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Last updated: 8 April 2021

V.a.8: Cookbook of L. Cromwell [manuscript].

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:1:
(13ⁿ):

K: To stew a breast of mutton

Take your breast of mutton cut it
in peeces & put it into as much
water as you thinke will stew
it enough then put to it a sprig
of rosemary & a pritty deale of
Large mace & some reasons of
the sun & couer it keeping it
simmering tell it be tender &
if there be to much liquour
in it you may poure some of
it forth *when* you take it of the
fire, & put some salt to it while
it is doing *when* you send it up put
some butter uinigar & suger to
it & lay *the* reasons on *the* top of if
you doe not put to much water
to it, it will eate the better.

To make a sammon
:2: IbidPye K:

Take *your* sammon unboiled & season
it with peper & salt not to much
Fill *your* pye with a great deale of
butter else it will eate dry & put
in some reasons soo bake it &
eate it hot

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2
Ibid:
3

To butter a Hare K

Take the fore parts of the
Hare when it is boiled & mince
it uery smale & put to it pritty
store of currence & butter &
lay the head & wing bones with
sippets about it.

4

To make good water
grewell. K:

Take to a quart or more of wa=
ter 2-2 good spoonfulls of grets
beaten, some reasons currence
sinamon cloues & mace whole
soe let it boile a good while
& when you thinke it is inough
put in some salt but let it not
boile long in it to make it looke
blacke then put in it rosewater
butter & suger & some nuttmeg
sliced or grated & some bread
you may slice in if you like it. /

5

Olde Ieanes Tansie

Take uiiolet leaues sweet cicily
strawberry meeke primrose leaue
of each a little handfull of Tansy

& sorrell a good handfull you

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3

reason tree or any greene thing
a little will doe well to make it
looke greene put in store of spin
nach for of *that* & straw: uibolets
primrose & cowslipes good store
is best, 3 penny loaues grated
9 egges 5 whites beaten *with*
herbes after they haue bin
pounded a while to 3 quarters
of a pint of iuce 3 spoonfulls
of suger of beaten cloues & mace
with a little ginger as much as will
one spoonfull 1 nuttmeg 1 spoon=
full of flowre 1: spoonfull of
rosewater when it is fried sprin=
kle it *with* rosewater & strew
on it *nuttmeg* ginger *sinnamon* & good
store of suger.

6

To keepe Hartichocks
all the yeare

Take a large kettle & fill it *with* faire
water then season it *with* salt as you
would season broth to eate, soe let
it boile a while & then put in as
many of the fairest hartichokes
as you can well boile & let *them*
boile till they be 3 quarters boiled

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4

then take them up & put as
many more into that liquour
& when they are boiled as the
other take them up, if you
would doe great store you
must haue 2 kettles of liquour
& doe *them* in *the* same manner
when you take *them* up lay *them* in a
siue till they be colde then
set *them* on there bottomes one
upon an other in a sweet
Ierkin & poure the liquour
upon them & fill the uessell then

head it up & put bore a hole
in the head *which* stop with a
corke & once in 3 weekes
see if they want liquour & if
they doe boile some water
with a little salt & when it is
colde fill up the uessell in
the winter when you use them
they must be washed well &
boile them as you doe to eate
& soe the bottoms will make
uery good pies.

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good sauce for a leg of
mutton

Take a good handfull of parsly &
boile it in a faire cloth with the
mutton tell it be uery tender then
take it up & cruch it betweene
2 trenchers & shred it a little &
put to it some sugar uenigar &
butter to your liking & warme it
together & poure it on *the* mutton
when you send it up.

8

Olde Ieanes hogs pudding

Take to the blood of an swine
a peacke of grets but put *them* not
in *the* blood, but take *the* lights &
caule in *which* put all *the* fat bits
that comes of *the* guts & make it
fast with skiners soe boile it in
pritty deale of water tell it
be enough then take all up
& if *the* water be to fat take
of some of *the* uppermost & saue
for the white puddings & if
there be yet to much water
to steepe *the* grets take the
skin some of *the* undermost water
out & then put *the* other into

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6

the pot agayne & put in all *the* grets & let *them* boile 2 or 3 walmes stirring *them* all *the* while soe couer them close tell *the* next day, then take *the* hardest of *the* grets as many as you thinke will serue & heate *the* blood *with*the fat cut & put into it & *the* herbs & *when* it is warme put *the* grets to it & stirre it well soe keep it by *the* fire & fill your pudding put in *what* sweet herbs you will & good store of fennell seeds.

9

A quakeing pudding.

Take aboue a pint of creame heate it *with* a blade of mace & slice in some white bread uery thin as for milke to boile put in 6 yolkes & 3 whites of egges beaten & some suger & nuttmeg then butter *the* bag & flowere it uery well & tye it hard & let it boile an houre you may lay a little saffron in a cloth in *the* creame before to change *the* couler of it & let *the* sauce be butter & sacke or rose water & butter.

A Hasty pudding

Take *your* milke & boile it *with* nuttmeg after strew in floure *with* *your* hand uery fine stiring it all the while tell you thinke it be thicke inough then continue

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7

stiring i. tell it be thicke enough & send it in *with* butter, but let it not stand after it is done.

11

A pudding

Take a quart of milke & boile it with whitebread tell it be thicke enough then

put to it beaten sinamon & suger &
reasons or currence boiled before 4 or
5 egges 2 whites soe bake it in a dish

12

A Cowslip pudding.

Put into a good plaine pudding 2 or
3 good handfulls of Cowslips.

13

A Haggas pudding

Steepe some grets in in milke ouer
night & boile the head & heart of a
sheepe & shred it with suett & mix
it with good herbs such as you put in
blacker puddings & put in beaten
mace nuttmeg & currence & salt & soe
boile it in *the* maw of a sheepe & *when* it
is boiled if it be not fat enough
put in some melted butter, you
may make these with a calues chaldron
boild & minced & mixed with grated
bread & a few sweet herbs & nuttmeg
& currence & soe boile it.

14

To make an almond pudding

Take a pint of creame & slice in it

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soe much manchet as will make it pritty
thicke then set it on *the* fire & Let it scald
till the bread be uery soft then *with* a
spoon breake it into little bits then
put into it 2 whites of egges & one
yolke well beaten, & a good handfull
of almonds finely beaten then season
it with nuttmeg & rose water.

15

A plaine pudding

Take as much milke as will make
your pudding put in 2 egges a little
pepper & salt then mingle it with
floure as thicke as butter soe put it
in a bag & boile it & when it is boiled
cut it in *the* middle & put butter & suger
on *the* top.

16

To make a good pudding

Take a quart of creame & boile it well
then cut a 2 penny loafe uery thin
poure *the* creame to it & couer
it close a little while then put in
the yolkes of 10 egges well beaten & suger
then put mace & nuttmeg in steepe in
rosewater water & straine the rosewater in
to *the* pudding & stir it well together
soe boile it.

17

White puddings.

Take some grets picke *them* very clean
& boile them in milke tell they be tender
then let *them* stand all night in the

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9

morning take of the top boile some
creame with sinamon mace & nuttmeg
tell it tast well of the spice, then put
into *the* grets as much as you thinke
good, alsoe put in some sinamon
& nuttmeg beaten, take marrow &
cut but not to smale put in alsoe
7 yolkes & 3 whites of egges well bea=
ten with with rosewater mingle all these
together with grated bread & suger
inough to sweeten all, & fill not *your*
guts to full, boile the water before
you put *them* in & now and then put
in a little cold water when you take
them up pricke them.

18

A Naples bisket pudding.

Take 6 naples biskets grate them uery smale then beate 3 yolkes of egges & take a little creame & rosewater & sugar-spice mingle them together then take some marrow or ueale or beefe suett & put to it & bake it a little baking will serue.

19

Sheepes puddings.

Take to about 3 pints of the blood 3 pints of grets put *them* into *the* blood while it is warme & soe steepe them all night then put to it 5 pound of mutton suett a 2 penny loafe grated, of herbs winter sauory rosemary sweet marierom

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but most penny-roiall, a good deal of salt 6 egges whites & yolkes, soe fill the guts & boile them.

20

To make a white pot.

Take a quart of creame & boile in it a blade or two of mace then take it of the fire & *when* it is almost colde put in *the* yolkes of 8 eggs beaten & suger & a little salt; then cut of the crusts of a white loafe & cut square peeces then put some bits of butter on the bottome of the dish & some reasons of the sun stoned, then lay some slices of bread, then put more butter or - marrow *with* reasons or any preserued plums & soe lay bread till it is full enough, then poure on the creame till it be full, or you may put *your* egges suger on *with* spice you like in *your* cream without boiling & soe poure it on & bake it.

A sinamon pudding.

Take wheaten bread grated & out ^{^ to} it
some creame & the yolks of 4: or 5 egges
season it with suger & a pritty deale of
beaten sinamon & a little salt, soe put
in a good deale of melted butter stir
it well together & butter your dish
& bake it.

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An Almond pudding .

Take a manchet & slice into creame &
set it ouer the fire tell it be scalded
then break it uery smale & beate a
handfull of blanched Almonds with a =
little rosewater then put in one white &
3 yolkes of egges, season it with suger &
nutmegs then butter *the* bag & flower
it well tye it up close & in lesse then
an houre it will be boiled. then put
some rose & butter beaten together
on it & scrape on some suger.

22

To make oatemeale puddings.

Take a quart of gret picke them cleane
& put to *them* as much scalding milke &
will steepe them all night then put to
them 6 yolkes & 3 whites of egges beaten
with 6 spoonfulls of rosewater or more
then season it with *nuttmeg* *sinammon* suger &
a little mace & salt. put in good store
of beefe suett & a little marrow & *when your*
beasts guts are very cleane, fill *them* not
to full & boile them.

24

Peare puddings.

Take grated bread & put in some beefe
suett currence suger a nutmeg & 4 egges
2 of *the white* & some rosewater & a little
salt & if you put in some creame the
better but make them not to thin role
11Z

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12
them up with a little flower into the fashion of peares or with you like let the
water boile before you put them in
put a peece of butter or suett into the
water or if you have some mutton
broath to boile them in the better
your stuffe you may fill into scooped
apples & stew *them*; or you may put
in good store of parsly finely min=
ced & bake it in a dish or in past with
other herbs in the summer *when* there
is some tast in them.

25

To make Liver puddings

When *your* liuer is boiled you may grate
it, but the better way is to beate it
in a stone mortar with some rosewater
or the creame you meane to temper
it with all & then straine it & put to
it as much grated bread as will make
it of a fit temper to put into the
guts put to it 8 egs 4 whites & sea=
son them with 3 nuttmeg as much bea=
ten sinammon & about 8 cloues a little
salt 4 ounces of suger a pound of
currence well picked & washed let
your lard or beefe suett be ready cut
& put in as much as you thinke fit.
the guts being cleane prepared cut *them*
a foote long & fill *them* not to full put

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a dish into the bottome of the kettle
to keepe them from breaking.

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To make the ordinary
pan pudding

Put about a quart of flowre into
a good big carthen pan then put in
a little salt and an egge or 2 stir it
together *with* some raw milke tell it
be thicke batter, & set on of fire as
much milke as will fill the pan let
it boile up and then poure it into
the pan stirring it all the while
then put in a pritty deale of butter
or sweet beefe dripping and let it be
well baked.

27

To make fruit broth.

Take to 3 gallons of water 4 marrow=
bones 2 quarts of browne bread grated
1: pound of reasons 1: of pruens and 1: of
currence a bundle of sweete herbs
and 2 or 3 blades of mace, when it is
scumed cleane take up some liquour
& put to the bread and let it stand tell
it is scalded then put it into *the* water
*with*the fruit and other things let it boile
softly 5 houres *that* it burne not to *when*
it is almost boiled put in a good hand=
full of suger & a little cloues & mace
beaten.

1X

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To make a good white broth.

Take a knuckle of ueale and bare marrow
bone & a capon put to *them* as much
water as you thinke fitt, *when* it is
scummed cleane Let *them* boile uery
well together, then take as much of
the broth as will serue *your* turne more
or lesse & put in it some white-wine
sacke large mace *sinammon* & *nutmeg* cut in
peece some dates, boile these well to=

gether, then put in as many yolkes of
eggs as you will serue then season it with suger
you may boile some fruit by it selfe
to garnish the dish but the best white
broth hath noe fruite at all.

29

Broth

Take a necke of mutton & *when* it boiles
& is scummed wash 2 spoonfulls of
french Barly & take of reasons & cur=
ence of each a quarter of a pound
a blade or 2 of whole mace & a sticke
of *sinammon* beate 2 or 3 spoonfulls of
grets & steepe in some of the liquor
& take *that* liquor to thicken your broth
put in a bundle of sweet herbs & a
good handful of sorrel & buglasse
endiue & some *spinnach* pickle of *the* stalkes
& put them in whole & *when* it is boiled
season it with whitewine & suger or use
iuce & put not into much thickening.

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White broth

Take a quart of water and set it on the
fire with *nutmeg* cut & dates slices & large
mace and a pritty quantity of marrow
let these boile a pritty while then beate
10 yolkes of eggs & put into the broth
with as much white wine sacke & suger
as you thinke good.

31

To make minced Pyes

Take a peece of the Butt of beefe &
boile it a little then cut of the outside
of it & waigh the rest & to 10 pounds of
beefe take 13 of suett, mince them smale
together and take 12 apples & mince uery
smale & put to the meate then of cur=
rence take 7 pound of of reason 8 pound

of pruens 2 pound 8 nuttmegs 4 ounces
of dates cloues & mace 1 ounce halfe an
ounce of sinmmon beaten a little beaten san=
ders a pint of rose water a little pepper
& salt & beaten ginger & carraway seeds
& 3 orrange peeles minced smale.

32

minced egge pies.

Take 5 egges & boile them hard then peepe
of the shell cleane & mince them uery
smale put to *them* halfe a pound of beefe
suett minced & halfe a pound of currence
& season them as minced pies & *when* they are
baked put some caudle into them.

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To make sheepes feet pies

First make fine past then seeth you feet
tender before you put *them* in then put
them in whole & season them with peppers
mace cloues salt fresh butter make a
caudle as you doe for chickens & put to
it *when* it comes out of the ouen else you
may put to it a little ueriuce & suger.

