powder it if
dry then mix all with the yolk of eggs and rowl it up
in balls and put them into the pan when your butter
boyls and fry them brown/
let these be frying at the same time as you fry your meat/

Scotch collops

take a leg of veal cut in thin slices beat it well on
both sides with the back of a kinfe then lard it with
bacon and season it with pepper salt mace nutmeg sweet
marjorum thyme and bread fry um brown in fresh butter
clear out the butter and put into the pan half a pint of
white wine a ladle full of strong broth a sliced lemon two
anchoveys six shallots half a pound of fresh butter and
the yolks of 3 eggs beaten with a little spoonfull of
flower let all these stand over the fire 7 minutes
serve it up with 20 forced meat balls a roasted Capon
in the middle of the Dish with some slices of bacon
over it garnish the Dish with slices lemon barberries
and oysters not forgetting sippets/

the balls

take some of the same veal and twice as much suet some
oysters anchoveys shallots and lemon peel season it with
pepper salt mace cloves nutmeg marjorum thyme chop it
verye fine and mix it with yolk of egg and rowl them
in little balls a fry them brown

To make Orange Wine

Take 6 Gallons of Spring Water put 12 pound
of the best powder Sugar, or if you please
loaf Sugar, 4 whites of Eggs well beaten put
them to the Sugar & Water cold, let it boyle
half an hour, in the boyling scum as long as
any scum riseth, take it off the fire & put into
it the Juice of 50 Civil Oranges & the outsides 2
of them paired very thin. let it stand till it is
cold enough to work then put in 6 spoonfulls of
the best Ale Yeast 6 Ounces of sirrup of Lemons
beat all together, let it work in a tub 2 Days & Nights
then put in it two quarts of Rhenish Wine
then put it in a Vessel stopt close & let it
stand a fortnight or 3 weeks then it may be
bottled

To make Orange Wines

To 90 pound of *the* best powdered Sugar put 30
Gallons of Spring Water, then take 30 whites
of Eggs, well beaten & put them to your the
Sugar & Water cold in your boyler & stir it
about all together to melt *the* Sugar & to mix *the* Eggs
then let the fire be put to it & let boyle half
an hour, in *the* boyling scum it as long as any
Scum riseth that it may be clear from any
dregs then take it off *the* fire into a Tub and
put into it the Juice of 250 of *the* best Civil Oranges
let it stand till it is milk warm enough to work it
then put 30 spoonfulls of *the* best Ale Yeast & stir
it about, then let it work two days & two Nights
then scum off *the* Yeast clear then put it into your Vessell,
the pareings of *the* 250 Oranges must be pared very
thin & steep them into ten quarts of Brandy and
& when you tunnit up put two thirds of *the* pareings
and all the ten quarts of Brandy in your Vessell
then put your Water & Sugar & Juice into it,
when it has done working in your Celler stop it

up close and let it stand a Year before it is bottled

To make Cowslip Wine

Take eight Gallons of water 24 pound of fine powder
Sugar, boyl the water & sugar an hour, scum it
very well, then let it stand till it is no warmer
than new milk, the pour it upon eight pecks of
fresh pick'd Cowslips, which must be ready in a Tub:
then stir into it twelve spoonfulls of good Ale Yeast, let it stand so all night, the put into the Juice of 16 Lemmons & the Rhines of 12 of them, and three quarts of Strong Mountain white Wine, Stir them well together & work it two or three times a day in that tub, for two or three days together, then put it into a Barrell straining the flowers & Peels off, when it has done working clay the Vessell up close & let it stand 4 or 5 months if your Cellar is good, if it is not then let stand but 6 weeks or two months, When it is bottled put a Lump of double refin'd Sugar into each bottle & Rozen the Corks down It must be clear River water, & if the Weather is cool, cover the Tub it is work'd in/

To make Currant Wine

good
3 pound of Currants to a quart of water
& a 1/4 of a pound of Sugar first bruise
the currants in a tub by them Selves then put
the water cold on them Stirring them together
& let them Stand all night then press them
off through a hair bag & then put the Sugar
to the Liquor & let it Stand one day more
Stir it well and put it in the cask and to
every poun d of Brown Sugar one poun d of Single
refined in the cask & let it Stand open
till done working you may put a little peice
of allum in
If fine in two months bottle it.

To make Elder Wine

To a Gallon of water put Six pounds of Raisons pick the great stalks from the Raisons & chop* them very small & put them into a tub, Boyle the Water an hour and let it stand to cool a little, than pour it upon the raisons & stir them very well together and cover it up close, let it stand ten days stirring & squeezing the raisons very well with your hands every day morning & night, than strain it through a hair Sive squeezing it very well; than to every Gallon of Liquor put a Pint & half of Ederberry juice let it stand half an hour mixing it very well together, then tunn it when it had work'd, stop it up very close, it may be fine in six weeks but if it stands
a twelvemonth upon the lees it will be the better,
The Elderberrys must be full ripe, you must bake
them a day before you strain them, When it
is bottled Cork it very well & let it stand a month
or Six weeks in the Bottles before it is drank/
2

To make lemon Cream

Take four lemons and chip the peel verey
thin into half a pint of water: and squeeze
the juice upon half a pound of fine loaf suger
and lett them stand three or four hours
then beat the whites of four eggs verey well
and mix them all togather and strain it
off and putt it over the fire stirring it all the
while one way till it is thick/

Orange cream good

Take four sevil oranges and chip the peel
verey thin into half a pint of water and
squeeze the juice upon a quarter of a pound of
fine loaf suger and let them stand three or four
hours then beat the yolks of four eggs verey well
and mix it all together and strain it of and set it over
the fire stirring it all the while one way till it
is thick./

Lady Craft s Seed Cake

Take 2 pound of the finest flower well dry'd,
and 2 pound of Butter, rub them well together
than take 12 Eggs leaving out 4 of the whites
beat the Eggs very well, put to them 12 spoonfulls
of Creame & as much good Yeast, then strain
these into the Butter & flower, let it stand
an hour before the fire, then put in a pound
of Carraway Comfits & what sweatmeats you
please, an hour will bake it. 2
To Pickle Wallnuts

Just scall'd the Walnuts & rub the Skin off with a Course Cloth, then put Water & Salt to them, chainging it one a day for ten or twelve days together till the bitterness be pretty well gone. Then make a pickle of one third white Wine, & two quarts of the best Vinegar, & put it to a great deal of white Pepper, Cloves, Mace, & Salt, as you do for other pickles & put it to them boyling hott. They will be fitt to eat quickly. You must keep them close tyed down with Leather. / 2

A Frigasee of Lamb

First take the Scragg of a neck of Mutton or any other odd meat with two or three large Hy Onions, a good bundle of sweet herbs, half a peel of Lemmon boyl all these together till it comes to about a pint of liquor then adding a quarter of a pint of Creame & 3 Anchovies then strain it all off, then take a hind quarter of house Lamb & cut the line in smal peices then take most part of the lean from the leg leaving the skin whole, cut some of that meat into little peices and the rest must be shred with as much again beef suet & some sweet Margerum & time & some Lemmon peal chop all these together then grated the crum of some white bread put a little Salt the best part of a nutmeg then break in two Eggs so work it up with your hands & stuf the Skin full of this force Meat then tye it up in a Cloth so boyle it for an hour & half then the Lamb that was cut out stew it in half of the Gravy till enough then take it out pouring that liquor away then put the remainder of the liquor into the stew pan adding to that the Yolks of two Eggs with some grated Nutmeg, above half a pound of butter a little white Wine, & some Mushrooms cut, then stir it alltogether shaking in a little flower to make it thick, then put in the peices of Lamb stirring it till it almost boyls then take it off, putting first the Legg into the dish and the frigasee round it
pouring the Sauce all over, garnish your Dish
with Lemmons./

To Pickle Pidgeons

Bone your Pidgeons, then Season them with Cloves
Mace, & Salt, put their livers & gizards within them
being seasoned, you must open your Pidgeons in the back
to bone them, when you boyl them you must have
a very small Squire to keep them together, then boyl
Oatmeal in water & strain it put in your Pidgeons
& add to it a few cloves, Mace, pepper, & Ginger, and
some white Wine Vinegar, when the Pidgeons are
boyled enough take them up, and when the Pidgeons
& liquor is cold put them both together, they will be
Eatable in 3 or 4 days & keep a fortnight, more in
the Winter, Eat them with Oyl & Vinegar/

Pontack s white frycassy of Chicken

Take two Chickins cut them in peices put
them into water let them lay two hours
wash them in more water put them into a Sauce
pan with a quarter of a pound of butter, pepper, Salt
cloves & a bunch of sweet herbs then put a sweet bread
in Mushrooms Morrels truffles hartchoke bottoms set
it over the fire & let it stand a little then put as much
water as will cover the meat & a little white Wine
& let it boyl till the liquor is almost consumed then brake the
yolks of 4 Eggs into a Poringer with the Juice
of a Lemmon & a little nutmeg & some
parsely minced small, a peice of butter and
put some of the liquor into the Eggs then
put the Eggs into the pan & set it over the fire
and keep it stirring till it be thick, then put
it into the Dish & garnish it with Lemmon
Peel/

To make forced meat with mutton

To a pound of mutton picked clean from skins
or fatt putt one pound of beef suet shred them
then verey small and add to it half a pint of
oysters season it with sweet marjoram a little
tyme a good deal of sage a few small onions salt
peper and nutmeg to your tast then work up the whole
with three yolks of eggs.

To make Ratifia

Take two quarts of the best Brandy, and a
hundred of Apricocks stones, a quarter of an Ounce
of Cinnamon, one pound of white Sugar Candy finely
beaten. Put the Apricocks stones without bruising
the Kernels, let the Bottles stand 5 or 6 weeks,
after this, it must stand 5 or 6 Days to settle,
the pour it off, or Philter it into other
Bottles/

To harsh a Calve's Head

Wash it clean & boyl it tender then take it from the
bones & hash it & put it into a pipkin with some Strong
Broth with white wine or wine vinegar with 2 anchovies
and a fagot of sweet herbs with 5 or 6 young Onyons
if you have no Shallots or the white of a Leake &
a little Oyster Liquor & let it stew alltogether a quarter
of an hour then take a little vinegar & 4 yolks of Eggs
beaten with a little Oyster Liquor & nutmegg & another
Anchovie bruis'd & a little sweett butter put this
to your meat & stir it till it grows thick let it not
curdle then have your dish upon coals with some
frersh bread in Sippets swell'd in strong broth &
put your Oysters in when you dish it you may have
ready the tongue in Slices some fry'd & some not
with some Oysters fryed & the brains mixt with a
little shred parsley in spoonfulls looks well to garnish
it also some thin slices of Bacon & if they be in
Season some Sparragrass between, you may boyl
one half of the head & hash the other you may
add a sweet bread cut in Slices & fryed brown/

Ragoo of Pidgeons

Pick your pidgeons & truss them as as for bakeing
beat them so as to break & bruise the bones flat
then take some Lard season'd with pepper Salt
mace cloves, lard them very well through the
bodys as you do Ducks for a Soop when they
are larded flower & fry them to give them
a Colour take them & put them into strong
broth with pepper salt mace cloves two bay leaves
all sorts of sweet herbs onions stew them till
they are tender have no more liquor then to
cover them: Make your Ragoo with sweet breads
Mushrooms cockscombs hartichoake bottoms cut
them in peices the bigness of half Crown's burn
butter with flower & fry them all brown put
some gravye not to much pepper Salt cloves mace
sweet herbs onions a little white Wine when
enough dish your pidgeons put your Ragoo
over it garnish with sliced lemonm squeeze
some into your Ragoo

To Make Almond Tarts

Take a pound of almonds blanch them and
beat them pritty well and put a wine glass of
rose watter into them in the beating and three
quarters of a pound of suger then put to them
the yolks of three eggs and a wine glass of cream
and quarter of a pound of melted butter

the past must be made thus

a pound and quarter of the finest flower a
pound and half of fresh butter temper it with
cold watter and two eggs lett not your past be
stiffer then butter and work it in a cool place
and bake it in tart pans/

To make Pease Soop in Winter

Take 2 Gallons of water put in a peice of Bloody Beef about six
pounds & two quarts of pease & two large onions with a bundle of sweet
herbs, let it boyl four hours then strain it off & clean your pot
& put the liquor you strain'd off in again with a pound of
Bacon & a little pepper & and anchovies & the yolks of 3 Eggs
if you design it very thick rich put in more gravye &
oyster liquor, cut Oysters & force meat balls some green Spinage
cut square pieces of toasted bread & put in your dish with some of your Bacon.

To make A Watter Tart

Take a quart of clean watter and the juce of five or six lemons squeezed in and suger it to your tast some salt and nutmeg a little sack or orange flower watter then thicken it with the yolks of twelve or fourteen eggs over the fire and if it is not thick enough putt a grated biskett or two in it lett it stand till it is cold putt it in a very good crust and if you please you may putt sweatmeats in it half an hour bakes it/

To make lemon cheesecakes

Take half a pound of almonds and blanch them and half a lemon peel and pare it thin boyl it in watter till it be tender then shred it and putt it with the almonds into a stone morter and beat them togather with rose watter to keep them from oyling then take four ounces of white suger eight eggs with half their whites and mix them togather with half a pound of fresh butter melted and putt in when cold you may bake them either with or without currants and thay will keep a week

To make a Pickle for Beef Hams or Tongues

Take two Gallons of Pump water & make a brine with common Salt strong enough to bear an Egg add to it one pound of course sugar a quarter of a pound of salt peter and two Ounces of Salt prunella boyl all these together & skim it clean then take it off the fire and when it is cold put in your meat & let it lie well cover'd with the pickle, the Hams should remain in it a month or 5 weeks the beef & tongues 3 weeks or a month then take them out & smoake them over a little sawdust one day or two, then hang them up in the Kitchin chimney where you burn wood to dry, some people smoak them with horse
litter which gives them a taste of Westphialia hams. This Pickle will serve a long time if when you see it begin to mother or grow ropy you must take out the meat & put in a good handful of bay Salt and boil it & skim it clean as before then let it stand till it is cold & put in your Meat again this may be used repeated till the pickle is all used up./

To stew Pidgeons

Take 12 Pidgeons pull out their breast bones & fill them with force meat made with Veal pretty high seasoned take 2 quarts of strong broth, a bunch of sweet herbs, whole pepper, some shallot or onion let it stew about an hour, take them out of the liquor without the fat & put 'em into your dish with toasted sippits. Take some of the liquor without the fat, put in a piece of butter with flower One Anchovie 6 spoonfulls of white wine, half the Pidgeons livers bruised fine 2 or 3 yolks of Eggs shake it up thick & pour it on your pidgeons garnish with balls & what you please tho' the receipt says strong broth, water will do.