34

To bake calves feete

Make your coffins uery high then cutt.
the feete in little peces from the
bones and season it with pepper & salt
cloves mace sinammon ginger a little then lay
them in your pies and put there to a han=
full of smale reasons a few barberries 2
dishes of butter and a little suger. when
they be almost enough put in a little
uariuce or if you will you neede not
put in soe much butter but make
a caudle with 3 or 4 yolkes of egges;
& uerince & suger put to your pye
when it is almost enough.

35

To make a potato pye

Take a pound if pottatoes & boile them
tell they be uery soft then take halfe
an ounce of sinammon as much nuttmeg
a little pepper some large mace a
little salt 2 ounces of dates and 2 marrow

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bones halfe a pound of butter & when
it is baked put in some white wine &
butter.

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To make a seath pye

Take a little raw beefe & a little raw
mutton shred them together take
a little time & parsly minced smale
some suett pepper & salt 6 pippins
& some suger & make them little
pies for 3 in a dish with one corner
& *the* rest round. . .

37

To make a hare pye

Take the hinder parts of the Hare &
cut it in thin peeces from the bones
then take the udder of a leg of ueale
& cut in such peeces alsoe & to euery
peece of meat sticke close a peece
of fat & season it with pepper & salt
make *your* pye round & deepe & lay
good store of butter in the bottome
then lay in all your meate & more
butter on the top soe bake it uery
well & eate it either hot or colde &
if it be made right it will tast iust
like uenison. . .

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another way for this

Take all the meate from the bones
& beate it till it be all in one lump

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then take suett & lay in the bottome
& *when* it is cold fill it up with butter you
may bake red deere or beefe this way
& it will keepe a great while.

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The humble Pye

Take a lambs head & purtenance &
when it is cleane picked & washed set
it ouer the fire & scume it cleane &
when it is parboyled enough to mince
mince it uery smale & mince as much
beefe suett as meate *when* both are
uery smale, minced seuerally mingle
them & mince them to gether, then
season it with a pritty deale of nutt=
meg & sinammon some suger & some salt
lesse then a pound of currence well
picked & washed then cutt smale
sweet marierom time sauory pars
ly a few greene marygold leaues &
mingle these *with* the meate soe
fill *your* pye close & *when* it is well
baked make a caudle *with* a little
ueriuce as much rosewater & suger
& butter soe are the minced pyes
made but *with* out the herbs, if this
be made right you cannot know it
from an humble pye.

40

To make good minced
Pies.

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Take the flesh of a leg of ueale *when*
it is parboiled & mince it uery smale
then mince as much beefe suett as the
ueale & mingle them & mince together
then let your seasoning be 4 ounces

of suger 2 of carraway comfits 3 Nuttmegs
halfe an ounce of beaten sinammon a little
salt on pound of reasons of the sen 2
of currence you may put in some dates
& lemmon peelee minced mix all well
together till *the* pies well & *when* they
are baked put in to euery pie some
caudle made with rosewater ueriuce
butter & suger.

41

spring-garden tarts

Take for the past to 2 quarts of flowre
one pound of butter & breake it cold
into the floure then put in a pint
of creame & after *the* past is made
role in it a pound of butter as you
doe for puffe past: slice *your* apples
thin & lay them in put in sinammon
whole & cittron sliced thin in the
middle & suger pn the top role the
past thin & turne it ouer like a
pasty.

42

uery good pasty
crust

Take a pecke of floure 4 pound

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of butter breake it colde into the
floure & worke them well together
with cold water & beate it with a role=
ing pin then beat 3 or 4 pound of
mutton-suet with faire water uery well & put
into *the* past with the meate & put 3 or
4 nuttmegs to your pepper

44.

To make a Pasty of
Venison

Take a good pecke of floure & 4 or
8 eggs & 4 pound of butter & mingle

it with cold water then season your venison with pepper & salt & soe bake it. you may make a good pasty of a flanke of beefe but if it be thicke you must beate it as the suett *which* you put in the bottome, *which* you must beate in faire water & *when* you set it into the ouen put in a little faire water & couler *the* pasty *with* *the* yolke of an egge. put in as much pepper a= agayne as you doe salt.

45

To make puffe past

Take fine floure the whites of 2 or 3 egges some suger & rosewater & tem these with cold butter & worke them with great strength & sprinkle it with faire water when you see good then role it in a thin cake & lay butter

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as often you will.

46

To make a tart of orranges

Take orranges & shaue them & lay *them* in water a night then boile them in 3 or 4 waters that done lay *them* in ~~mal~~ malmesey 2 houres then take them out & seeth the malmsey on the fire & put in 2 yolkes of eggs a little sinammon suger & [^]rose water.

47

To make Tart stuffe of quinces & apples

make it as your marmalad of quinces but *somewhat* thinner & straine it through a fine meale siue mingle as many ap= ples with your quinces as your please

48

To make stuffe of
apples only.

Pare your apples apples only & slice them from
the coare & put them into a pot &
let them stand in the ouen tell
they be baked then straine them &
put in as much suger as will sweeten
them then seeth it tell it be almost
enough then put in as much iuce of
barberries as will couer them soe let
it seeth tell it be thicke enough to
lay into *the* tart instead of baking
you may boile them.

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To make Creame Tarts

When *your* crust is raised round & shallon
Lay in your apples in thin slices like
Taffety tarts & put in some orrange
peepe then lid them & cut *the* lid all
ouer with long open cuts; take to
a quart of creame *the* yolkes of 4
egges beaten & as much suger as
will sweeten it well & *when* the tarts
are neere quite baked poure this
creame into them tell it fill them
up to the lid & then let *them* stand
after *this* a quarter of an houre in
the ouen.

50

To dresse a calues head

When your calues head is boiled take
it up & *when* it is cold cut it of the
bones like a hash then take halfe
a pound of butter, & the braines
being boiled with a handfull of Parsly
& sage & shred smale & some bacon
cut smale & let *them* all stew together
& put to it some venigar.

51

To swws-sowse a pig

Take a gallon of faire water a pint
of white wine vinegar a quart of
white wine of time & winter sauory a

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a handfull a few cloues & some Large
mace a Nutt: quartered boile all these
together a quarter of an howre then
take of *your* liquor put in *your* pig & let
it stand till it is almost cold then
let it boile a little & then take out
your pig & put in that thing you
meane to keepe it in, let *your* Liquor
stand till it be noe warmer then
milke from a cow then poure it
to your pig to keepe it, you may
serue it whole or quartered & fill
your dish with liquor it will be like
gelly & soe eate it.

52

To dresse lambs feet

first scald of the wooll then seeth
them till they be enough in water
& salt then frie them in fresh butter
& parsly & let the sauce be uineger & pepper

53

To rost a hare

Take parsly time sauory & oynions
chop't, with yolkes of egges creame &
crms of bread a good peece of butter
a little pepper smale reasons & barberries
worke all these together, & sew them
in *the* hares belly & *when* she is almost en=
ough bast her with butter & *the* yolke
of an egge. & make uenison sauce to it

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To seeth a Carpe

Wash it then seeth it in white wine
vineger with oynions butter & suger.

55

To make uenison sauces

Take clarret wine & grated bread
boile them together tell it be pritty
thicke then take it off the fire & put
in a peece of butter & beaten sinammon
suger inough to sweeten it & put in
a sprig of rosemary at first & you
may put in some red sanders to
couler it.

56

To dry tongues

Take them & salt them well with
bay salt & as it melts put on more
~~th~~ when they are stiffe if you hold
them up with one hanbd they are salt
enough then strew *them* ouer with
course wheaten bran *which* will keepe
them & bacon from rusting soe hang
them in a chimney from the heate
of the fire, tell they be through
any then hang them any where *them*
soe seeth *them* in water *that* will not
beare sope with a wispe of hay in *the*
bottome soe boile them & eate *them*

57 A Flash: M:

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25

Take any cold mutton boiled or roas
ted *which* is best slice it in thin smale
pees then in a pipkin or dish set
it on the fire a stewing & put to it
white or clarret wine or for want
of wine put ueriuce & *when* it is stew
ed enough put to it a peece of butter

some capers & samphir & sliced lem=
mon & with sops serue it up, at first
put in a whole oynion peeled into *the*
middest & *when* you take it up take
out the oynion; if you make it of
veale put in some sweet herbs
minced smale & stew *them* with it

58

To make Pancakes

Take a pint of creme & 4 egges &
some nuttmeg & floure & salt fry *them*
with butter, this will make 4 pancakes.

59

To make good pancakes

Take some water & floure & blend
together, then take 12 egges halfe
the whites & beate them well together
then put them into *the* batter put alsoe
nuttmeg salt & suger into it & fry
them with butter

60

To make an apple
Tansie

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26

Take some apples & cut them in
round peeces & stew *them* betweene 2
dishes with water till they be tender.
then take some egges not all the white
& a little creame & grated bread with
Nut. & suger & *then* may put in a little
flowre to binde it then put butter
in the pan & melt it then poure in
some of the batter & lay the apples=
one by another & poure the rest
on the top *when* it is hardened turne
it & Let it bake on a soft fire.

61

A Tansie

Take good store of spinach some prim
rose leaues balme & ~~thyme~~-Tansy
beate these uery well & then breake in
a duzen or more of egges & neere halfe
the whites & stamp them with the
egges then straine it into a pan
& season it with a nutt: & some suger
put in 4 spoonfulls of creame &
2 of faire water soe fry it. put
not much suger in it but put the
more on the top.

62

To make custards. B:

Take a quart of creame & boile it with
~~mace then beate~~-then beate the yolkes

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27

of 12 egges & put some suger in the
creame & poure it to them then stir
it well together & put them in littl
dishes & soe bake them.

63

A custard or goosberry foole

Take *your* goosberries & boile them to
mash then put the water from *them*
& put *the* yolkes of 2 egges to a pint of
goosberries & boile. it a little more &
sweeten it with suger & eate *when* it is
~~eald~~-colde rosewater or cream with
doe uery ^{well} in it.

64

To make Country custards

Take milke & set on the fire & put in
a little floure & soe let it boile well
together to thicken it a little *when* it
is cold put in some egges whites also
but first beate the egges together

& season them with a little Nuttmeg & suger. strew some currence in the bottome of the pies *when* they are raised & set *them* into the oven & *when* they are hardened stir the stuffe well together *that* the floure may not sinke to *the* bottome & soe fill them the crust must be made with wa=ter & a little milke.

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28
65

Clouted creame

Take *your* new milke & straine it into pans as you use to doe & *when* it hath stood 2 or 3 hours take as many as you please & without ioging set *them* on triuets with a gentle fire under them & let it stand till it be scalding hot then take *them* of & set *them* into *the* Dary till next day then take up. your creame with your hand or skimmer into your dish, & all this while be sure noe dust be raised./

66

To boile creame,

Take a quart of creame & slice into it a little stale manchets very thin *with* out any crust & put in a blade of mace, & *when* it is almost boyled thicke enough put in 6 spoonfulls of rose water & some suger & let it boile a little *withthat* & *when* it is ready to be taken of put in a little salt & soe poure it into your dishes & eate it cold.

67

To make a Come Creame

Take a pint of sweet creame & boile in it a blade of mace & a little suger & let it stand in a cleane pan

29

tell it be but milke warme & it must
be stirred tell it be cold then put
in a little rennet & stir it well
& put it into your dish & see
that there be noe blisters on *the* top
but let it stand uery euen *that* it
may be smooth on *the* top./

68

To make a Triffle

Take a pint of creame & *the* yolkes
of 4 egges, set *the* creame ouer *the*
fire & *when* it doth boile put in *your*
yolkes being first well beaten with
rosewater; alwaies stire it & let
it stand ^{but} a little while ouer *the* fire
after *the* egges be in , this you may
doe *with*the whites but they must
be uery well beaten with rosewater
& well stirred & taken of the fire
the one will looke uery yellow &
the other pure white you must
season them with suger before
you put in *the* egges & soe put *them*
in seuerall dishes

69

An excellent way to make cheez=
cakes

30

Take your new milk cheese the
~~why~~-whay being well pressed out
& breake *their* curds in a boule then
put to *them* 6 yolkes & 2 whites of
egges some currence nuttmeg suger
& rosewater 6 spoonfulls of creame
a quarter of a pound of butter melted
grated bread or floure one hand=
full mingle all well together & put
into *the* past set *them* into *the* ouen &
keepe a quicke fire at *the* mouth not
setting up the lid at all & *when* they

begin to couler take them out pre=
sently this quantity will make 6 or 7
cheesekakes

70 ..:....

A fine cheese

Take morning milke & ren it *when* it
is almost cold *sumwhat* tender &
when it is come put it in a fate & let
it draine then presse it gently &
put it betweene 2 course sheetes
turning it for aboute a weeke &
then lay it in grasse fress euery
day till it is ready to eate.

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71:212/./:

A Fresh cheese

Take the curds a little pressed
put to *them* nuttmeg suger & rose=
water & let it stand, about halfe
an houre, & then *with* a little cream
with your hand straine it through
a cloth & put it into your pan &
eate it *with* creame.

72:

To make a dainty cheese

Take 6 quarts of the stroakings
a quart of creame put to it one
spoonfull or two of rennet
cloues & mace being before steep
ed in *the* rennet mix 2 spoonfulls
of *the* Iuice of marygold flowers
withth rennet *when* you put it in=
to *the* milke, *when your* cheese is come
lay a cloth in a bowle & *with* a
dish take it up & put it into *the*
cloth & pyn up *that* cloth & lay
it into a cheeseu at ouer *the*
bowle soe let it stand an houre
then lay a little waight on it
& halfe an houre after salt

it with a spoonfull of salt &

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let it stand all night *with*the
waight on it changing the cloth
often & *the* next night lay it in
grasse 2 daies & after it hath
layen in grasse 2 daies it must
be couered with a blanket atop of
the grasse to keepe it warme chang=
ing *the* grasse euery day & *when* it be
gins to looke white at top it must
be wiped noe more & soe keepe it
couered with gras 9 or 10 daies &
then spend it

73

To make good cake bread

Take to halfe a pecke of flowre
3 pound of currence, well picked
& washed one *pound* & halfe of butter
4 ounces of suger 2 or 3 *nuttmeg* &
as much beaten *sinammon* at least
a pint of good ale yest. first put
in *your* flowre & *when your* suger
spice & salt is in straine in *the*
yest & put in *the* currence & as
much creame as is needfull tem
per it sum with stiffe & let it lay

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33 ^{halfe} an houre to rise prepare a
browne paper well buttered &
flowred to put it on & take
butter & rosewater well beaten
together & with some feathers
~~annot~~ wash *the* cake all ouer
& then strew it all over with
fine suger before it be set
in *the* oven *which* must be heated
uery well & coole a little before
it be set in an houre & halfe
is *the* most it neede stand in yet
those *that* use *the* ouen can tell
best.