To Make Soope

Take a leg of Beef a bitt of lean Bacon, & an old Cock boil it all to peices with a bundle of sweet herbs, then strain the liquor & set it over a stove in a stew pan with a good handful of Spinage & Sorrel a little pepper & Salt then take some endif & Sallery cut in small peices & a turnip fried fry these in fresh butter till tis brown, then put it into the stew pan with the rest, cut 2 loaves of french or other bread in peices & fry it in butter then pit it in the Soop stew it a little while put a little white & Iamaco pepper, in the Serveing it must stew an hour before the bread it put in only a leg of beef will do/

To make a Lobster Pye

Take 3 Lobsters with the Spawne, take the
Meat out the Claws & Tails, & cut them in
big pieces then season them with pepper, Salt,
& nutmeg, then take the Yolks of Eggs boyl'd
hard, then take green forcemeat made of spinage
Anchovies & some Eal or other fish, grated bread
& some butter & nutmeggs & pepper & salt & raw
Eggs and make round balls then have some
Musharooms, and then morrels truffels boyl'd
soft, fill your pye hansomely & put some
butter a top, then close it up put half a pint
of Clarrett and bake it an hour & half, then
take the Spawn of your Lobsters & the Shells
beat them in a morter very well, put in some
broth of fish or flesh to the shells and strain
it out the squese a little Lemmon & some
butter, and put it into your Pye
And Make a very good Crust

To make Mead

To every Gallon of Water put two pound of
Honey mix the hony & water well together cold
then boyl & skim it as long as any scum will rise
and in the boyling take a sprigg of rosemary &
2 or 3 spriggs of sweet bryer hold it in your hand
and stir it round till it has had 3 or 4 boyles then
put it into a tub that is fitt for it with the
rinds of two Lemmons and the Juice and when
your liquor is almost cold spread a toast or two
with good ale Yeast and put to it and the next day
put it into a Vessell that will just hold it you
may tye a few cloves & Mace in a rag & put in
the Vessell & the whites of 6 Eggs beat you may
put in primrose flowers or Cowslips it will be
fit to bottle in ten days

To make a Seed Cake

Take ten pints of flower rub into it a pound & three
quarters of butter, take a pint & a quarter of Cream
a little more then blood warm & three quarters of
a pint of yeast and six Eggs well beaten, half
a quarter of a pint of rose watter, a quarter of
an Ounce of Mace and as much nutmegg, sett your
paste arising half an hour, then put into it
two pound of Carraway Comfits, three quarters
of a pound of Sugar a quarter of a pound of Citron
and as much Orange, when it is baked, Ice it

To make Minced Pyes good

To a hundred of Eggs a Dozen pounds of Currants a Dozen
pound of suet pick three pound of raisons stoned half a Dozen
pound of Sugar, Mace Nutmegs Cloves & Cinnamon of each
an Ounce and half a Dozen of large apples the Peal of
four Lemmons the Juice of Six half a pound of candid
Lemmon peals Orange & Citron of each half a pound
a little Salt half a pint of Sack/

To make A plume cake

Take half a peck of flower and dry it in an
oven and when it is cold rub it so fine that
it may feel like grated bread then have nine
5 pound of currants clean washed and picked and rubbed
in a cloath verye dry and one pound of raisons of
the sun washed and stoned and shred fine and
one pound of almonds beat fine and rubbed into
the flower: and one ounce of beaten Cinnamon
a quarter of one ounce of mace: three quarters
of one ounce of nutmegs: half a quarter of
one ounce of cloves: two grains of ambergrease
a peice of loaf sugar: a quarter of a spoonfull
of salt: two pound and half of single refined
loaf sugar beat and sifted putt all these things
into the flower and mix them verye well
eighteen eggs leaveing out six of the whites
beat them verye well one quart of good ale yeast
the yeast must not be to light for then it
may deceive you and not make the cake light

and putt the eggs and yeast togather and beat

them verye well and then strain them into the
flower makeing a hole in the middle then take
two pound and half of butter and just melt
it in one quart of good cream then strain it
in: half a pint of rose watter and one pint
of sack heat the sack and rose watter together
not to hott then putt it in: it must be made
into a lithe past and worked up light with
your hands: then cover it with a warm linnen
cloth and sett it to the fire to rise for half
an hour: then have half a pound of citron
and half a pound of orange peel a quarter of a
pound of lemon peel: shred all this as small as
dice and when this cake hath laid half an
hour before the fire work in these sweetmeats
then butter the hoop and take three sheets of strong
whited brown paper togethre and buttter the
uppermost and put in the cake and putt it into the
oven the oven must be a good soaking oven but not
to scorching this cake will need three hours bakeing

To Ice the Aforesaid cake

Take one pound of double refined suger beat
vercy fine and scarce it through a vercy fine
sive then have two grains of amber grease
rubed in a little of the suger and three whites
of eggs one spoonfull and a half of rose watter
and putt it into a stone bason of rose watter
and beat it up with a wooden pudding stirrer
and so you must keep it stirring till the cake
is baked then Ice it with a brush all over
and putt it into the oven to harden the Iceing

To Make a Ham Pye

Boil the ham pretty tender then pull off the Skin & cut off the Shank bone & all the rusty part of it then make a paste as for a Venison pasty put you ham into it & season it with Jamaica pepper, cloves, & you may add sweet breads & Lambstones as you please & lay a few bay leaves on the top of the ham and when it is baked put in a little broth or gravy & shake it, the ham must not be too much boyled because it will make it dry this may be served hot or cold but it is generally eat hot reckoned the best so after the sweet breads, Chickins boned & stuffed with force Meat to fill the Corners of the Pye/

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folio 53 verso || folio 54 recto
A Fricassie of Lamb

Take a hind quarter of Lamb cut the Loyn into little pieces take some of the upper part of the leg under the skin & put it to the loyn then fill the leg with forcemeat so put it in a cloth & boyl it then having near the quantity of a quart of Gravey relished well with onions and anchovies & sweet herbs then leave half of it for the Sauce the other half to stew the meat gently whiteing it with cream or milk when enough drain it out of the liquor then take the other part of the gravey & put into it a grated nutmeg a glass of white wine soon mushrooms cut & the yolks of two Eggs well beaten & a little Cream or milk to whiten it some butter mixed with flower boyl the Sauce all together so pour it on the Meat & garnish with lemon this Sauce will serve for Chickins Rabits, Veal, or for fish only leaveing out the Egg

To make a quacking Pudding

Take a quart of Cream & boyl it then pour some part of it into a pot take the soft of a penny loaf sliced thin then rub it with the back of a spoon when tis soaked well then put in the rest of the Cream to it with eight Eggs half the whites well beaten and strained then put in a nutmeg some salt 2 spoonfull of wheat flower sweeten it to your tast then flower your Cloth & put it into it & tye it pretty close & put it in a pot of boyling water & let it boyle two hours serve it up with butter & Sugar/

To make French Bread

Take a peck of flower two quarts of new milk six Eggs well beaten a pint & half of ale yeast mix the Eggs milk & yeast together, make it into past & let lye half an hour to to rise then set it in a quick oven half an hour will bake it then rasp it/

To Pickle Pork

For a Dozen tongues or 4 hams, a quarter of a pound
of Salt peter & a pound of course Sugar in a brine
as strong as will bear an Egg boyl it & skim it
and let it stand to be cold then to lye covered
three weeks, hang them up for three weeks/

To make Mellon cheese good

To a Gallon of Cream put a quart of boyling water
then put to it the milk of Seven Cowes with seven
or eight spoonfulls of the Juice of Marygolds
if you can get so much let it stand till it comes
do not break it as you do other cheese but rowl
in into the Cloths & let the whey run from it
& the next day salt it
You must not make them late in the year because
they will not have time to dry/

To make little Cakes

Take a pound of flower well dryed in an Oven & take a pound
of Currants washed & dryed by the fire or in the oven till they be very hot
that they are very plump take a pound of butter & work it well against
a good fire with Orange flower water till it be soft then put to it
a pound of dryed Suger & a pound of flower work it in with
your hand by the fire or with a laddle half an hour at least
then take six Eggs taking out two whites beat them
well together with Six spoonfulls of sack then put in
the hot Currants and mingle them will together then
butter your pans fill them & put them into the Oven
as fast as you can the Oven being as hot as for
Manchetts.

To burn Almonds

Take a pound of Jordain Almonds & set them
before a hot fire or in an Oven untill they are very
crisp, then take three quarters of a pound of Sugar
and an Ounce of Chocolate grated, a quarter of a
pint of water and boil this allmost to a Candy, then
put in almonds and let them be just hott, take
them off and stir them till the Sugar grows dry
and hangs about the almonds, put them out of the
pan on a paper and put them asunder/

The Welsh way to Pickle Oysters

Take 3 pints of the largest Oysters wash them from the Slime in their own water then strain the liquor to them again & if there is not liquor enough of their own, to cover them add as much cold water as will cover them then put an Ounce & half of common Salt 4 spoonfull of Venigar set them on a pretty good fire & when they have boyled once & scumed well put to them a quarter of an Ounce black pepper just bruised & then boyl them quick till they are enough almost half an hour or less till they are firm then put them in an earthen pot and when cold tye them down with leather To them that like it may put 4 or 5 cloves bruised/

To Coller a Pig

Take a young fat pig dress it as you would to roast it cut & it a broad and take out all the bones lay it in water till tis very clean & looks white cut off the head part the sides dry it in a cloth very well then take Sage, time & a little rosemary cut the herbs small put to them as much Salt, pepper, & Nutmeg as you think will season them, then str ow it on the inside & rowle it up very hard & make two handsome Collers of it, sew them up into two strong cloaths wind also tape about them then take water & a bundle of sweet herbs you minced before with all the bones of the pig & set them on the fire all together with a little Salt & when it boyles put in your Collers scum it clean & let it boyle till the Collers are very tender/ then take them and set them an end till they are quite cold then take off the Cloath &. take the cleanliness of the liquor & put to it a pint of white wine & a little white Wine Venigar & so cover it with your pickle & eat it in 3 or 4 days.
A Rice Pudding

Take a quarter of a pound of rice & boil it in water some time then put in milk & some cinnamon & let it boil till the rice is tender then take it off the fire & before it is cold stir in half a pound of butter with 2 or 3 Eggs half a pound of Currantes half a Nutmeg & some Sugar stir it all well together, an hour bakes it, then pour some melted butter on the top of it & grate loaf sugar over it when it is baked/

A Frigassie of Rabits

Make some strong gravy of any meat season'd with sweet herbs Onions & anchovies & a little Milk to make it white then take half your gravy to stew your Rabitts in & when enough take them out & put them in your other gravy thats mixt up with Nutmegg 3 or 4 Yolks of Eggs with a glass of white Wine & a little Juice of Lemon or Veniger with Butter & a little flower so keep it stirring on the fire till thick enough, take it off and garnish it/

tolio 59 verso || folio 60 recto

To make Cheesecakes

Set Nine or ten quarts of Milk for Curd warm from the Cow put the Curd to drain in a strainer but do not press it when it is dry enough & put the Curd with half a pound of fresh butter into a morter & beat them well together then put the quantity of three half penny loaves grated & rubed thr'o a Cullender which also beat together with the Curd & one pound of good white Sugar then the Yolks of 12 Eggs 2 or 3 spoonfulls of Sack a grated nutmeg a spoonfull of rose water a corn or 2 of Salt beat all together very well then mix it with the Curd out of the Morter and it will be fit to put into Crust plump the Currants if you think it will be too sweet you may leave out some of the Sugar you may make the Crust after this manner take three quarters of a pound of butter four Yolks of Eggs & put in three pound of fine flower so work it up with cold water/
Stew Pippins

Pare your pippins & lard them with orange peal
then put them in orange flower water & sugar,
and stew them over a gentle fire till they
are enough/

Orange Cakes

Take a pound of Oranges & quarter them take out
the meat clean from the skins beat the meat very
fine very fine till it looks like the York of Eggs
then boyle the peal in severall waters till the bitterness
be out when they are tender then dry them from the water
then cut it in peices as big as pees then take a
pound of Sugar & boyl it to sugar again then put
in the pulp & peel & mix it well & stir it altogether
& set it over the fire to heat but not boyl & let it stand
till the next day & heat the day after put it on plates
the bigness of a Shilling & dry them turn them with
a knife/

To make Oyster Loaves

Take four penny loaves cut out around peice on
the top take out all the Crume then take a pint
of Oysters wash them & strain them out of the
liquor put them in again over the fire then put
in half a pint of white wine a great onion, let
it stand while they are tender put in cloves, Mace,
pepper, Nutmegg, Salt, to your tast & half a pound
of butter fill your roales with your liquor
and Oysters put the top on again put them in a
Copper pan with fire under & over more then a quarter
of an hour will crispe them/

To Pickle Onions

First peel the out skins off & then lay the Onions
in salt & water 24 hours, change the water 2 or 3 times
then drain them from that water & set them over the fire
well covered with water & a good handfull of Salt, 
let them boyl gently a little while after which 
take them out of the water & spread them on a table 
cloth & cover them with another cloth 2 or 3 times double 
when they are cold put them in the Pots or glasses you 
intend to keep them in, lay among them some Nutmeg 
sliced a a little whole pepper some blades of Mace & 
sliced Ginger, Boyle some white wine Venigar & when 
it is cold pour ^ it on the Onions: You may put a spoonfull 
or two of mustard seed in a little muslin bag in the pots 
with the Onions it gives them a good relish & keeps them well 
but it is apt to spoil the Colour/

To make Sugar of Roses

Take a pound of loaf Sugar boil it to a Candy height 
but put in an Ounce of the powder of Red Rosebuds 
Add to it a little spirit of Vitterell or the Juice of 
Lemmons if you make to drink with Asses Milk 
you must ^ put in neither/

How to preserve Barbaries

Take the fairest barbaries you can get & stone them 
put some other barbaries into a Silver cann sett it on 
into a kettle of water over the fire, & when the Juice 
comes from them clear strain it forth & take it the 
weight of your barberies & the Juice in sugar 
beat your Sugar & put it into the Juice Boyle it a little 
then put in your barbaries boil them till they be 
enough which you may know by their Colour if you 
hold it before you & the light, so keep them for your use

To make Custards

Take a quart of Creame & a quart of milk & Boyle it with some Mace 
when you take it off the fire cover it close till it is pretty cold then take out the 
Mace & put in 3 or 4 spoonfulls of orange flower water or raw rose water which 
you have & ten Eggs well beaten & strain'd sweaten it to your taste 
& so put it in your Cups/

Common fish Sauce

Take any sort of meat & make strong gravey season 
it with sweet herbs, Onions & Anchovies then strain it off
then put in a glass of wine & grate half a nutmeg in and
as much butter as will thicken it with drudging in a little
flower you may add if you please some srimps or
Oysters and to boil it up to a thickness to your
own liking/

craw fish soop

Take a brace of large Carp and a thornback some other sweet
fish as tench or such like and Boyle them with a few bay leaves
and some large mace in as much water as will cover them well
& strain it out for stock: then fry in sweet butter two larg Ells cut
in peices a Carrot & a parsnip in slices a handful of Sallary brown
fryed & put the anove stock to it and the bodyes of 2 firm Crabs
boyled a stamped in a morter & boil them together about a
quarter of an hour & skim off all the oyl & fat very well &
strain it very off, also, and have a hundred of boyled crawfish
the flesh picked out of the tails which flesh cut in peices & save to lay
in the soop when dished beat 80 of the crawfish bodyes well in
a morter with the crumb of 4 or 5 french rows first soaked
in some of the stock then add about a quarter more of the broth
to it and rub as much as you can through a strong thin Cloth
to get out all the good then put the rest of the stock to it or strain it
through the Cloth with it then take the Crust of two french rows first
dried a little & to them put in as much of that above as will
make it moist & soft & then it is all ready for dishing which to do
take this last soaked or french bread as much of it as you think
may make it thick enough & put in the bottom of your dish
and lay your minced with as much of the strain'd stock as
you have occasion for or will fill your dish & lay
your minced crawfish in spoonfulls in & about in
heaps as it stands boyling over the stove or
Chafindish lay about it your remaining twenty
Crawfish bodys for garnish and some shread
Lemmon & some scalded Spinage if you please
and tis done

to make a soop of carp or tench

Make a good strong meat broth & stew either carp or tench
in it with a little sweet herbs a little onion & a little seasoning
of Salt & spice a little white wine till they are stewed enough
then lay your bread in a dish upon a stove & pour broth by
degrees upon the bread letting it stew almost an hour when
you go to serve it up lay the Carp or tench whole upon
the bread, you may make this Soop in the same manner
with souls only first lard them with bacon & fry them
and then put them to stew in the broth two souls &
one carp doth very well together/