74:

To make a Carraway cake

Take to halfe a pecke of floure
which is two quarts one *pound* of butter melted in a little
rose water & temper your cake
with it & put in halfe a *pound* of
carraway comfets as much suger
& 3 *nuttmeegg* a good quantity of

by *with*
halfe a pecke waighs
7th & mea
sured it waighs
but ⁴ale yest you may make halfe
this quantity & make it in a long
bun & bake it with manchet.

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To make speciall cake bread

Take halfe a ~~pound~~ a pecke of
floure 3^{lb} of currence 1lb *dimidium* lb of
butter 4℥​ of suger a pritty deale
of *sinammon* & *nuttmeg* a good quantity
of ale yest temper all these with
creame somewhat stiffe & put *your*
butter in cold & let it lay halfe
an houre to rise, dry a browne
paper well & floure it to put
the cake on soe glaze it & set
it into a well heated ouen.

To make a good cake

Take a peck of fine floure 4:^{lb}
of butter a many currence 1℥​​of
nuttmeg as much carraeway comfits
3℥​ of cloues & mace beaten put
your spice & *cur:rence* in *the* floure then
melt *your* butter with some rose=
water or milke take a *quart* of ale
yest & worke *them* into *the* floure
well together & put as much su=
ger into *the* floure & lay it uery
warne to rise.

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To make Gelly

Take Calves feet & a nuckle of veale, boile it in faire water till they be halfe boyled & better then take a quart of white wine & boile them in that till they be very tender, then straine them, then put rose water suger, nut meg & sinamon beaten, & let it Gelly

To make a Gelly of Calues feet

Take Calues feet: scalding off the haire of them, then seeth them in faire water, till they be tender, then take out the feet, & let the broth run through a Callender & soe let your broth stand till it be Cold & then shall you take the fat cleane from it: & if you haue a pottell of Gelly water then put to it one quart of Claret wine & a pint of malmsey then season it with salt & put therto one pound of suger an ounce & a halfe of Cinamon, and an ounce of ginger. 20 cornes of pepper: 20 Clues: & a good saucerfull of vineger & lay your spice therin & then put the vineger into your Gelly when it is well boyled that the strength of your spice be smelt, then set by the Gelly till it be some what Cooled, then put in *your* beaten whites of Eggs & let all have a boyle together, then set it all by, & in a while let it runne through a bagge

To make a pruen Custard

Take stewed pruens & put in Creame with 2 youlks of Eggs & suger & rose water & sinamon & sugar & set it on the fire till it be a Custard & soe serve it on sippets in a dish

To make a ffryday pudding

Take 2 Manchets boile some milke with mace & sinamon & put in the bread as it boyles with some Currans : rose water poure it in a dish & put butter to it & stirre it well together & strew sinamon & suger altogether-on top

To make Minced pyes

Take the flesh of a Legge of Mutton or veale being parboyled & take as much beefe stwit as the veale, & Mince it very small & then season it with 2 pound of Currans & a pound of raisins of the sunne halfe an Ounce of Cinamon: 3 nutmeggs: 2 Ounce of Cariway comfets a quarter of sugar & a little salt, when the pyes are baked put into them some rose water; vineger butter & some suger, well mixed together, in every pye some

To make dainty fritters

Take Posset Curd made with Ale or sacke, then take beaten Almonds & straine them through with a littell of the posset drinke to the Curd & season it with suger and Cinamon or what spice you like best, & put in some store of the youlks of Eggs, & squarepeeces of Apples & soe with a Quicke ffyer bake them in sweet suet

To make a Lenten pudding

Take a pint of sweet Creame let it boyle a littell ^{at}with of lacke of Mace in it then slice a manchete into it being taken off the fire & powred into a panne then put into it one nutmegg a little salt 4 spoonfulls of suger 4 youlks, & 2 whites of Eggs, a handfull of raisins of the sun, stir all this well together with a peece of butter in it then take a linnen Cloth being first wetted in [^]cold water & then rubbed with butter on the inside, put the pudding into it & tye it vp close together & boyle it when it is boyled put melted butter into the dish

A sauce for a legg of mutton

Put vineger suger & some nuttmegge sliced uery thinne & a little of *the* gravy of *the* mutton, & set it upon a Chaffing dish & preserue it in

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How to make a sheeps tounge pye

ffirst the tounge must be parboyled, then pill them & sprinkle them with vineger & white wine then season them with Nutmeg mace sinamon & suger then put them into the pye with an large mace, Marrow goosberries and

sweet butter: then close it up: when it comes out of the
Oven put in verges white wine & suger

To make an Apple pudding

Take 2 manchets: grated, as many good Apples as *the* quantity
of bread finely Shred: blend these with a pint of Creame
& 3 or 4 Spoonfulls of Sacke, half a pound of Currans half
an ounce of sinamon & ginger a quarter of suger 6 spoon=
fulls of good rose water mixed, altogether either in puf:
past or a dish, stewed pruens are good meat eat with
Creame & a little rosewater & suger

R Partridge

Take a few grets & bruise & put them into Milke a grut & a
halfe & boyle till they be soft, in the morning & put some
Creame to them ^{^boyle them} with rosewater & suger

A Receipt for Minced Pyes Take 2 Ounces of the liang of a legge of Mutton & a pound

^{beefe} of Suit & shredd it togethertill it be as small as you can
^{beefe} make it, Always keeping it loose from the boards, as you
mince itt, Then take a littell salt: 2 Ounces of suger one
nutmeg & a halfe: & halfe a pound ^{neere a pound} of Curreⁿce: & Mixe it
Altogether: & put it into past: & let it haue but an houre
& a halfe bakinge, to make the past take *the* suet & shred it
very small put it into A skillet ^{of water} & let it but boyle up: then
some butter & put in to it, & soe knead your past.

The Hartechock pye

Rx*the* bottom & cut *them* in 3 or 4 peeces, & lay *them*, hollow ouer one another sea=
son *them* with sug-, nutmeg suger stoned reasons dates 3 or 4 hard youlks of
eggs, & marrow, large mace & some butter, let it not stand too longe in the
ouen *when* you draw it, put in a good Caudle of rose water, veriuce & suger & some
butter

How to make a Cake

Take halfe a peck of fflower; a pound of butter
breakinge it in very small peeces well mixing it with the

flower then take halfe a pound of suger, & a quarter of an Ounce of Cloues & mace; & a quarter of an ounce of nutmeggs & something better: then a quarter of an ounce of Cinamon: & some beaten ginger: when all these are mixed with the flower, then take then take a pint of milke & a pint of Creame. & let it be blood warme put into it almost a pint of Ale yest & halfe a pint of sacke: & 3 or foure spoonfulls of rosewater & soe temper it together & if there be not enough to wet it put in a little more Cold milke: & when it is fully Tempered breake it in peeces & soe strew in 3 pound of Currence & when they Currence are mixed & when you haue made it, before it goe into the Oven wash it over with a little rosewater & melted butter & if you will you may Strow some Carriway Comfits on it & soe bake it: Let not stand but very little more then an houre in *the* Oven.

To make Oven Cakes

Take halfe a pecke of the greatest oaten meale, beate it very small in a trough or Wooden mortar, with a hammer, or mallo, such as they beate hempe withall, then sift it & soe temper it with hotte water as thinne as for panecakes, & when the batter is a littell Coole: put in a littell yest & stirr it very well & Cast a cloth ouer it & it will rise. Make ready your stone with fyre vnder it. the stone must be an Iron plate set hollow. put some butter in a clout & rubbe the stone, & then with a ladell put on the batter what bignesse you please will turne them, & soe take them up for your vse:

To make pudding

halfe a *pound* of Grout wash it Cleane & boyle it in 3 *pounds* of milke stirring it a little, season it with salt suger & nutmegge butter in a dishe & bake it .

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Puff Past

One pound of floure as much Butter wrought in *your* hands one Egge & faire water mixed & *the* Butter layed vnder & ~~Conserw=~~ pye beefe baked.

To make Elder vineger

Rx Elder floweres & put into vinegar & stop it Close & let it in *the*

sun 2 or 3 dayes, you may keepe elder flowers dry all *the* yeare and make it at any the eies, to time

For wine vineger

Rx Rose buds & cut *the* white from *them* & *the* out leaues & tops, & put *them* in a paper bag & dry *them* in *the* sun eyther damaske or red, ounces then then take your wine, put it into glasses, set *them* in *the* sun: & your roses in *them*, if it be red wine put in red roses, but if it be white wine put in damaske roses. take of your sourest wine, it will be a yeare before it be ready, it will last 7 yeares when it is done

To make a quidany of Creame of any Colour

R:x a *pint* of Creame, put to it halfe an ounce of Ising-lass cut into little small peeces, then set it on *the* fire till *the* Isinglass be disolued then take it of & put in some rosewater & suger, enough to sweton it, then take what Colours you will & tye *them* in littel Cloutes seuerally as many as you will haue & put *them* into steepe in a little rose water, then take as much as you will haue of Colour, then wringe *the* Colours into *the* rosewater & put it into *the* Kettle & set it a little on *the* fire, a little more, then straine it into a glass this will keepe but 3 or 4 dayes.

To pickle Quinces

Rx your quinces, Coare *them* , boile *them* in faire water with *the* coares, when you thinke *the* be tender enough boiled, take out *the* Coares then take out *the* Quinces & lay *them* in a in a tray then before *the* be Cold, place *them* into a tab or pot, & powre *the* liquor to *them* & when they be quite Cold, keepe *them* for your vse.

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To make Almond butter

Rx Almonds & beate *them* small with rose water, then take very good fresh, butter & suger as much as you thinke good, grind it with *the* Almonds when it is Cold make it up.

Another way

Beate your Almonds as before very small then take Creame & boile it with a little mace, then turne it with sack then take of *the*

Curd & draine it, then beate *the* Curd with the *Almonds* & some suger, & make it up as before

To make a dainty Cheese

Rx 6 quartes of *the* strokinges & a quantity of Creame, put to it one sponfull of rennet, Cloues & mace, bringe before steeped in *the* rennet; mix 2 spoonfulls of *the* Iuce of marigold flowers with *the* rennet, when you put it to *the* milke, when your Cheese is come lay a Cloth in a boule & with a dish take it up & put it into *the* Cloth, pin up that Cloth & lay it in to a Cheese vatt over *the* boule, soe let it stand an howre then lay a little weight on it & hafe a howre after salt it with a spoonfull of salt & let it stand all night with *the* weight on it, Changing *the* Cloth often & *the* next night lay it in grass & after it hath layen in grass 2 dayes it must be Couered with a blanket atop of *the* Grasse to keep it warme, Chaing *the* grasse every day & when it begins to looke white a top. it must be wiped noe more & soe keepe it Couered with grasse 9 or 10 days, & then spend it

To pickle quinces

R:*x*them and Core *them* , then somewhat more then quodle *them* , when they are enough take *them* up & lay *them* on a Cloth; then boile *the* Cores in the water till it be soe thicke that it will gelly when it is Cold, soe put *them* to *that* liquor in a Barrell, & when you vse *them* , turne a side *the* skin on *the* top & Cover it againe

To fat Chickens

Temper barley meale with *the* washings of trenchers whe= ther it be whay seammed milke, let *them* Eate is & drinke seammed Milke

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To make Excellent Rennet

Rx forth *the* Curd out of *the* bag & when you have picked of *the* haire & washed it, salt it pritty well & put in it a little beaten Cloues & mace, then put it into *the* bag & put in about halfe a pint or lesse of sweet Creame & soe tye it up then lay it in salt a month, a fortnight on the one side & as long on *the* other, then put a paper about it & hang it within *the* aire of *the* fire, you must keepe it neare a yeare before you vse it or your Cheeses will heaue, for *the* makinge of your rennet, take a gallon & a halfe of spring water & a good

handfull of Cowslipe blossomes & halfe an ounce of Cloues & mace sewed in a littell Cloth & a handfull of salt, let it boile a quarter of an *hour* then powre it into a batter pot from the blossomes, but let *the* bag of spice lye in it, take about a *pint* of this & put it into a little pot & let your bag lye in it till it be strong enough, then take out *the* bag & Corne it with salt & hang it up againe you must haue 3 or 4 to vse & take every time a seuerall one till you haue vsed *them* all, & then use *the* first againe & soe let *them* take *your* Cornes, but be sure you hang *them* up when you take *them* out of your rennet, when this is spent you may make some some more after *the* same manner, onely put a few pinkes or Cloue gilly glowers in steed of Cowslip Blossoms

To make orrange & lemon salets

Rx *the* Orrange or lemmons pore *them*, Cut *them* in *the* midle & Crush out *the* Iuce, then Cut *them* in round peeces not too thicke, Lay *them* in water boile *them* till *the* be tender, then take *them* up & lay *them* on a cloth to dry *them* from *the* water, then take & Cut *the* pith & to a *pint* of good wine vineger, put a *pound* & a halfe of suger & boile it to a sirrup, then put in *the* oranges & lemmons & let *them* boile 2 or 3 walmes in *the* fire then take *them* out & put *them* in glasses & when *the* are Cold put *the* fire to *them*, you must proportion *the* fire to as many as you will doe

To make Iumballes

Rx Eggs youlks & whites beate *them* well together, then take a *pint* of beaten suger & put to *the* egges, stirre *them* well together & put to it a pottle of flowre & make a hard past, then

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with Aniseede mould it well, & make it in little rolles long & tye *them* in what knotte you will, wet *the* ends with rosewater to fasten *them* then put *them* into a pan of seething water but one walme, then take *them* out & lay *them* on a Cleane Cloth to dry, then batter your plates & lay *them* on, & in a moderate oven bake *them* turning them, pricke *them* when you take *them* out of *the* water & put a litteell muske in *the* rose water

To make pie brawne

Rx your pig when its killed & dressed & rip up *the* belly & lay it in water 24 houres then boile it & Cut it in rolles as you please drying it well with a Cloth & season it on *the* inside with cloues mace peper nuttmeg & salt soe rolle it up & sew *your* Collers with threed &

lap *them* in thin linnen Cloaths & boile *them* till *the* be tender, then take *them* out of *the* Cloathes & reare *thm* on *the* end, sprinkling *them* with a little salt & soe let *them* stand a day or 2, then take of white wine vine gar & as much of *the* broth *that* *the* pig was boiled in & soe souce *the* pig in it & if it begin to mould or soure take your broth & boile it againe & skum it well & when it is Cold put it to *the* pig