To make a fine Caudle

Take a quarter of a pound of pearl barley boyl it in
three waters a quart at a time save the last water
with the barley to that put a quart of Rhenish Wine
boyle these together then beat the yolks of ten Eggs
and as much sugar as will sweeten it let them
boyl a little stir them one way that they may not
curdle when it is enough take two lemmons wring
out the Juice and a little lemon peal which put in
first you may put thin slices of toasted bread
if you please/

To make a Pottatoo Pudding

Boy1 a pound & half of potatoes, blanch them &
peel them & beat them very fine in a stone mortar,
and put to them half a pound of butter melted
without water, half a pound of Sugar, five Eggs,
put away three of the whites, season it with a
little Salt and some beaten Cinnamon, mingle it
well together with a little Orange flower water,
and bake it in a dish with a crust

To make a Mallet Pudding

Take half a pound of Mallet and wash it very
clean well in boyling hot water, pour your water
on it, wash it in three waters, then put to it
two quarts of milk boyl your milk with some
Cinnamon and pour it hott on your Mallett
put to it some Nutmegg and half a pound of
butter sweeten it to your taste/
To roast 4 Ribes of Beef good

Take 4 Ribes of Beef & salt it over night the Salt must be very dry and mix a little pepper with it, when it is roasted about an hour take twelve spoonfulls of pump water & boyl it and one anchovie and a little beef suet thread small in it and strain it then baste it and then flower it well and cover the best part with paper a quarter of an hour before it be taken up, take the clear driping out of the pan & fry it brown & pour it on all at once then put a little flour & butter to froth it up/

To make minced Pyes.

Take two pound of meat & four pound of Suet take out all the skin & sinews & chop it very fine then take 12 pipins pare them, core, and chop them very small, add to thise three pound of Currants half an ounce of mace & half an ounce of cloves four Nutmeggs & four two pound of sugar a little Salt the peel of four Lemons shred very fine & the Juice of three, a pint of Verjuice half a pint of sack, and what sweetmeats you please/

To make a Dish of Stakes

Take a neck of mutton & cut it in Stakes & beat it with the back of a cleaver then take some Nutmeg two slices of lemon a little thyme tied up in a bunch & let there be an onion in, about a pint of water, & let it stand about an hour or two then take out your onion & put your water into the frying pan with two or three anchovies and the spice after the meat is fryed with butter, your butter must be boyling hott before you put in your meat then take it out & put the butter out & put in the water & let it boyl'd then put some gravy and a little butter then put in your meat & thick with flower till it is thick enough as melted butter you may strow some Capers upon it when you serve it if you please
To make Cuttlelts/

Take a neck of mutton & cut in thin slices & then take
some grated bread, thyme & shreds small grated nutmeg, & Juice of lemon
mix it well together & put it all over the meat then broil
it up on Charcoal, or fry it in butter smoke it as
little as you can make the Sauce of Gravey Juice
of Orange mushrooms & a little anchovies, so
Serve it up/

To Broyl a neck of Mutton

Cut it in Stakes & beat it with the flat of the Cleaver
& get some thyme & sweet Marjoram & Shallott & shred it small
grate nutmeg & white bread to it & mingle a little salt with it
& rub it on every peice of meat lay it on a clear fire
on a gridiron a little higher then the fire let it broil &
turn it when it is enough have some clarrett and
gravey one anchovie Shallot & pepper stew it & put it
upon the meat & stew it enough & send it in hott./

To make Scotch SCollops

Cut your Veal very thin and hack it very well with
a knife & lard it with Bacon if you have no fatt
of the Veal then fry in butter & put them into the
Dish for the Sauce take a little gravey & one anchovie
& boyl it a little while then put in some Clarrett let
it boyl a little then put in a bitt of butter & pour it
upon the SCollops garnish them with balls of Sassages Oysters
lemon Capers & thin slices of Bacon broiled, you
may leave the Clarrett if you will dipp them in Yolk
of Egg, jist before you put them in the pan
if you have any Oyster liquor put a little into
your Sauce/

To make Cuttlelts

Take two necks of mutton & cut them in stakes & beat them well
season them with cloves mace pepper & salt then broil them upon
a gridiron & drudge them with grated bread; then make your Sauce
for them with a glass of Claret or red Port Wine put a little strong broth & a little grateful some pickle oysters & a few fresh Oysters two anchovies a few capers & barberries two shallotts some lemon and Mushrooms put in a little fresh butter so put in your Cutletts into the pan & toss them up well then beat the Yolks of three Eggs in a little Clarret & put them in, rubb your dish with Shallotts & nutmeg & garnish it as other dishes/

To make Scotch Scollops

Take a leg of Veal & slice it very thin & hack it with the back of a knife take some thyme & a little winter Savory & shred it very small & stew it over the meat & a little grated nutmeg three or four yolks of Eggs well beaten & put amongst it then spread it out upon a Dish & then fry them in sweet butter when they are fried beat some yolks of Eggs with some white Wine and a little grated nutmeg & put it all together, then let the butter be melted before you put it to the Eggs and dish it up fry some thin slices of bacon and lay upon them let the bacon be fried before the meat/

To Pickle Pork

When you have dress'd it well & took out all the bloody peices, & then take the middle part which is only proper for pickling, cut it in large pieces, and sprinkle a little common Salt upon it & let lyse three or four days, one peice upon another Then Cut it in less peices fitter for use or the Tub you put it in, & to the quantity of a peck of Common Salt put four Ounces of Salt peter with which rub your Pork extremely well, and then put it in a close Salting Tub, first lay a Lare of Salt & then a Lare of Pork, & so till all is done, you cannot lay it too close, have a board to fitt the top of the Tub & upon that lay a weight that no air get to it, take it for use as it rises/

To make a Fardenay

Take a quart of Creame & grate in 6 or 8 Biskettes & the marrow of 4 bones well pounded 2 or 3 Ounces of Citron cut very fine, 6 whole Eggs & 6 yolks
half a pint of Sack, a little rose water, half a pound or more of fine Sugar & stir 'em up together then put it into your patipan & lay some Checker work of fine past upon it, it will take half an hour baking then take some blanched Almonds & sliced Citron & stick them upon the top with the juice of 2 Oranges grate some fine Sugar upon it and serve it./ ben

To Pickle Barberys

Boyl some of your worst barberys with water & Salt & make it strong of the barberys, then strain it & let it stand till it is cold & put in the barberys so cover them & keep them in a dry place/ ben

To keep Venison potted

It must be bon'd & Season'd a little more then to be eat hot if it be a haunch you must take care a little of that the fat be mingled with the lean, if it be lean & not fat enough then must be thin slices of Bacon laid between each Lair, the pot must be covered with dow & when it is baked pour out all the liquor & let it be press'd down with a trencher or the like or a little waite upon it & when it is cold cover it over with melted butter to keep out the air/

Mushrooms powder good

to a peck of large mushrooms 20 cloves 8 blades of mace a handfull of salt 3 bay leaves a sprig of rosemary half a pint of vinegar a peice of butter as big as an egg 2 onions as much beaten b peper as will lye on half a crown and lett them stew in their own liquor till it is all consumed then sett them in an oven after the bread is drawn till thay will powder and then
keep it in glase dry
To make Custard
Take a quart of Creame 12 Eggs with
four of the whites & a blade or 2 two of Macc
make it blood warm then sweeten it with
half a pound of Sugar & a little sack or
rose water which you like best

To make a Tansey

Take Spinage & bruise it with a little
handfull of tansey into a pint of the juice
take a pint of Creame or Milk 15 or 16 Eggs
half the whites beat very well, a grated penny
loaf with a little Nutmeg Salt & Sugar, to
your taste then put it all together into a
skillet & set it over the fire & keep it stiring
till it is thick then pour it into a dish as big
as you will have your tansey & set it upon
a chafing dish of Coals, cover it with another dish
& let it stand a little while, then turn it into
another dish & let it stand again so do 2 or 3 times
& wipe the liquor that runs on the dish edges
butter your dish queze lemon or sprinkle veniger
upon it/

To pickle Broom Buds, Pursline, Ash keys,
Elder buds, or any green Sallet

Take 2 quarts of white Wine Veniger, three
quarts of water one handfull or two of white
Salt some whole peper, a little bit of roach
Allom boyl this till it will bare an Egg then
dry your pursline in a dry Cloth & seal it so
do all the rest of your buds till they be green
take a pint more veniger, one quart more
of water some Allom so put your buds into
& make quick fire under them & let them boyl
up quick & cover your pot close then take
the pot off, & be sure that you keep the Stem
in, so let them stand to cool, & they will be
green so put them into a earthen pot for
your use/
Sturgeon of a Calves head

Take a calves head with the hair on lay it in
soak in water 2 or 3 hours boyl it in fair water
till the hair will come off, peel off the hair & slitt
the head take out the brains & tongue, tye it up close
in a cloth boyl it in milk & water with a little
bag of Nutmeggs cloves & Mace & a bunch herbs
let it boyl so tender to take out the bones & musles
so clap it up close the skinny side upermost & lay
it on a plate till it be cold, when it is cold put
as much white wine veniger & as will cover it
as you do sturgeon within a fortnight it will
be fit to spend/

To make an Orange Pudding

Take the rhines of 2 oranges grated add to it 12 Ounces
of double refin'd Sugar put them into a stone morter
& beat them very well together then put in 12 ounces
of the best butter & beat them again very well then
take 12 yolks of Eggs & beat them first by themselves
then put them into the morter & beat them all together
when you have so done make the best you can
except putt paste role it very thin & lay a sheet
in the bottom of the dish & lay another over it, you
may bake it with, an hour is enough after the
peel is well beat put in your butter befor the Sugar/

To make Penneroyal Pudding

Take two penny loaves of grated bread & almost as
much suet mince it smal put to it a good handfull
of peneroyal chopt smal & a little nutmegg & sugar
the yolks of 3 Eggs one white 2 or 3 spoonfull of
flower some currants then temper with milk
make it 6 or 8 puddings an hour will boyl them
put butter sugar with a little rose water or
sack for Sauce/
To pott a Hare

Take a young hare & when you have Cace't it
& washt it clean put it into the pot well season'd
with pepper & salt cover it close with dow & bake
with brown bread when it is baked pick it clean
from the bones, and then it in a mortar in the beating
put in about half a pound of clarified butter
when it is well pounded put it in a pewter
dish or plate, work it with a spoon on coales
till it is hott, then put it into your pott, press
it close & when it is cold cover it with Clarrefied
butter/

To make a white frigasie

Take Rabits Chicken or Lamb, skin the Chicken
cut 'em in peices & put 'em into a stew pan, just
cover em with water put a little bit of
lean bacon a little time, pepper, salt, mace
an Onion stuck with cloves when tis boy'd tender
then thred parsley, thicken it with yolks of Eggs
a little white wine a little cream, you must
not let it boyl after the thicken is in
shake well & serve it/

To make Lemon Wine

To every Gallon of ater two pound of loaf
Sugar & to every three Gallons the whites
of two Eggs put them to the Sugar & water
cold let them boyle half an hour take off
the scum as long as any rises, to every Gallon
of liquor the juice of six Lemons & the
yellow pecl of them pared very thin, pour
the water & Sugar upon them when it is
about the same quantity as for Orange Wine
& it must work two Days & Night tunn
it up & stip it close keep it till it is fine
then bottle it/

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folio 80 verso || folio 81 recto
To make Rice Custards

Take Rice dry it in an Oven then beat it small & serch it then take a quart of sweet Cream & put it to before you set it on the fire four good spoonfulls of this flower of Rice mingle it well that it do not clott, when it is well mingled then set it on the fire to boyl keeping it stirring & put to it as it boyls two or three peices of Sugar to give taste & take a little Musk if you have it, tye in tiffany soake it in rose water two good spoonfulls, then put that rose water in it if you like it & some Sugar to sweeten it to your taste when tis boyl'd thick enough put it in little Custard Dishes & not eat it till tis through cold/

To make white Puddings

Take a quart of Cream & boyl it, put in 3 or 4 blades of Mace & a Nutmeg grated, boil it well then strain it & when it is cold put half a pound of Almonds beaten, 2 penny white loaves grated, & sifted, a pound of beef suet shred fine & good quantity of marrow cut in long peices, 2 spoonfulls of rose water, 6 Eggs but 4 of the whites, sweeten it to your taste, put in a little salt & mace finely beaten your Gutts must be steep'd in rose water 12 hours./

To Make black Puddings

Take great or midling Oatmell 2 quarts pick'd well & bruise it a little, then take the blood hott from the hog about 3 quarts stir it well with some salt that it does not clode, put in your Oatmell & let it have room to swell, let it stand 2 Nights & a day, then sofien it with some warm milk a quart or more, put in a little grated bread 4 or 5 Eggs some spice of all sorts but cinamone, a little herbs, winter savory, sage, margerom, of each a handfull, of time 2, of penny royal 3, of Camamile one, of fenele, parsley beats sorrell of each a handfull, if any of the herbs are dry they must be well rubed, put in 2 or 3 green leaks shred very small, with the herbs, hoggs or beef suet cut in small bits, fill your guts not to full least they burst in the boyling/
To Coller Beef

Take a thin peice of flank beef strip the skin to the End
beat it with a roling pin then take a quart of Peter Salt
desolve it in 5 quarts of water strain it & put in the beef, let it
lay 5 days then take a quarter of an Ounce of Cloves,
a large nutmeg, a little mace & pepper beat it very well
& good handfull of time shred, strew all these between
the skin & meat, then role it up very close & ye it, then put in t
into a pot with half a pint of Claret & half a pint
of red Wine then bake it let the Oven be as hot as for bread/

Another

Take the thin end of the brisket of beef & hang it up in an
airy place 2 or 3 days bone & skin it & take out all the Grissells
& Sinews then take a good quantity of Peter Salt, pound it very
well & made very hott, then rub the beef well with it & some other Salt
let it lye 24 hours then wash it clean & dry it very well in a
Cloth & hang it up in a cool place then scrape lightly over it
a little Salt peter, cloves, Mace & Nutmegg, a good Quantity
of sweet herbs let it lye 24 hours, then role it up as hard
as you can put in a good deal of butter & a good many
bay leaves, bake it with household bread, take it out
before tis cold & put it up in Clarified Butter/
the herbs must be time and marjoram

To Make little puddings

Take a pint of cream 6 eggs but 3 whites beat
them well together then putt in 2 ounces and half
of Naples bisket grated very fine some nutmeg
a spoonfull of sack and a spoonfull of rose watter
beat it all together a quarter of one hour season
it with salt and suger to your tast then butter
your pans and into some put raisons and in some
carraways comfits some currants some slies of
candid orange peel then fill them and putt them
in a oven hott enough for a manchet and when
they are baked: turn them out hot and sett
them bottom upwards which will be of a bright
yellow serve them up with melted butter sack
and suger/
To Bake a Calves head x

Wash & make it very clean, then put it flat on an earthen pan the right side upward, put it under it a bunch of sweet herbs an anchovis or two, the brains & tongue cut in peices, half a pint of water, an Onion, about half a pound of Bacon; then shred about half a pound of Beef Suet & lay all over the head with beaten Jamacoe pepper & Mace season it well with it. When Baked take out the head and let the liquor cool, then take off the fatt and make Sauce with some of the liquor with butter and the brains bruised in it, slice your Bacon to garnish & Capors put in a little Vineger, you may put Musherooms & Oysters if you please but 'tis good without

To make a Puplin

Take 2 quarts of milk & turn it to a Curd then drain it very dry from the whey, put it into a dish & break it very fine with a quarter of a pound of Butter, break in 6 Eggs & Sprinkle a handful of flower to make it as stiff as a Cake, mix with it a quarter of a pound of fine Sugar, and let it lye a little flat on the paper, put it in a little Cake hoop or China Bason is as well to bake it in, put it into a quick Oven (not to burn) half an hour will bake it, When it is enough take it out & Cut it open with a thin Lidd and put in Cytron Candied & cut very thin all over it, then have ready melted butter & Sugar with orange flower water, pour it over the Cytron Then put the Lid on & pour Butter & Sugar over it.