An excellent Cheese

Rx ye milke of 24 Kines & heate it on *the* fire till it is a littel warm=
er then when it comes from *the* Cow, & when it is broaght into Curd
by ordinary rennet breake it as you doe for ordinary Cheese, till
your vatt & Crush it with your hand then put it in *the* presse & let
it stand there aboute a quarter of an houre, then take it out & cut
it in thin slices & put it into 4 gallons of scalding water & when
it is pritty tough put it in to your vate very smooth, Crush it
very well, then put it into *the* presse againe & salt it about 4 a clocke
let it stand in *the* presse till about 10 or 11 of ye clock *the* next day
then put it into a pan & rub salt about it & doe soe till it is
pritty hard which will be in 5 or 6 dayes, then keepe it 3 or 4 years
before you spend it

A Coller of Beefe

Rx *the* chuck rib of beefe bone it & beate it very well then
season it with peper salt nutmeggs Cloues and mace

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& sprinkle it ouer with Claret wine & let it lye in *the* seasoning
about 2 dayes then bind it up as you doe your brawne & boil it till
you thinke it is Enough

Pig Brawne

Rx a roasting pig, seald & bone it & lay it in running water all
might the next rmoning dry it with a cloth & lay sage leaves ouer it
whole mace beaten peper & salt & butmegs, when you haue soe
done bind it up in Collers when it boiles & is skind put in a *pint* of
white wine vinegar, & when you thinke it is boiled enough, take
it out & put it into *the* liquor it is boyled in or if you like not
the pickle you may make other liquor

A Coller of Eale

Rx a good Eale & scoure him with salt wall salt him in *the* midle
& take out *the* back bone season it with sage leaues peper &
salt nutmegs mace as you doe for ye pig brawne then rolle it

up in a Coller & bind it about with tape (but not Cloath it)
boile it in water & salt white wine & white wine vinegar
& keepe it in *the* liquor

To bake beefe

Rx any peece of leane beefe & bake it with *your* browne bread in a pot Couered with water, then take it out Cleane from *the* liquor, & breake it uery ^{^ well} ~~small~~ with *the* end or a rouling pin in a boule, then season it with pepper & salt & nutmegge according to your liking & put in 3 or 4 spoonfulls of *the* liquor *that* it was baked in *then* worke it in some bason or dish or Earth or pewter Close with your hand, & & bake it againe with figes orange small thing & when it is Cold melt some butter & powre it on to Cover it, *this* will keepe good 2 months or more, if not Cut, Therefore I put ^{^ it} in small things *that* too much may not be Cut a time, It will keepe 2 or 3 days after it is first baked, before it need to be baked againe, if one have not occasion to bake small things before.

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C nbsp;nbsp;

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How to hash a shoulder of
Mutton

Take a shoulder of mutton, Roaste it somethinge more than halfe baste it with butter, set a dish under it to take *the* gravy, when ^{^ it} is more *then* halfe roasted, take it from *the* fire, take of *the* skin & mince the meate then stew it betwixt two dishes in *the* gravy; put to it one pint of Claret wine at *the* first anchofyes & at *the* first olives ~~& at *the* firste~~ when you set it ouer *the* fire to stew, one pint of Capers, put in halfe your Capers *when* you put in your anchofyes & oliues, put in one or two leaues of mace 3 Cloves 1 nutmegge stywd halfe an orange or Lemmon stew all these together one howre and a halfe, when you are ready to serue it up, take halfe a pound of butter, a quarter of *pint* of vineger; beate them auell together, then put it to your meate, & the other halfe of your olives anchofies, Capers & some samfer & otyzers, iff you please garnish your dish with these & soe serve it up

Lay your meate upon if bones
& leaue skin ouer the meate
shape it like a shoulder of mutton

you may stew one whole
Ioynt with it, but take itt
forth *when* you serue it up

How to make a marrow pye

Rx your apples & shread them small they being pared & coared then put to them a good meany of currents, & blend your marrow & them altogether, & season them with, sinamond & ginger finely pund, then strowe on the topp, some suger & soe bake it either in a pye or a dish couering it with puffed paste like a florentine

To make white wine Caudle
with geewall

Take pounded greates & water, boyle them well together, likewise put there in a little Cinamond & mace & a sprigg of Rosemary, when allyes are well boyled together, then powre out *the* thinnest of it & put to it a little white wine & suger & then boile it a little more, make your Caudle with the thinne of your grewell

To make panadoe

Rx grated bread & sprigge of rosemarye, Mace sinamon & currents raysons & boyle all these together an houre of more in water & when it is well boyled, put in suger & butter

To make white wine Caudle
with alle

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Take ale & whole greates & mace & a sprigge of rosemarye & a sprigg of balme, boyle all these together & when it hath boyled a while then take *the* thineest from *the* greates & amke your Caudle with *the* thinnest & then put to it suger & white wine & then boyle it a little more

To make water grewell

Rx pounded greates & Raysons Currents a little mace rosemarye, when all these are boyled on water, well boyled together, then put into it a little butter & suger

To make a plaine grewell

Take all these things before mentioned, vsing them after the same marmer, onely leaving out *the* fruit

To make a rice tarte

Rx rice & swell it thin then put some Currence to it, put to it 2 or 3 apples
rosewater suger Cinamon & ginger ~~then make~~ then make puff paste
& lay, & lay it in a pewter dish, then put in your rice, & Couer it with *the*
same paste, & soe bake it in an ouen

To make a posset all curd

Make two together & powre *the* drinke away from one, & lay *the* other curd
atop of it with a skimmer

To make a puddinge

Rx a spoonfull of grommell seed & put it into a *pint* of new milk &
set it into *your* ouen with pyes as you doe other puddings & it will be a
pudding, you may season it as you please

ffor two hogsheads of March beere

Twelue strike of mault, halfe a strike of wheate hopps ffive poundes
beanes one strike, *the* beanes & *the* wheate, must not be maulted, but not
nothinge done to but bruised as you doe malt

when brews doth not worke but bells &
& hath noe barme, To Raise barme

Rx*the* white of 2 eggs, & beate them till you can take it up like water
by spoonfulls, then take 2 handfulls of wheate flower, & halfe a spoonfull
of pepper finely pound, blend *the* flower & the pepper together, then put
them together in a bole, with some drinke of *the* same, beat in *the* it to
gether in *the* bole by a littell, with *the* same drinke in *the* fatt

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When you haue blended *the* wheate flowre & *the* pepper with a little drinke
beatinge them together, then put in *the* whites *which* you beate before, beate *them*
altogether, putting in drinke by little at once, till *the* bole be full, then
strain it all ouer *the* salt

Some hold ginger butter, because makes *the* beere drinke flatt & dead
P-put a gold ringe into *the* fat, to make *the* beere to worke

If beere or ale be cold in the fat
& will not worke

Boyle a kitfull of *the* wort & powre it in amongst *the* rest, ^ & if you'll make

it worke, if you haue noe wort, then take a greate strane put with
2 stowkes, & *the* lidd must haue 2 stowks, then you must boyle a kittfull
of small grout or faire water & put it in to *the* salt & tye the lodd downe

& hange *the* pot in *the* beere, it will make *your* beere to worke, when it is cold
boyle more water & put in if you need hang *the* pot in *the* middle
When ale or beere is ready to tunne an houre before, take of *the* barme & stir
in *the* sides, & *when* you tunne it, skimme of *the* barme againe vses tunne it
up

ffor beere when its dead

Draw it out & when you haue brued, put it uppon the graines an
howre & then let it run off & boyle it scum it & put in halfe a strike
of grand malt & boyle it & scum it
Put in ^a Lemmon into euery hogset^{head} of beere when you tunne, It will make
it drinke stronger by a pecke of malt

When beere is follne in *the* fat

There is noe way to helpe it, but to boyle it againe, that *the* barme may
vse againe to be skimmed of, & soe put in new barme as at othertimes, put
in a pecke of malt when you boyle it flourish

But try first first

Put in *the* youlke of an egge & wheate flowre in to *the* fat to raise *the* barme
blended with sweet wort

To raise *the* barme in a hoggehead

Put in a spoonfull of cloues and one of mace And two of wheate
flowre Draw some of *the* beere and blend the spice and flowre
three tymes and put on to blend it, this will make it
worke and bringe the barme up againe atopp of
the beere

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To keepe beere fresh

Put in an orainge *when* you tunne
& some put in a hand:*ful* of salt to a barrell *when* they tunne it up to keepe
fresh to *the* last

To sweeten a hogshead

fill it with watter almost full, then put in a limestone or two vnclie it into

the water, then stopp *the* vessell close; the next time fill it with small beere

If beere drinke flatt & dead & the
barme befallen fallen to *the* bottome

Rx a handfull of grum malt sifted from *the* dust & huske, put in as many
hopps to *the* malt as you can hold betwixt your finger & your thumb then wet
a little linnen bagge and wringe it drye, then put in your moult & your
hopps & tye up your bagge , & throwe it in to *the* barrell of ale or beere
it will make it worke againe & drinke quick, stopp *the* barrell & let it
worke, if you must vse *the* beere or ale quickly, take *the* bagge of malt
out, when it hath beene a day & a night in & *the* beere will give ouer work
inge, But it is better if tyme will lett you, let *the* bagge lye in alwayes

To keepe beere Coole & from
sowreinge

Take halfe a dozen eoisters shells cleane washt, & foure whole egges
shells, & all, put *them* in when you tunne *the* beere & let them lye

To keepe beere quick & fresh

Rx a handfull of malt Curnells blown from *the* dust & a handfull of pease
meale, put *them* in a bagg together & hang it in *the* vessell

To make your barme to rise in
the full & to worke

Take *the* youke of an egge & blend it together with wheate flowre

To make barme

Rx one egge *the* meate and all, wheate flowre & hony one spoonfull beate
it well together, then put sweet wort to it

To make beere fresh that is deade
& to bring up *the* barme againe

Take two good handfulls of mault Curnells put them in a
bagge, and hange it in the vessall, This will make the
beere worke

To make leaven when it is wet

Rx warme water salt & barme, blend it in a kitt & let it be all night

To make bread light without
barme or leaven

ffor household bread, take thinne worte & warme it as you doe water
& worke it up as you doe at other times, when all is runne of for beare
put this water on

And if it be a weeke or a fortnight ould it is neuer the worse for
the bread

And if manchet be ouer barmed, put a dish full of this wort to it, andd
this will helpe it

To make a greene Cheese

Take milke & boyle it & when it is almost cold put in orinng & when it is
come, gather it, & put the whay away, take *the* curd & blend it with the
raw Creame, suger & cinamon & corrents & rose water

To souse a capon or turkey

Rx a very fat cramd capon or turkey, kill it soe that it may bleed much
& scald it very Cleane, that there be left on it neither feather nor
hayre; & take out all *the* gutts, & all *the* other garbadge, but leave in all *the*
fatt. then lay it in faire water, till all *the* blood be soaked out, & then
boyle it ^{whole} in whyte wine & faire water & a little salt; or else a little vine
ger, & sowse it in the same liquor, & when you serue it, Lard it with
fillets of preserued orainges & lemons, all ouer & make a gelly & Cullours
some red, some yellow, some white, & lay in slices vnder it in *the* dish in
garnish *the* dish with preserued orainges & lemmons & Ielly, be carefull *that*
the gelly be both cleare, sweet, exellent, & good, & then this is a delicate
dish for a second course

Great fatt eeles boyled & sowsed a very good
meate, & will eate like a Conger

To make a hare pye a dellicate
waye

Take two hares & parboyle them a little then take the meate from
the bones & shread it soe small as it may bee, & beate it in a stone mort
er, lay season it with pepper salt & nutmegge, & lay it in your paste be
ing made of *the* fashion of a hare first, when the meate is in, lay Cullers
of Lard, cut thin, & a little of this meate before it is layed into *the* past

must be beaten in a mortar, to make it Cut fine, & whole in a peece, & soe lay butter in it, & bake it as you would bake any other meate

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To make a capon pye

Take a capon & boyle him, then take all the white flesh of it, & mince it small, & mince three tymes of much marrow of beefe suet, as meate, & season it with nutmeggs Cinamon pepper & Cloves & mace, salt & suger, great store of dates minced & some veriuice soe bake it in a fine crust

To boyle the Lights of a Calfe

ffirst boyle them in water, then take them out & shread them with perseley time Rosemary peneroyall & onions, let them be very small & put them in some of their owne Liquor, & season it with verguise pepper Cinamond & ginger & a peece of sweet butter soe serue them

To boyle a necke or a breast of veale

Boyle the veale by itselpe & when it is more then halfe boyled, put some of broth with a pritty deale of parcelly sweet Margerum spinage a little peneroyall, some yellow beets if they be younge & a peece of sweet butter; & when this hath boyled a pritty whyle, put in some grapes or goosberryes, & then slice in some small peeces of bacon in to these thinges, but the bacon must be first boyled by it selfe, & let it haue a walme or too amongst these hearbes, then take up the veale, & lay the bacon on it, powre the hearbes & some of the broth to it & soe serve it

To stuffe a Legge of Mutton

Rx parsley time & the youlks of hard eggs, Cloues & mace shread these smale & stuffe your mutton with them, & sticke your mutton, on the outside with whole cloues, & make venison sauce to it & soe serve it

To boyle a Legge of Mutton

Boile your mutton in noe more water then will suffice to boile it in, and when it is halfe boyled take it up, & stuffe it, with youlkes of hard eggs shread small, or else the youlkes of raw eggs, & parsly time & marierum, & put in to *the* broth some pepper, mace cloues & veriuice, & soe put in the mutton againe, & let it stew till it be enough, & soe serue it on suppes, with some of the broth, in which you must boyle

either Barberryes, Goosberryss, or some sowre apples chopt small

To boile Partridges

Boyle your partridges in stronge broth & with either skirret roots or potatoes and marrow & dates and whole mace & veriuice or vineger, and some sweet ba^utter butter & a little suger and lay them in supps & powre this broth on them

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To bake a Pigge

Take a fatt pigg & sprinkle it all ouer with vineger, then season [^]it with salt mace nutmeggs pepper & ginger, & when you put it into *the* pige, put in it a pudding in the belly of *the* pigge, with a little time, winter savory, & pvtt marierum, & a few bay leaues, & soe bake it with good store of butter, & when it is halfe baked, put into it at ~~the~~ *the* little-hole at the top a ladle full of vineger, with some suger, & soe bake it out, & flay it first before you bake it

How to roast a shoulder of mutton with oysters

Rx some parsly spinage sorrell Rosemary time sweet marierum winter savory and beets but a little of all these hearbes, wash & shread them very small with the youlkes of foure [^]hard eggs, a lemon sliced very small, & a little pepper & salt, then take a peck of greate oysters & open them & scald them, then mingle these hearbs & oysters & all the rest, & when your shoulder of mutton is almos^t halfe roasted, stufte it with these ingredientes, & set a Cleane dish to receiue the gravy as it roasts afterward, & bast it with it, some of the oysters must be kept forth & strewed on a dish, that the herbes be not raw, soe must you serue this under it for the sauce

How to make sausages

Take the meate of two foreloynes of Porke shreadd the flesh very fine, the fat great mingle them together, season them with salt Cloues mace nutmeggs, a little fenill seeds braised, a uery little time, marierum, penie royall winter, sauory a little, a good deale of sage, Chopp these together, & mingle them both with the Meate, pick & pill the small gutts of a hogge or [^]a sheepe very Cleane & thinne, soe fill them, tye them up, & let them lye neere the fire to drye

To make a dash for a second Course

Boyle some beets & Choppe them small & some apples together & sinamon, ginger, suger & some grated bread & some raw eggs, some Currants & a little salt & some fresh butter & soe roule it in *the* white of an egge & fry them in butter & soe serue them, strawinge a little sinamon & sa^uger on them

The right way to picle oysters

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Take your oistear & open them as whole as you can, sauing the liquor of them, then wash your oysters in the same liquor & drye them in a cloth then take a bason of foure water & wash them in it, then put them in a fair bason when it doth boyle, & let your oysters haue 5 or 6 boylings then take your oysters if they be boyled enough, lay them to coole one by one, then take the liquor which first came from them (not the liquor they were boyled in) if you haue a quarter of liquor, then take a quart of white wine vineer, one handfull of pepper 6 nutegges one handfull of mace, let your liquor & vineger boyle together before you put in your seasoning for feare it should make it looke blacke, your nut=*megge* & pepper must be beaten, but your mace must be whole, you must put in a little salt in the boyling of your liquor, for the next day when they be cooled, barrell them up, let not the spice boyle at all in the liquor, for *that* will make *the* oysters looke blacke, but put them into *the* liquor while the liquor is hott & then they will looke well

To keepe Hartichockes all the yeare

Rx*the* fairest hartichocks at Bartholomuetide, & make brine of water & salt, & put some white wine vineger into it, & when it is well boiled & scummed, put in your hartichocks & let *them* boyle a walme or 2 then take them forth & set them a coolinge & let *the* liquor boyle a good height & when the liquor & hartichockes are both cold, put them into an earthen pot, & to keepe downe the hartichocks, put in sticks acrossse in the toppe & soe keepe them close couered all the yeare, & when you would vse them, boile them in an old peece of Lawne for feare of breakinge put noe salt in & dressinge, nor vineger in the sauce If *the* liquor chance to mould take them forth, and boyle the liquor againe, & when it is cold put them to it againe, and keep them close couered as befoore

How to dresse a dish of hartichocks

Take hartichocks & boyle them very tender, take of *the* top leaues leauing the bottome whole with leaues round about them, then put them into a dish with a little faire water three spoonfulls of sacke & one spoonfull of suger, & let them boyle on *the* coales still powreing on the liquor to giue it a good taste, soe let them boyle ~~after~~^{halfe} an houre, then poure the liquor from them, & put to them some Creame boyled, & thickened with the youlkes of two eggs, hole mace suger & salt, then put a good peece

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of Butter in it, & lay it upon toasts & power your Creame & butter on it

To keepe vine leaues all the winter

If you will keepe vine leaues all the winter to roast for sauce, gather them when they be fresh & greene & stringe them on a threed & soe hang them up to up to drye in a Cleane roome, & they will keepe all the yeare & when you will use them, take & wash them, & soe roast them, & they wil be as good as those that are new gathered

How to keepe Cabage Lettice

Take water & boyle in it a good quantity of of salt but not so much as to make it bryne, *when* it boyles being scummed throw in *your* lettice hauing beene well washed of the fire and let them stand till *the* be cold & *the* next day put them up in the vessell in which you meane to keepe them & then Couer them as youd or other things, & *when* you are to vse them, wash them in warme water and after with a little winegar & suger
Sparagus is to be done after this sort alsoe

Cowcumbers

ffore hundred of cucumbers, a pottle of *the* best baysalt, or white if that cannot be had & put in 2 gallons of faire water, boyle it & scumme it, & let it stand till it be cold, then take the ^ttopps of fenill & dill & let them lye vpon a table a day & a night before you vse it in the bottome of the vessell in which you meane to keepe the Coucumbers, lay a thin layer of those herbs, then a layer of Cucumbers, than a layer of herbs, & soe of Cucumbers, vsord or till *your* vessel be full, & let a layer of hearbes be vppermost, then adde ten Cornes of peppers & cut them in quar

ters. & a nutmegge Cut in little peeces & straine them in the midst of the vessell, then powre in your bryne, then powre in a gallon of good wine vineger, & put on the top of all some Cap paper double if they arise put a trencher on the paper & a sotne upon that when ^{^your} Cucumbers are young they are best to pickle

To pickle broomebuddes

Rx broomebudds, before *the* yellow become forth Lay a good deepe layer of *them* an inch deepe, then couer them all ouer with salt but thinly, then a layer of buds, & soe till your vessell be full, then fill up the pott with white wine vineger then put on a paper a boarde & a stone on the topp of *the* pott, if they shrinke, then fill up *the* pott still with budds & salt, till they leave shrinkinge, & after this manner you must doe Ash keyes, purslaine or any thinge else, you pickle with salt

To make a barke possett
in *the* ffrench way

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Rx thicke scalded Creame, lay if in *the* bottome of a dish, then lay all over spices & Rawsted pearles, or Large slices very shine of *the* Crummes of white bread & some Currants, strow all over some powdered Cinamon & nutmeggs, then lay an other Lay of Creame & soe either roasted peares or *your* crummes of a manchet, Currents & spices as before & then Creame againe then cast all over *the* quantity of halfe a pint of, sack being scalding hott first being made very sweet with suger & when this sack is cast upon *the* toppe of it then strew more spices as before & soe bake it in an oven but not too much, then garnish it with puff paste & soe serve it

To bake beefe like a redd deere

Rx a peece of the Buttocke of a beefe & salt it with white salt till it bee well seasoned, then boyle it till it be halfe sodden, then season it with pepper, cloves, mace, & nutmeggs & lay it in vineger againe one weeke. Turning it twice a day, then lard it & lay it in vinegar againe one weeke more Turning it as before & when it is halfe Baked take a pint of claret wine & halfe a pint of vineger & some suger, boile it till *the* suger be melted & soe powre it into *the* pye at *the* topp wheare you must make a hole before you put it into *the* oven & make a spoonfull of dough & soe set it in *the* oven againe, till it be throwly Baked

To make a posset without
milke or bread

Rx a pint of sack or a quart according to *the* quantity you will make
if but a pint then you must take a dozen of eggs whites & all &
beate them a good while with cynamon & suger, then take
your sacke & put it over *the* fire & when it boyleth put in
your eggs & keepe stirring of it till it be thicke then take
it up & put it in a dish & cast sinamon & suger upon it
& serve it to your use

To make a Creame tart

Rx a Pint of Creamre & boyle it with a stick of cinamon &
& beate 5 youlkes of eggs, beate them very well & boyle *them*
in *the* Creame, till it be boiled thick as a Custard & put it in a
cloth till it be hard & *the* whey dreyned from it & then season
it with suger & rose water & Crummes of Bread & soe butter
a dish, & Role past very thin & lay in *the* dish bottome &
put *the* tart stuffe in *the* dish vpon *the* past & soe Rolle out *the*
past thin in longe narrow peeces & lay on it a Crust &
bake it

To make a sacke Posset

No: Rx a *quantity* of good sweet Creame set it over *the* fire with a peece
of a nuttmegge sliced in to it, & while it doth boyle :Rx 12 eggs
whites & all & beate *them* very well beate with *them* a *pint* of
sacke & as much sugar as will sweeten all, then put ^{a *pint*} of this

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into a Bason & let it be but blood warme & *whenthe* Creame is halfe
cold, put it to *your* eggs & stirr it on *the* Chafeing Dish, till all
be in a tender Curd, you need not stirr it Constantly, But as
it doth thicken at *the* bottome, then scrape on suger & serve it
in.

To make A good flowre Puddinge

To:

Rx halfe a *pint* of thick sweet Creame & youlkes & 3 whites of
eggs with some sliced nutmegges & ginger & salt, & beate it well
together & soe tempe it with flowre as thicke as ffritter
Batter & let it boyle, but one *hour*

To make Excellent ffritters

To:

At:

Rx Eight eggs white & all, Cimamon ginger & cloves & sliced nut=
meggs neere a *pint* of Creame beate all well together & put
in 4 *spoonful* of sacke as much Rose water, thicken it with
flowre not to thick *then* put in a *spoonful* of good Barme &
set it with in *the* aire of *the* fire to heave then core *your*
apples & pare *them* & cut *them* in thin Round peeces & boyle *them*
in hoggs lard in a frying Panne

A very Good Puddinge

Rx a *pint* of Creame & what spice you like & salt & ~~sinamond & ginger~~
& ~~Cloues~~ mixe it with flowre as thicke as batter, then put in
2 whole eggs & as much beeffe suet & its will make it soe thi=
cke ass a spoone will stand vp right in it, then boyle it three
howres

ffor Cheese cakes.

Rx a gallon & an halfe of mile from the cow out in a little
Rennett & then slice a manchet into a pint of Creame & whites
that is soking prepare you curds, break them & hand them up
in a cloth till the wjat be all out, then put them into a Bowle
& with pestell beat them very small, then put in neere 1^{li} of
Currants some Nutmegs & what sugar you please 4 yoalks
of Egges; break your bread well in the creame ^put in a little mac^e & then mixe
all well together, put in halfe a pouns of butter melted & a
little salt, then have little round pies & fill them, but not
overbake them:

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To pickle lettuce or Purselane

Rx them & pick away the outer leaves, & wash them cleane then have
a pan of boyling water put in your lettuce or purslane, & let *them*
boyle till they be tender then take them up & put them into a sieve
till the water be cleare gone from them, then put them into a cleane
pot & put into it half vinegar & halfe white wine, & put a little
grosse pepper on the top & so keep them

To pickle Barberries

Rx the best colourd Barberries you can get & a good quantity of the best veriuce you can get, & boyle it with a good handfull of your refuse Barberries & let it coole, & lay a lay of sugar in the bottom of your pot & a lay of Barberries so doe wit *the* pot be full, then straine the veriuce into *the* Barbaries & so keepe them close:

Rabbit Sawce:

Rx some Marygold gold leaves, cowslip of Ierusalem , sweet marioram, parsley, a few strawberry & violet leaves but most sweet maioram, mince them very small with an hard egge, put a very little grated bread, a little salt & roll up these with a piece of butter, & put it into *the* Rabbet, you may stuffe veale with this putting it into a skinny part & not all over:

A Pudding My Mother :

Rx Rice beat it almost to flower, boyle it in milk as thick as an hasty pudding, put to it 2 or 3 yolks of Egs & some creame
40 or 50 blachd almonds ^{^ beaten} with sugar & nutmet & some Amber-greece mix altogether & take a quarter of a pound of dicyed sweetmeats, some marrow or bits of butter or citron bake it in puffe past
Mrs Beacham.

Calves foot pudding.

Rx calves feet mince *them* small mix them with grated bread Currans yolks of Egs, creame, what spice you will, take *the* kall of a breast of veale, which must over night be layd in warme water kepst it pretty stiffe & put the Caule about, & boyle it in a cloth halfe an hower put to it white wine & sugar - Another R grated bread boyled in milk with spice when it is cold put egs rosewater & sugar, & Raizins & currans *the* Caule of a breast of veale for suett & bake it:
Mrs Beacham

An Apple pudding:

Make a past of flower & milk, pare an apple & take out the Core & well it up this & boyle it like a dumpling. Mrs Beacham.

A london
half peck is
7^{li} of flower:

Cake.

Rx half a peck of flower 5^{li} of Currans a pint of ale yest
some Carraway seeds, 1/2 a ^{li} of sugar, cloves, mace nutmegs, a
qu=arter of a *pint* of Creame, in it put a ^{li} & 1/2 of butter, set it
over the fire to melt till it is ready to boyle; then into that
put a wine *quart* of sack, take it off the fire & very hot mix it
put in the yest first, the oven must be sweeping when you mix
it you must presevly put it into the oven: Mrs Beacham.

Cheese Curds for cheese.

Rx a *quart* of creame, set it over the fire, let it boyle *with* mace
let it stand off till it begins to coole, beat Eight whites of Eggs
straine them put this together, & set it over the fire & slit it
gentle till it comes to Curds, now & then to keep it from burning,
straine it through a cloth & print it after you have mixed it
with sugar & risewater, you may colour them *with* raspis for
smooth creame, put in cooler, set on a very soft fire &
more whites of eggs: Mrs Beacham

Cheese cakes.

Make a tender Curd of new milk, or creame or both, over the
fire *with* mace as before, cut some white bread, & powre ^{^then} & powre *the* creame
on it, when it is soaked breake it all put it to the cheese curds &
season it *with* eggs & rosewater; Mrs Beacham

The Stump Py:

Rx a leg a lamb mince it small *with* suet to make it moyst
sweet maioram, Parsly Time shred small, mix it *with* an eg or
noo yolk & white, & sugar, make it up in a lump, put in
1/2 a li of butter salt & pepper; a ladle of white-wine, butter & sugar
powred on the lid: Mrs Beacham :

An Oyster Py.