To make Cream puddings

Take a pint of cream the yolks of 6 eggs 6 spoonfulls of flower a glass of sack suger and nuttmeg to your taste boyl them in basons
butter your basons and cloths very well flower them or they will
be apt to break half an will boyle them/

To roast lobsters

tyethem to a spit and bast them with watter and salt
untill half roasted then bast them with Claret till enough
save the claret and put it in a sauce pan with 2 anchovies
one onion stuke with cloves a little peper and salt boil
it and strain it of mix in a pound of sweet butter/

To make curd loaves

take the curd of four quarts of milk well drained
from the whey and pound it well in a stone mortar
put in six eggs only three of the whites a little salt
six large spoonfulls of flower and pound them altogether
and make them into small loaves and bake them on
tin plates and not set them to close together three
quarters of an hour will bake them and mix some
melted butter and sack and suger and Cutt off the tipps
of the loaves and pour it in and some over them
for sauce and put on the 4 topps again and
serve them as hot as you can/

To Make Tounges Montrossed

Take Sheeps Tongues boil them very tender then
peel them & shred them smal then toss them up
with some good Gravey with a little butter in it
& some Creame forced meat balls and Mushrooms
& Oysters fryed about the Dish or what other Garnish
you please/

To make Tea Creame

Take a quart of Milk and a pint of Creame put in
a stick of Cinnimon & let it just boil take it off
the fire & put in half an Ounce of Green Tea and
the peel of a Lemon: Cover it close & let stand
about two minuits then sweeten it to your taste & pour
it two or three times through a fine napkin
into the Dish you design for the table put in
a spoonfull of Runnet & let it stand a little if
there is any skin on the Top lay a sheet of white
paper on it which will take it off
If you like it stiff put the dish over a very
slow fire for a few Minuits after the Runnet is in it

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To make the Dukes Pudding

Take half a pound of Beef Suet Chop it very small
& run it thro’ a Seive half a pound of Raisons of the Sun
Stoned & Chopt very fine, 4 spoonfulls of flower and
four spoonfulls of fine sugar, 7 Eggs but only half the
Whites, one spoonfull of Brandy & 1/2 of white Wine the
peelee of one Lemon some Nutmeg Beat it all
well Boil it five hours

To make Wallnut Catchup

Bruise the Wallnuts put to them a good deal of Salt
& let them stand one Night in a pan then press the Liquor
from them & put to Boil with it all sorts of Spice &
some Anchovies & one spoonfull of Mustard when cold
Bottle it let it stand one year before you use it
one hundred of nuts makes one quart of Catchup

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Puddings for little Dishes

You must take a Pint of Cream & boil
it & slit a half-penny loaf & pow'r the
Cream hot over it & cover it close. till it is
cold, then bet it fine & grate in half a
large Nutmeg, 4lb Sugar, the Yolks of four
Eggs; but two whites well beat: Beat it all well
together. With the half of this fill four little
Dishes. Colo one Yellow with Saffron, one red
with Cochineal, green with the Juice of Spinage
& Blue with Syrup of Viollets. The rest mix
up with an ounce of w sweet Almonds blan-
ch'd & beat fine & fill a Dish. Your Dishes
must be small & see your Covers are very
close with packthread. When your pot boils
put them in. An hour will boil them.
When enough, turn them out in a Dish, 
the white one in the middle & the four Colour'd 
one round When they are enough, melt some 
Butter with a Glass of Sack & pour over & throw 
Sugar all over the Dish. The white pudding 
Dish must be larger than the rest & be sure 
to butter your Dishes well before you put 
in & dont fill them too full.

Clear Lemon Jelly

Take 4 Lemons squeeze the juice & rasp the peel of 
two of them as much water or jelly of pipins as you have 
juice the whites of 6 or 7 Eggs beaten when tis mixt 
run it through a jelly bag let it stand long enough 
first to tast of the peels run it into one pound of Double 
refin'd Sugar set it on the fire stir it all the time 
one way till tis as thick as cream then put in a little 
Orange flower Water & Ambergreese it is best ma two days old

Ketchup for Fish.

Pound the Walnuts & strain 
the Liquor thro' an hair Bag. 
To every Quart, put of a Pint of 
White Wine Vinegar, 2 pounds 
of Anchovies, some Horse Radish 
scrap'd, a quarter of an ounce 
of Cloves, a quarter of an ounce 
of Mace & Pepper, 8 Cloves of 
Garlick, 24 Shalots, two Races 
of Ginger & the Peel of two Le-
mons. Boil it all half an hour. 
Put the whole in a Jar & let it 
stand a week to settle. then 
pour off the finepart into 
small Bottles for use.

To make Gavatcho

Six Heads of Garlick divided 
into Cloves & split, a Tea-spoon 
full of Cayenn Pepper, two penny 
worth of Cochineal dissolv'd in
A Pint of Vinegar. Set the Bottle in the Sun & shake it frequently for a fortnight, then filter it though Paper. Some Lemon Peel & the Juice of a Lemon is an improvement.

To Pickle Walnuts

Take one hundred of Walnuts. Boil, Salt, & Water to bear an Egg, & pour it hot on them 'till they are cover'd. Change it every day for three weeks. Then take them out, dry them in a Cloth & put them into the following Pickle. Take three Quarts of the best Vinegar. One Quart of white Wine. six Onions. six Heads of Garlick. a Bundle of sweet Herb. Mace, Cloves & Ginger of each an Ounce. two Ounces of white Pepper & an handful of Salt. Let it boil 'till you can scum it. then take it off when 'tis cold pour it upon the Walnuts. To this put a Pint of the best Mustard & mix it with the Pickle. This Quantity of Pickle will do an hundred of the large French Nuts.

To make Cream Cheese

Take one half Milk, warm from the Cow & the other water. The water must be one half boiling the other cold & to be all runn'd lukewarm together. It must not exceed half an hour coming. when come it must be cut with the skimming Dish & put into the Vat with the same. Let the Cheese stand
in the press half an hour before
you turn it. Nb the second
turning salt it a little on
both sides & in the Evening

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take it out. When the Coat
begins to come, the Cheese must
be wash'd euery other day in
cold Water & wip'd.

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Hysterick Water
Sperma Ceti
Alkermes
Gascoign Powder
Ipecacunha
perrewinkle
liniment
Electuary
the receipts for the farcey and bugs are

in the little bandbox
20 grains makes a scruple
3 scruples makes a dram
8 drams makes an ounce
12 ounces makes a pound

To Take out a thorn

take birdlime Turpentine and a little black soap temper all these together lay it to the place greived/

A sear cloth

Rosin White frankinsence virgins wax equall quaintitys melted together dip the cloath in it/

A Sweeting deit drink

one ounce and half of china roots: one ounce and half of eringo root: one Ounce and half of sarsaperilla
half an ounce of Ivory: ^shavings and half an ounce of hartshorn Shavings
one dram of Maiden hair
Boyle all these in a gallon of water till it comes to 2 quarts and drink with a little milk or wine for your constant drink, or else drink half a pint of it in the morning fasting & at four in the afternoon

A powder for fitts

take and putt it in a pott and cover it with corse past and bake it with bread two or three times till it is dry enough to beat to powder and sift then add to it one ounce of powdered coral and one nutmeg powdered give as much as will lye on a shilling to a man and in proportion to children give it either in black cherry water or rue tea it is to be taken three days before and three after the change of the moon
For A Rheumatism

Take a shin of beef and a pound of garlick and
put it in a pot with three gallons of water
and let it boil till it comes to one gallon then strain
it off and take half a pint in the morning fasting
and at four in the afternoon and at night going
to bed

To make Treacle Watter

Take hartshorn shaveings an ounce boil it leisurely
in 3 pints of spring water till it comes to a quart
then take the roots of Ellicompane gention cypris
torrentel of each one ounce angelico one ounce
burage buglass rosemary and Marygold flowers of each
2 ounces Citron rines one ounce a pound of the best venice
treacle dissolved in 6 pints of white wine 3 pints
of red rose water infuse it all together all night and
distill it in a cold still the roots Must be scraped and
bruised and put it in the wine and the herbs shred and
put it into the wine and Watter/

To make Bitter drink

take the lesser centry and camomill flowers of each
as much as you can hold between your fore finger and
thumb the best senna 2 drams cardus seeds half a dram
gention roots half a scruple boil all this in half a pint
of water till it is half consumed drink it in the
morning keep your self warm if you leev out the senna
you may drink it every morning this is good to open
obstructions When you would have it purge put in senna/

Druggs for Stoughton Drops

2 Ounces of Gention, 2 Drams & a half of
Cardimum, 2 drams & a half of Choohenel,
1 Dram of Saffon, 1 Dr. am of Snake Root
1 handful of Juniper berrys,
The Peel of Six Civil Oranges & One Quart
of Brandy

The oranges pared that no white appears: the gention
thinly sliced: the cardimums bruised: the choohenel
powdered with a lump of loaf suger very fine in a stone morter: the Juniper berrys bruised: it must infuse ten days shakeing it every day and then strain it off/
then put a pint of brandy upon the Ingredients and lett that stand ten days shakeing it every day then strain it off/
then putt a quart of white wine on the Ingredients and it will be good bitter wine/

Dr Garth s Steel pills

Take 2 drams of extract of gention an ounce of filings of steel finely prepared put as much surrup of clove July flowers as will make it into pills take one in the morning and one in the afternoon an Equal quantity of steel and extract of gention as done great cures/

Mrs hain s sirrup

a pint of juice of pursline to a pound of double refined suger made into a surrup/

my mothers receipt for W:

2 drams of powdered rubarb 3 drams of venus turpentine mix them well together then make into midleing pills take 3 in the morning and 3 in the evening till this quantity is gone/

to keep chillblanes from breaking
rub them well some times with oyl of turpentine

For fitts and the falling sickness

nine grains of powdered snake root and one grain of salt of amber to be taken in a Morning fasting in compound piony water mixed with a little Asifatida water three days before and three after the change of the Moon this is the dose for a man and in proportion for children: and they must take it in black cherry water/
the way to make the Asifatida watter is to
steep one penny worth of asifatida in a pint
of watter and sett it either in the sun or near
the fire shakeing the bottle often/

A cooling oytment

green woodsorrel and green plaintain stamped
and the juce beat up with sallett oyl/
it is good to heal a sore inward or outward/

To make Sirrup of Garlick

Take a head of garlick peel and cutt every
Clove in half and put them into a pint of spring
Watter and simmer itt away to half a pint then
put it to it six ounces of lisbon suger and boyl
it to a siriup and take a full spoonfull in the
morning and at 4 a clock in the Afternoon and
Eat a bitt of the garlick sometimes/

For the Ruematism

Take of the best gum Guiacum verey finely
powdered half a dram in a spoonfull of thin Watter
grewill as warm as Milk from the cow for 9
Nights besure eate your supper 2 hours before
you take it, for your stomach must be empty
when you take it and the last thing thing you
do before you go to bed: you may drink o what you please
for breakfast the next morning you need not
keep at home provided you take care not to catch
cold
if it is good it should have a greenish cast
like Gascoigns

To make Sirrupe of Saffron

One Ounce of Saffron & then pull it to peices
and put it up close in a Chinae Cup with
a pint of Sack and let it stand for 2 or 3 days,
and let than strain it through a flannel
Bag & squeeze it out, and than take the
Saffron & put it to a half a pint of water
and let it scimmer a little time & so do it
3 times and then to this quantity of Liquor
put about 3 pounds of the best loaf Sugar
and let it boil gently for about a quarter
of an hour

For a Sore Throat

1/2 Ounce of Red Rose Leaves
1/4 Ounce of Pomegranate flowers
1/4 Ounce of Spirit of Sulphur
To be put into a quart of Spring water

For a Bruise

Take rosin finely powdered as much as
will lye on a shilling in a glase of White Wine
immediatly so do for 2 or 3 days and bleed

To make the hair grow thick

an ounce of oyl of sweet almonds with a nutmeg
grated into it cover it close and bake it with
household bread then strain it off and putt a
spoonfull of sack to it and rub the head with it

For Deafness

A grain of Musk and a grain of safforn tyed
up in a New Peice Sasnett and putt in to the ear

The Red Powder

Angellica, Dragon, Bistony, Scabous, Pimpernell,
Wormwood, Mugwort, Dittander, St Johnswort,
Tormentile, Rosemary, Dandylyon, Hartstongue, Buglass,
Garmander, Billitary of Spain, Burnett, Loveage,
Cardus Benedictus, Red Sage, Of each of these
a quarter of a pound/
Shred all these herbs small & bruise them in
a stone Mortar, then put them into a well-glased Pan,
& pour two quarts of white Wine & stir them well
together, & tye them up close for two or three days,
& stir them two or three times a day./
Then take a pound of Venus Bolearmoniac beaten very fine put it into a broad Pan, & wett this Bolearmoniac with as much juice of these herbs being wrung out hard in a Cloth, as will make it a thick Batter, then Set it in the Sun to dry, and when it is pretty thick wett it again, & so you must continue to do till all the Juice of herbs and Wine be drunk up/

In the last wetting you must stir into it, One Ounce of Mithridate, One Ounce of Diascordiam, half an Ounce of Confection Alkerkernes, half an Ounce of prepared Pearl, 24 leaves of Gold, One Ounce of Contrayerva, One Ounce of Snake root, half an Ounce of Saffron, half an Ounce of Cochineal, then stir & mingle them well together, you must stir it often the last wetting or else it will grow hard at top & soft at Bottom, so it must be stirr'd often that it may dry all alike, & when tis thick enough to dry like a paste then make it up into Balls, drying them very well, neither Rain nor Dew come to it all the time of making/
If you put a Pint of Wine & a pint of Strong Ale to the Herbs after all the juice from them and distill them in a cold Still, it will make a very good watter to give the Powder in

To Make Sirrupe of Violets

Take 4 quarts of Violets pick them & Clip the whites of the Leaves then take a pint of Spring water heat it scalding hott but let it not boil put the leaves into a Silver tankerd and pour the water hott upon them & shutt the Lid close & let it stand till the next morning then strain it through a clean fine Cloth into a white dish then take two pound of double refin'd Sugar beat it very fine & put it into the water stir it very well, let it stand till the next day stirring it 2 or 3 times that the Sugar may the better dissolve
If you have a Silver Tankard big enough put it into it, if not into a cleane Skillit, Set it ont he fire stir it all the time till it is ready to boil but it must not boil scum it very cleane then pour it into the white bason let it stand till it is through cold which will not be
less then a day then put it into a glass bottle tie it up with a paper & prick it with a pin, if you cork it at first perchance to burst the bottle/

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back outside cover

spine

head

fore-edge

tail