Rx 3 *pints* of oysters, scald them & peere them in a Collunder,
& season them *with* a little pepper salt & sugar; mix *with* them blades
of mace & boyled chesnuds peeled; sliced lemman Burbaries
Ringoos preserved & lettice slocks praserod, 6 hard yolks whole
marrow flowerd to keep it *from* wasting 1/2 a pound or more butter
when it comes out of the oven , put in a Cawdle of 1/2 a li of butter
melted in white wine & sugae, if you make it over night butter
it in the Bottom. Mrs Beacham

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A Pullet Py:

Rx out the breast bones season inside & outside *with* cloves mace & a
little pepper & salt fill the belly *with* Butter & lay butter on the top
& bottom, make little puddings *with* lights & liver & grated bread nut=
meg, sugar, eggs creame, make them up rounds that you may put *them*
in a lambs cawle or *without* lay them about the py *with* skirratts
marrow Barbaries large mace, dates, preservd lettice stalks, so
you may make pies *with* sweetbreads meats tongues or lamb
this you may make *with* raisons & currans & plaine seasoning
put in a Cawdle *when* it comes out & eat it hot
Mrs Beacham :

Fried Apple pasties.

Stew your apples in water then put to them sugar Lemman
pill, rose rosewater & butter, so set them by till they be cold, make for
12 as much past as ones fist *with* butter rubd in, & an eg & water
put in the apples and fry them in tryd suet.
Mrs Beacham

A fryed loafe:

Cout out sides & Bottom, cut it in round slices as thick as ones
finger, then put to it is a pint of creame Rosewater & sugar,
a yolk or too of eggs, mix this & put it in a dish & soake the

bread in it till it be wet fry them in butter for sawce take
orange butter & sugar: :
Mrs Beacham

Pig Brawne

Rx it & bone it, *then* Rx sage & sweet maioram good stone
& shred it small with parsley 2 nutmegs & some mace beaten
mix this with salt, strow it very thick over it, roll it up in two
Collars very hard and bind it with tape: boyle them in water, mace
& a *pint* of white wine & some salt, let that boyle first & then
put in the brawne till it be tender
Mrs Beacham

Puffe Past.

Rx 1^{li} pound of flower dryed, then put it with oute egge yolk & white &
fayne water, make it limber then work the butter through *your*
hands often till it be soft, roll out the past thin spread 1^{li} of
butter all over it, roll it up like a ribbaud & so roll it
out
Mrs Beacham.

A Stump py

Rx a leg of lamb, mince the flesh with mace, then [^]put to it 1^{li} of beef
iust minced very fine, season it with a little pepper & salt &
stript time & parsly minced small, & a little sugar, 3 yolks
eggs raw mixd with it so put it into your py, & when
it is baked put in a little vinegar & sugar & serve
it up
My Mother:

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A Collar of Beefe.

Rx the Chuck rib of beefe, Rx out the bones & beat it with a
rolling pin, & when it is tender make it even, season it with
pepper, salt, cloves, & mace, & sprinkle it very well with claret wine
to make it very moyst, let it ly so all nigst, in the morning
roll it up in a collar, & put it in a clots. boyle it in water &
full to cover it: when tis more then half boyled put in a pint
of claret wine, & when you take it up a little pepper & salt
when both are cold put it in the sowce drink, ^{my sister Duches} Anothers
Season it without breaking with pepper, salt, & for herbs.

so boyle it in water & suet & halfe
an hower before you take it up put in [^]half a pint of vinegar &
as much white wine:/ *William Hancock* .

A cold Py:

Rx a but of beefe & take out the bone, enter land it *with* bacon,
season it *with* pepper salt cloves, mace, nutmeegs, ginger; *Cinammon*
take a pint of claret wine & 8 spoonefuls of vinegar,
dissolve 3 Anchouvis in the wine, powre this upon the beef & so
let it ly two or 3 days keeping it *with* turning, prawning the
liquor upon it, thus bake it in wheat or what other flower
you please: *thomas Gelt*

Stewd mutton:

Cut a loyne of mutton like steaks, take the kidney suet, mince
it & beat it, & put it in a dish lay the meal on it & let it
stew 3 howers, put to it some mace & Raisins
Mrs Salmon :

Mistris Vincents Bisket

Rx 1^{li} of flower & 1^{li} & *quarter* of fine herd sugar, finely beaten & searsed
then dry the flower & sugar together in a dish before the fire, take
12 yolks of eggs & 3 or 4 whites & beate them to froth *with* a spoone
salt & rosewater, & as the froth risets take it off *with* a spoone
& put it to the sugar, so mingle it by little & little till it be
quik *with* them put in two spoonfuls of Carraway seeds a little
musk & Ambergrases, & *when* your oven is hot & ready, ~~then~~
which must be by that time *the* Butter is ready, then put them
out into plates or papers, & bake them, you may put in ano-
ther eg because you will leave some, & if you put them upon
papers you must flower the papers., if upon plate you must
butter them

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To make an Hash.

Rx a shoulder or leg of mutton cold or hot *from* the spit cut it in
thin slices leaving out the browne skin & fat, then put it
into your stew pan & boyle it therin *with* strong broth or
fayre water season it *with* pepper or salt cut an onion in
slices, & stew it or you may use Capers in stead of the onions,
when you find that it is hot thorew, if it be cold meat give it
a tosse in the pan, & thereby it becomes thick if there be not

too much lichor, if it be hot meal it will require a longer time of stirring; stew in a little mincd lime & serve it put to the table:

~~with table~~ Sippets:

not forgetting to put in a little vinegar before you take it up to dish:/ William Hancock :/

To hash a callves head;

Rx a calvs head wash it well & set it a boyling, when tis boyld pretty well take it up, & cut it in thin slices not to broad, then set it to stewing *with* some strong broath or faire water season it *with* pepper & salt, cut in of parsly tops, time & sage, cut into *the* same boyling *with* the braynes boyld & chopt *with* your knife, *when* they are boyld together put in a good piece of butter *with* a little vinegar, tasting of it, ~~see~~^{how}: it agrees *with* your palate:/ William Hancokk

ffillets of veale smoon in a frying pan.

Rx your leg of veal cut of two or 3 or 4 slices, crosse over the butt and, than chop *with* your cleaver & salt it if you please you may lard it thorow *with* a little leane & fat bacon, & fry it more *then* half some butter, then put it into your stewing pan, season it *with* pepper, put in one onyon chop a pretty quantity of parsly, savory & lime, more of the last, you may adde thereto a little whole mace, this meat will not require so long a time stewing as mutton usd after the same mannor; if you be not carefull to observe time in stewing it, but stew it too long & that may be *when* you stewed a little more then half an hower, & then it will be dry & hard, thus you may use mutton or lamb, rost or raw

To stew chicken:/

Rx two or 3 chickens scald & wash *them* well, dismember them as if you were carring them up, & then cast them into a pipkin or skillet that will not last, you may doe them in your stew pan covering *them* *with* water, then boyle them & thicken them *with* the bottom or top of a manchet grated, season it *with* a little mace salt if acording to your discretion, put in some sugar, & so much sack as may give it a tast, slice in a few dates or other sweetmeats but be sure you have not more lickor then well to cover them, your sack is to be put in a little before you dish it

presently after your marrow cut in pieces & cast in & boyled

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a little while before, garnish your dish *with* sugar & *with* other sweetmeats you will;

To ffreckas chickens or Rabits.

Cut them in small pieces after they be boyld or rosted, take off the skins put them into your frying pan in butter, & onely heat then thorowly, then chop a little raw parsly, & put it into two beaten yolks of eggs, temperd *with* a little white wine or vinegar, & 3 or 4 bis of butter, a little pepper, then let one put your egges into your pan but you must be very quick, giving it 3 or 4 tosses about in the pan, this is a pretty dish if you defer not to eat it while it is hot; you may use lamb or wast veale after the sauce manner adding to them a little fine chopt time: /

To Stew lamb

Cut it into steakes boyl it in strong broth or water, so much as will cover it, season it *with* pepper or salt, chop in some parsly & time, thicken it *with* some grated bread put in a piece of butter *with* some vinegar, you may use grapes, gooseberries or barberies in this meate, or acording to the season of the yeare olives eat in pieces *with* capers especially if it be mutton :/

A pudding.

Rx grated bread temperd *with* creame & eggs acording to your discretion, season it *with* nutmeg sugar rose water put it into your butter duscg *with* some pieces of butter in it so bake it *with* or *without* fruit: /
butterd dish *with* some pieces of butter in it
so bake it *with* or *with* out fruit =/

Chickens *with* Rice boyld.

Your chickens being scalded boyle them in water & salt, boyle your Rice in a little creame & mace, seasond *with* a little sugar, sack, some butter, dish your chicken being boyld, & powre your rice on the top of them, not boyling it too thick :/

To Make a steak py of mutton.

Cut it into steakes, season it *with* pepper & salt, strew on it some ellcopt time & savory, *when* you have layd it into your coffin cut ~~put~~ some thin slices of suet & lay on the top of it, *which* will keep it moyst, you may use gooseberrys & barberies, in an hower & a *quarter* it till be baked.

A made dish of chickens:

Scald & cut your chickens, season them *with* beaten mace & salt, fit your dish then *with* puffed past or some other past, lay in your meat, then you may use Raisons, Dates, Oringado Citron sliced, butter upon the top *with* some sugar; *when* tis almost bakd put in a cuwdle of sack sugar & butter: /

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To make gelly.

Rx a cock & flen off the skinn cut him downe the back, & break his bones all to pieces, take a knuckle of veale, flea that also take the fat out of them both, then put these two into two gallons of water, & let it boyle to *the* half, *with* two handfuls of hartshorne in its be sure to keep it *with* continuall scumming. then take it off the fire & let it stand coverd, till it be blood warme, then straine it, be sure & to powre it into the gelly bagt as softly as you can, let it stand all night, & in the morning take a course cloth, & rub off the fat that stands upon the top put it into a skillet, & put to it a pint & half of sack, a *quarter* of an ounce of Cinamon two ounces of loaf sugar, set it on the fire to boyle & put into it two spoonfuls of rosewater, boyle altogether for an howeor & a half, then take 6 whits of egges & beat them to a froth, then take that froth onely & put it into the gelly as it is boyling to cleare it, then take it off the fire & put into it the iuyce of one Lemone, ten graines of Amber greece & 5 of musk. as much sugar candy as the bignes of as egge, let it stand coverd untill it be cold as before, then hang you gelly bag before the fire & run it softly through into glasses: / Mrs Beacham

To make an Almond suck swsset:

Rx half a hand of Almonds, blanch them in cold water, beat

them with a little milk untill they are very small, then put them to a *quart* of milk & let it stand an hower or two, then strain them very dry set it on the fire with some whole Cinnamon, at *when* it boyles, stirre in the cream of a peny loafer grated, & let it boyle a little, then strew in a good handfull of sugar & let it boyle a little longer, then put in the yoalks of 4 eggs beaten with a little milk & sugar, let them boyl but a little, then you must have ready, half a pint of sack & a little ale, well sweetened & very warme. in the pot you make your posset in, as soone as the eggs are boyled powre in your milk to your drink, stir of about & cover it very close & let it stand a little over a few coales :/ *Mistris Beacham* :

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Mrs Vincents Cake.

fflowre 3^{li} & a halfe 3 quarters of butter rubbed into the flowre, half ounce of Mace, 2 nutmegs, half dram of ginger, a pint of Creame, made warme, half pint of Ale yest, halfe a quarter of Rosewater a quarter of a pint of sack warme *the* sack, 2 egges *withthe* yolks beaten, half pound of sugar mix all these with the Creame & so put it into the flowre & mix it well, then knead in the Currence & bake it with a paper bound about:

Dorothy Hoods' cake,

Rx to a peck of flower, *that* was by our weight 12^{li}. 1 ounce of Ginger 1 ounce of Cinnamon 1 nutmeg: half an ounce of carraway seeds half ounce of Anniseeds sugar 1^{li} & halfe butter 7^{li} Barme very sud 3 pints creame 1 pint, Currence. 3^{li} or save out one pound of you will, & put in a li of Raisins cut in bits. first set the button on the fire, in the meane time mix the seeds & all the dry spice & strew it over the flower, then put in the crsame & an handfull of *the* suger & mix yt, which done siumme the butter which must be ready to boyle & powre in the cleare none of *the* bottom so knead it well & then put in the Currence knead them very well in, then spread over your barme & put in some of the sugar if you well & so knead it well up the Oven must not be too hot make it up & put the rest of the sugar on the Top Mark it with a hollow lay half an hower or a little more will make it

A Lombard Py.

A dozen of Larks with puddings in their bellies made of grated bread egges, marrow Currence, suet herbs & seasoned with sugar & nutmegs & 6 or 8 little puddings of another sort made into balls, a pint of great Oysters scalded the yolks of 6 hard egges, the marrow of two bones in great pieces, 2 sweet breads of Veale Parboyled & cut into pieces as big as a walnut, dates in halves sliced

lemon, large Mace & Barberies these must have a little pepper & salt & sugar.
for seasoning then lay on the Top some lettice stalks preserved, & Candid
Eringo rootes, & half a pound of butter:
you may put in some potatos or Skerrets, you must make a Cawdle of white
wine butter & Sugar & put into it when it comes out of the Oven:

My Cousin Patience her Bisket:

To 6 ounces of fine dried flowre half a pound of sugar fine beaten & seaced, beat 4
egges & put to them as you beat a spoonefull of sugar, at a time till half the Sugar be
in them, put in a spoonefull of flowre & a spoonefull of Sugar till all be in but a little
that you must mix *with* some musk ground, & put it to 3 or 4 spoonefull of Rosewater
& put it in iust *when* you set into the oven Caraway seed or *with* seeds else you will, you
may put it as you put them into the Oven dust them *with* Sugar & fflower, a quarter
of an hower will bake them:

A Cake:

Fine flower 9^{li}. dry it by the fire & weigh it when it is dried fine Currans 6^{li} rubbed
Jordan Almonds blancht & beaten half a pound, beat them *with* half a Gill of Rosewater
Cinamon an ounce & a halfe, Cloves & mace, most mace half an ounce a quarte of a li
of Caraway Cowsfits, Ambergreece two graines dissolved in Rosewater, beat it *with* your Almonds,
but first let them be beaten enough; fine sugar half a li. Butter 2^{li} Creame a *pint* let your
Creame boyle them put in the butter to dissolve, as soone as tis dissolved take it off the fire,
stiff Barne 4 sponoefull, when it is kneaded let it stand a good way off the fire about
two howers, then put in your Currans & so make it up :/
Mistris Anne : /

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a Tart of pippins

When *your* coares are scooped out of *the* pipins
fill *them* full of marmalad & soe set *them* up=
right in a deepe tart lid it deepe & poure
a custard on *the* lid.

E: H:

Scottish Scollps

Slice some ueale & Bacon uery thin
parboile *your* ueale in the pan in some
water first, then put away *your* water
out of the pan & fry the veale &
bacon both together browne in butter
Then take a pint of *white* wine & 2 oyni=

ons & 6 Anchoues & let them stew
a little while before you put in the
veale & Bacon then put it in & a little
of the Butter *wherin* they were fried
& when its ready to be taken up
beate 2 yolkes of Egges & put *them*
to it, if the Anchoues doe not make
it salt enough you must put in a lit
the salt./ Sister Packer

little cakes

Rx floure oate meale egges milke &
sugar mix all & bake *them* on a stone
& after ~~Bake *them*~~ butter *them* or fry *them*
to eate
Mrs Whithalgh

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A-A Cake

Rx a *quarter* of a pecke of flowre dry it
well & 3^{li} of currence 1^{li} of Butter
4 egge 2 of *the* whites halfe a *pint* of Barme
1 *pint* of creame 4 spoonfulls of sacke a
little mace & sinamon 4 nuttmegs 4 oz
of sugar, boile *the* creame & let it
be cold mix with it *then, the* Barme & egges
rub in *your* Butter dry spices & currence
then put in *your* creame, let it stand halfe
an houre by *the* fire before you set it
into *the* ouen./
sister I:P:

A Rice pudding

R/ a *quart* of milke & boile in it halfe a *pound*
of rice with mace & cinamon till *the* milke
be wasted set *your* rice to warme & put
in with But: *then* thinke good let it be but
warme when you dish it & *then* put in sugar

goosberry tarts

Rub Butter into flowre *which* you thinke

fit knead it with sugar milke & *the* yolkes
of 3 Egges scald *the* gooseberries & put
in with sugar you will.

Scotch collops

Rx a leg or knuckle of veale & cut it in
little peeces & take as much bacon soe
fry it in water till it be tender *then* put
in some butter & soe dish it up./

Sister I:P:

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White pot

Mix milke flowre 3 egges like butter
for pancakes boile *your* milke & *when* you set
it into *the* ouen put to it a peece of butter
sister Packer

A Cake

Rx 4^{li} of flowre 2^{li} of Butter &
2^{li} of currence M's of sugar 3 nutt
megs 1 *pint* of creame halfe a pint of
sad Barme a little sack mix this well:
together hauing *the* Butter rub'd into
the flowre/

little Cakes

Rx 1^{li} of flowre & 1^{li} of loafe sugar
1^{li} of currence a little sacke halfe
an oz: of mace 5 egges 3 whites
Eliz:*abeth* Hawley

Wigges

Rx a *quarter* pecke of flowre halfe a
pound of Butter 4oz: of sugar halfe
pint of Barme a good quantity of car
raway seedes temper it with milke in
to a good past not to stiffe *then* may
make it cold or warme *the* milke &

melt *the* butter in it make *them* thin &
something long pinch up *the* ends & bake *them*
& eat *them* either tosted & Buttered or
broke into ale, you may put in a little cloues
& mace
Sister Browne

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puff-past

Only white of egges beaten to froth
a little sack a little butter knead it beate
it & strew flowre betweene.
Elizabeth Hawley

Reason Wine

Rx spring water boile it halfe away
to too gallons of water soe boiled
& strained take 2^{li} of reason solis
stoned & shred 1^{li} & halfe of sugar
6 pulps of lemmon & 2 rindes put
the water to these boiling hot & soe
let it stand 3 or 4 daies till it grow
sharp & the lemmon & 2 rindes put
the water to these boiling hot & soe
straine it & after it is settled bottle
it up well & set *the* bottles up to the
necke in let-wet sand & at a fortnights
and you may drinke it.

to make mead

Sister Alsop

Rx to one gallon of honey 6 gallons
of cold water boile it together 1 houre
taking of *the* browne scum & stirring
stirring *the* white scum in.
let it stand till it be as cold as soon
the toast a crust of browne bread well
on both sides & spread it all ouer
with barme strew on it a little flowre
put it into *the* wort couering it with a ^{wooden} dish
whelmed on it.

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soe Let it worke & after barrell it
 & nⁿ its settled bottle it.
 if you *would*
 make it stronger
 a little gallingall boiled in it will giue
 it a fine tast Sister As: Laker

To make good
 black puddings

Same *the* blood by *itself* & Let *your* great
 grets be very cleane picked *then* steepe
 it in milke ouernight & put salt to
 it *when you* steepe it, put some of the
 blood to *your* grits get ready penny royal
 all time sauory chiues finely min
 ced mix these well with *your* greets &
 blood put in cloues mace ginger
 pepper 4 eggs 2 whites mix all
 well & put in with lard you thinke fit
 cut it not to big, cut *your* guts of a
 fit length & not fill, *them* too full, boyle
 a little one to tast *that* you may mend
the seasoning as you see cause.

Liuerings

Boyle *your* liuer beate it in a mortar
 with creame & straine it put in some
 grated bread season it with nutm:eg mace
 a little cloues sugar rosewater 5 egges
 2 *whittes* salt beefe suet cut small tem=
 per all well together with some currence
 make it noe thicker *then* to fill with a fill=
 bow. into *the* blacke pud: you may
 put a little fenell seed beaten small
 Lady Winwoods

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Cocke Ale

Rx a cock parboile him & strip of his
 skin *then* bruise him in a mortar & steepe
 him all night in 2 quarts of the
 best sack & *then* put it into a barell
 with 8 gallons of strong ale before it

hath quite done working with 4 pound
of reasons of *the* sun stoned & bruised
in a mortar a quarter of a pound of
Dates stoned a large nuttmeg sliced &
a little cloues & mace *then* stop it up
close for 6 or 7 dayes *then* draw it into
bottles, it must be ~~6~~ 7 daies old be=
fore you drinke it. put a little bit of
sugar into each bottle.

Dr Dakyne

for the mead on the other side put it to
gether cold with barme stir it well 3
or 4 daies tun it when it has done working
stop it at 6 or 8 weekes bottle it & drinke
it when you will.

Westfailia counterfit

Rx *your* gammon & hang it up 2 daies *then*
make brine to beare an egge put it in
for 3 weekes then hang it high in a chim
net for 5 or 6 moneths *when* you take it
downe wipe it cleane; before you boile it
lay it in water 3 daies shifting it once a
day, set *the* brine be raw.

Mr struyce

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a made dish

Rx pound of fresh butter & worke
it betweene *your* hands till all *the* water
be wrought out & it be plyable *then* take
a *pound* of fine flower & knead it with
cold water & 2 egges till it be a stiffe
past role it out & with *your* thumb spread
butter all ouer it & strew a little
flowre ouer it role it up & out again again
this doe till all *the* butter be spent but you
must not mould it after the butter
is in, cast it into 2 peeces & role one
& lay in a buttered dish keepe *the* other
to couer it.

Rx almonds & beate *them* with rose water
for cloding *then* take a *quart* of creame &
boyle it with a blade of mace thicken
it with fine grated bread & *when* cold
put to *the* Almonds with *the* yolkes of
6 egges peeces of Butter or marrow

if you please you may put dates or
preserues as barberries or *the* like season
it with salt & sugar to *your* liking *then*
lay it in *your* dish & lay *the* other part of
the past ouer it & bake it.

Co: Browne

stewed oysters

Rx *the* oysters out of *the* liquor let it stand
& settle *then* take *the* clearest of it & as
much with wine & stew *your* oysters in with

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with whole mace pepper a whole onion
& a bunch of sweet herbs a little salt. for
the sauce take some of the liquor &
Butter as much sugar as a nut a little
Lemmon & serue it with sippets.

to dresse a shoulder
of mutton

Rx sweet herbs & hard egges shred *them*
uery small put these together with a
raw egge & a little salt put *your* oysters
in this & stuffer *your* mutton with *them* ty=
ing *them* together with stickes of time
for sauce take *the* water of an onion
& some of *the* liquor of *the* oysters claret
wine & capers & dissolue 2 or 3 anchoues
into into these with *the* grauy of *the* nutt=
ton & a little nuttmeg. my Cousin B

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Take your quinces & boyle them Very Tender & let the water boyle before you put them in, & turne them often as they boyle else they will Coullor, then take to every pound of quinces one pound of sugar /

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Mrs E: A: bisket

Take a pound of loafe suger & *when*
it is beaten uery fine put to to it 12
spoonefulls of rosewater & 4 egges
but 2 of *the* whites take *the* skin of
the yolkes & *the* treads out of the
whites & then beate all this to=
gether a full houre then put to
it a pound of fine floure well
dried & *what* seedes you like best
& beat it together tell it is well
mingled, & haue *your* pans ready but=
tered & get them into *the* ouen as
fast as you can, the ouen must
be soe hot as to turne a peece of
white paper browne let *them* not
stand to long lest they turne
browne but assoone as they are

well risen take them out./

To preserve quinces white

Take your quinces & boyle them very tender & let the water boyle before you put them in & turne them often as they boyle else they will couller, then take to every pound of quinces one pound of suger, then take as much water as you thinke good & clarify your sirrup with whites

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of Eggs, & when it is well clarifed, straine it & set it ouer the fire Againe, & take out the seedes of the quinces as hole as you can & Payre them in the meane time & when the sirrup begins to grow thicke then put in your quinces & let them boile a good pace turning them often, then tye vp the cors in tiffany & put them in & when they are almost Enough then strow in a little hard suger on them on every syde, & then let them boyle very fast & when you preserve the sirrop will Gelly, take them vp into your glasse & keep as much sirrup as will cover the top of them; the next day cover them close

To make Cake bread

Take to halfe a pecke of fflower halfe a pound of suger, & a Good Pound of Currence washed & censed. halfe an ounce of Mace & halfe an Ounce of Nutmeggs if you haue Creame then a quarter of a pound of Butter/ If Milke, the more butter, you must boyle in your Milke, a flecke or two of mase & some sinamon: you must put a good quantity of yest & mixe some sacke in it.

To make mirth

Take 2 or 3 Gallons of Water to the leavings of the Honey & breake & straine the Comes with it & boile it in water an howre & straine it ^{^ put to it} a sprig of *rosemary* & some bay= leaves with it, then put in Cloves sinamon & ginger & some littell Nutmegs & boile it with these & when it is Cold put it into a randlet & a littell new barme at top

To preserve damsons

Take *the* waight of *the* damson in suger & strew in *the* bottome & soe in rows Among them & tye on *paper* at the top & let it boyle in a pot of water 3 houres open them round the bottome with a pin a moneth after Put suger to them to keep them soe boyle them leasurely in a skellet till *the* be Enough &

soe you may doe Any other fruit

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Eringos Marmaled

Take the tender roots of Eringos & take out *the* iner pith & [^] wind & seeth them vntil they be very soft & tender then stampe them very fyne like pape, & seeth them over the fire againe with a little rose water

To preserve Currantes

Even as your respis, onely stand them & let them hang in buches as the barberyes

To preserve barberryes

You must picke your barberryes from the stalks then strayne them, then to a pound of barberies stond or vntond as you think good a pound & a halfe of suger some doe theas all withe iuce of the Affooresaid [^] b arberys some halfe with *the* iuce & half water then let the suger & that seeth & scum it till it be *conserved*, then put in your bu^rches of barberys & let them seeth very fast a walme or two.////

To make red marmalet of Quinces

Take to 3 pound of quinces 3^{li} of suger, almost 2 pintes of faire water, Cut your quinces in quarters core them & put them into faire water, then put your water suger & quince together your suger being small beaten & set them on the fyer, & let them boyle then take them off & scum them very Cleane, then set it on & Let it boyle softly till they be somewhat tender then couer them close & let them boyle softly till they be somewhat red coullored then you may let them boylle a littell faster till they be well collowred & tender enough then take them off & power them into a Cleane Earthen or silver bason then with spoons beat it small & with as much sirrups as you think will serve ~~tyour turne~~ boyle it with all againe very fast: Covered: till it be thick enough which you shall see by holding a littell in a spoone till it be cold,

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if it be some what thicke, that you thinke it will cut when it is could, you may boyle it: when you haue beaten

it & set it on againe, you must stir it still for feare
of burning/ remember to cast in some of the cores in the
boyling, & take them forth when you beat your near marma=
let

To make Clear=past of Raspberries

Take the raspberries & breake them in a bason without *the*
stalkes, then put them in a Course strainer & soe easily
bruise them with your hand that the thin Juice may rune
through into the bason, then boyle the Juice, & take as
much suger as the waight of it, beate the suger fine, then
put it in to a skillet with as much faire water as will
weet it, set it upon a soft fyer till the suger be melted
then make the fyer very hott & let it boyle a great pace
vntill it stand upon a plate, & come of Cleare like a droppe
of Christall, then take it from the fyer & instantly
put in the Juice of raspberries, keeping it continually
stirred whiles the suger & the Juice be well mingled toge
ther, then put it to the fyer & give it one walme, & soe
put it into glasses for past, scarce an Inch thicke, if for
marmalade then almost 2 Inches then put it into a stoue
where it may be but warme, & when it is stiff enough it will
Cut, then turne it out upon a sheet of glasse, Cuttinge of
it on what fashon you will, & then put them in the stoue
againe, & soe dry them vp: when your Marmaled is dry put
it in a Coole place observe all rawe fruites must be boyled
after they come into the suger with one walme

Nurse reades Receipt for making of sweetwater

Take an indifferent quantity of sweet Margerum & as
much muske Time, some Course Mary, some lauender
some bayse, some spignell, some rose leaves some pink
some sweet Basill, some winter savory, some muskouy,
& some ffrench marlin, These hearbes with some

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sinamon, & Cloves & peces of Lemond peeles steeped
in some new ale, & let it Continue in the ale for
the space of 24 houres, & then still them together
& soe done then put some damaske powdred to it,
& it will be very good

Past of Raspberries with *the* stones

~~With the stones~~, bruise *them* very well in a bason & with
your hand take out some of *the* stones & *then* put *them* into
the suger as formerly, if you would haue *your* paste thicke

then straine it neuē.

To make a syrrop of gelly flowers

Rx good store of Cloue Gellyflowers. cut of *the* white ends then put a few into a flagon, first strowing a little fine suger into *the* bottome of *the* pott & then flowers & then suger betweene every lane of flowers. when *your* pot is full stoppe it Close, & put it into a kettell of boyling water, & let it boyle till you thinke the iuce of *your* flowers be distilled out, then powre out *your* liquor into a bason leauinge some in the bottome & those leaves will be god for sallets then boyle *them* with some more suger, & keepe it for your vse

To make a spirit of Wormewood

Rx *the* wormewo^o d & stampe it & put it into a Pitcher pott & when it is filled with it put some sacke into *the* Pot flute it up very Close, & sett it all *the* sommer into a seller, or some such Coole Place, then straine it out & keepe it in a glasse Close stoped & halfe a spoonefull of this Iuce put into any beere, is farre better then wormewood beere

Syrrop of Cloue Gellyfflowers

Put *them* into a fflagon as before & suger enough to keepe them all the yeare & then stoppe it Close & set it into an oven till *the* suger be melted & *the* fflowes well stewed, & then boyle *the* ~~suger~~^{liquor} up to a syrrop & put vineger into *the* louer & keepe *them* for sallets

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To dry Goosburies *which* are to be done

about the 8th or 10th of June

Rx the gooseberries & slit them on the sides & Cut of *the* blacke -- toppe, then lay them in Cold water 3 or 4 hours, then take faire water & a littell salt, & when it boyles take it of *the* fire & scald but a few at once put in the goosberries & Cover them with a dish, but looke to them Continually that assoone as the skinne begins to breake, take them out & put *them* on a pye: plate, then pill them, & boyle them in water very soft, Covering them till *the* be greene: then take *them* out & take their waight in suger, & put to it as much water, as will something more then wett it. x then set it a Coolinge, till it be x make a syrrop but warme, & then put in the goosberries Cover them & let them boyle

softly a Littel, x & soe doe till they begin to looke greene, then put
x *them* set *them* on a=gayne
there out in a dish, when they are Cold cover as before, but not
halfe the quantity of suger, *the* goosberries being first taken out
on a py plate after *the* have been heat, & then put them into
the new syrrop, being as the first was ma, made boyled & Cooled
soe let them heate but not boyle, & then let them stand
Covered as before the next day heate them againe, & then put *them*
onto dry & when they dent in stick in pynnes & soe let them
alone till they be almost dry, then take out *the* pynnes & moue them
but not turne them

To make Quiddiny of Raspes

Picke the *Raspberries* & put them into a Iug & stop it Close
& flute it up with past & then set it into a bottle of boyling
water, & let it boyle almost an howre, then poure *the* Cleare from
the pulpe & take *the* waight of double reffined suger finely beaten
then boyle *them* together on quicke fyre for if it be long a boyling
it will loose *the* Coulor, & when it hath boyled a little, set some
in a spoone a Cooling to see if it will Cutt, you must doe it in
silver or brasse or earth, & this way you may doe goosberries but *the*
must boyle an houre & Currence 3 quarters of an ounce: you may
put muske or Ambergreece

To make Naples Biskett

Rx the youlkes of 20 Eggs & beate *them* very well, put to them a pound
of suger beaten & a pound of flowre & halfe a pint of Rosewater
blend these [^]very well together as thicke as you doe make ffritters, then

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put in the pans thin Cap=paper & soe ffill them, & let *your* oven be
gently heated, & let them stand in [^]it a quarter of an hour for they will soone cleane and
be baked, then take them out of *your* pans & lay them on white paper
& let them stand in the oven to dry, & if you will you may put on
a little muske, & if it be to thicke you may put in a little warme
and

To preserve Apricocks

Paire & stone them & take their waight in suger double refined, beate it
to fine powder & dole out the third part, then take a preserving glasse
& lay at the bottome aboue halfe an Inch thicke of suger, & lay *your*
Apricocks one by one upon that suger, then Couer them with more
of that suger, soe doe till *your* Apricocks & suger be spent, then let it
stand Covered 24 hours then you take them out one by one, pouring the sirup
& suger into a skillit set it on the fire & scumme it & put in the
Apricocks into the syrrop, & then boyle it as fast as possibly you can,

pricking them with a bodkin as they rise up, & soe cast in *your* third *pint* of the suger as they boile, and boiling it till *your* sirrorup will stand, take it from of the fire & take them out one by one, & lay them upon a Cullonder, if any be broken put them together till they be Cold; Put a spoonful of syrrop into a preserving glasse, & put *your* Apricocks one by one & *the* sirrorup on the top, & soe keepe them

To dry Apricocks

Paire & stone them & take their waight in suger, & take 2 parts & put into a skillet, with as much water as will wet it set it to *the* ffyre & scum it then put in the Apricocks & boyle them but not to fast, Pricking them with a bodkin, & casting on them the rest of *the* suger, when they are tender ~~take~~ take them up & lay *them* on a Cullender poure the syrrop into a Chiny dish or siluer bason then put Apricocks into it, turning them every day for *the* space of 2

dayes, if they grow tough or shrinke be put on the fir & boyle them a littell againe, then take them as you did before those that you intend to dry put on glasse plattes the rest put into the fir: for *your* use those *then* dry after they have stood in *your* stone a day or 2 turne them upon fresh plates, & if you find *your* fir: be tough about them wash *them* in hott water, then put *them* upon fresh plates & dry *them*

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To dry greene plummes

R:*x* the greene pescod plum or any other plum *that* is at his full growth but not turned his Couler, Parboyle them in water peelee them & haue ready a thin syrrop with a littell suger, put them in & boyle them till *the* be very tender, then take them out & lay them on drayninge plates hauing the waight of the suger, they wayed at first, beaton to powder put as much water to it as will weet it. Set it to *the* fire, & boile it & scum it: then put in the plums & let it boyle a uery little while take *them* from *the* fire & poure them into a glass or earthen bason & soe let them stand 24 hours turning them in the syrrop then poure *the* syrrop from *the* plummes & for it on *the* fyre & boyle it then presently take it from *the* fire & put in *the* plums; soe doe every lay untill it haue drunk in all *the* syrrop then lay them forth on a glass plate & doe with them as you doe with Anr: take *the* thick past *when* it is dry enough lay it upon ye glasse plate & make it into *the* fashon of halfe a plum make a hole in *the* middle of it big enough for a sponne to lye in soe let them stand til they be reasonable dry then put *the* stone in & lay another halfe on it. you may soe make any foshoned plummes of any Couler of past

To make Currence Cakes

Rx fine flower the quantity there after as you meane to make, then take youlks of Eggs & butter & Rosewater & grated nutmeggs & sugar as much as you thinke will sweeten it, worke it together into past & rosle it very thine, then plumpe the *Currence* & lay them on the past as broad as you intend to make them & lay the past ouer it then take ye rolling pinne & rolle them ouer till ye *Currence* be seene a through the past, then sett a glase ouer them & lay it of and prick them full of holes, & lay them on a paper, & put them into an ouen not too hott for a little bake *them* you may putt a little saffron into *the* rose water if you like it.

To make Suger Cakes

Rx a pottle of flowre, a round of suger, as much butter, 4 yolks & one white, & put ye butter in Rose water, & soe temper it together & put them into the ouen on plates

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To make Artificiall Apricocks

Rx 6: *Apricocks* take out the stones & Paire them very thinne take as much double refined suger as ye waighe beate it to fine powder & put as much water to it as will wet *the* suger, set it to *the* fire till *the* suger be melted & scummed, then put it in *the* *Apricocks* boyling *them* apace & breaking them as they boyle, when they are very tender & soft. Put it on a Cullender or glasse plate letting all *the* *sirrup* runne from it into a littell glasse round like an *Apricock* or for want of that into any glasse, & put it into a stoue till it will stand it selfe, then turne it in a glasse plate their fashon it with *your* knife like halfe an *Apricock* & soe Ioyne 2 together putting in one stone on one side & setting them againe into a store untill *the* be dry

To make past of Apricockes

Paire them & slice them in peeces Put *them* into a stone Iug halfe full. Couered with a thin linnen cloth set it to *the* neck in a pot of boyling water, soe let it boyle till *the* be uery tender & if you would haue Cleare past & let *the* thin liquor run through a strayner & soe put it to the suger as before, not boyling it after *the* other will make good past being rub'd in the strainer with a ladel if you will you may put a little of the pap of Codlinges to *them* & put it to *the* suger as formerly not boyling it after & soe dish it out

To preserve Quinces red

R: x to a *pound* of Quinces as much suger & a *pint* of water to make *the sirrup* you must put *the* suger & water together, then beate some whites of Eggs well & put them to *the* suger & water & let them boyle apace a little while; you must not stir it if it boyle ouer open it a littell at top then straine it through then take quinces & gnodle them then Coare & paire them let the sirrup boyle a pritty whyle, then put in *the* quinces Cover them whole & let them boyle softly a *quarter* of an hour

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^{grate} some quinces straine them & put the Iuce in (this will couler *them*) you must strew in as *the* boyle some fine suger & keepe *them* Close stopt till they be enough

To make Conserve of Barberris

ffirst picke them then put them in an earthen panne set *the* panne upon some Coales, let them stand till *the* are through hott stirring them; you must not break *them* in the panne then take a haire siue & straine *them* through by breaking *them* with your hand or a spoone then take ^{ye} pulpe you haue strained & *the* waight in suger & put it in a skillet or bason & set it on *the* fier let it stand very hot but not boyle you must stir it all *the* while on way & when it is thick put it up

A Recept for sweet water

Cloues℥​ ii orise℥​ vi Beniamin℥​ i Storox℥​ Labdamum℥​ i Callamus ℥​ ss sypresse ℥​​ss sweet powder all these must be grosly bruised one bushell of Roses. Lauender topps 4 good handfulls sweet margerum 2 good handfulls, Basill 3 handfulls BayLeaves broken halfe a handfull Rosemary tops a handfull A few walnut leaus. If you will ^{make} more water at one time double all these things, but then you must have 2 stills to still *them* forth with: Steepe all these hearbs & powders in 4 or 5 *pints* of Conduit water but not aboue, let them stand a night very Closely couered in an earthen Pot *the* noe sent Come forth, then still them with a very soft fyre out of hand for if it stand aboue 2 dayes & a night it wil be sower & then the water will not keepe good when you have stilled al, then straine *the* same & prick a littell paper full of holes therwith Cover the glasse a while untill *the* fire be forth of *the* same, After that take a graine of good musk tye it in a little peece of lawne & let it hand in *the* mouth of *the* glasse by a thred, but haue a Care it touch not *the* water for it will make it black then Couer it Close & it will last good 3 yeares it will yeeld 3 *quarters* of water & it is *the* most it will Cost when Roses are at *the* Cheapest

To make Syrrupe of violets

Rx gallons of voilets pick *them* Cleane from *the* stalks or white then, beate them very fine in a mortar Put to *them* some 6 or 8

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120 spoonfull of Cleare water then straine them out very hard to get out *the* Iuce, to a p.*int* of *the* Iuce take a pound of hard suger, & soe boyle it up to a syrrup hight ae fast as you Can, one gallon of violettts will not yeeld halfe a *pint* of Iuce

To dry Angellico

Rx the stalkes, Cut them in 4 quarters, Lay *them* in water a day & a night but you must shift them 4 tymes, then boyle them till *the* be tender, then make as much Syrrup as will wett them, strowe a littell suger upon a plate & Let them drge Lines

To make mackaroones

Rx blanched Almonds & lay them for 3 howres in Cold water, then dry them & beate them very fine, then to 2 pound of Almonds Rx 2 p.ound of fine suger, beate it & let it be sifted through a Course haire siue, then Rx the whites of 6 egges 3 graines of muske *the* Almonds & *the* suger, temper the well together, lay them in fashon, & soe bake them

To make paste of Oranges

Rx the deepest Coloured orainges, Paire them, Cut them in ye midst & take out the substance, lay them in water 2 or 3 dayes, Chantage *the* water twice a day, then see the them & Change *the* water in seething them, But let *the* water be hott againe before you put it to *them*. then pick out all *the* blacke specke lay them betwene 2 warme Cloathes, to draine out *the* water, Then breake them small with a spoone on a Chaseing dish of Coales then take out of *the* best yellow pipins boyle them, take as much of *the* orainges, dry them together over *the* Coales, take as much suger as Pulpe, boile it to a Candy, then put in your stuffe & when it is Almost Cold make it up in Cakes

To make Paste of pipins

Rx pipins, paire them & Cut them in small peeces from *the* Coares then boile them in a little Rosewater & faire water together, straine it through a peece of Cushin canvas, then take as much suger as *the* pulpe both weyed & soe much water as will wet it, then boyle ^{it} & dry it as usually Lines

To make Quiddany of pipins

Rx pipins pare them, & Cut *them* into peeces with *the* Coares, & put

them into a posnet & soe much spring water as will Cover them *then* boile till *the* sinke & *the* water strong of *the* pipins, then straine all *the* thinnest - through a peece of Canvas, & take to every *pint* of Liquor half a *pound* of suger

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then boyle what as fast as you Can uncovered, & boyle *the* red somewhat leasurly as you can Close covered untill it be as red as Clarret wine in a spoone & boyle it untill it be stand upon *the* backe will of a Spoone, and soe Box

it up To make paste of oraingee & Leomonde

Rx orainges & leomonds & boile them tender in water shifting them 8 or 9 times in *the* boiling & let every water boile before you put it into them, & put in *the* first water one handfull salt & beate them in a wooden boule & straine *them* through a peece of Canvas, & take soe much sugar as *the* pulpe weight, put to it soe much water as will wet it, then boyle it to a Candyes height, put *the* pulpe into *the* suger & boile it with stirring untill it will stand upon a py plate then fashion it & dry it as *the* other. & if you will make a marmalet of this, boile it untill it will Come Cleane from *the* bottome of *the* Posnet & soe bor it up if you will make past royall of *this* marmalad mould some of it in serced sugere before it it throughly Cold, then print it & dry it

To make suger plate

Rx searced suger & worke it up with gum dragon steeped in rose water & soe mould it print it & dry it

To preserve Orainges & Lemonds

Rx orainges & lemonds boile them as *the* paste Afforesaid take soe much suger as they doe weigh & put to it soe much water as will make *syrrop* to boyle them then boile the water & suger together, then put in your Orainges & lemondes - boile them very lesurely for *the* faster *the* boyle *the* harder *the* will be & *whenthe* be ye boile them very lesurely for ye harder they boile the harder they will be & will they be through sweet, then take *them* vp, Put some apple water into *the* *syrrop* & then boile it vntill it be as thicke as Quiddang & when they are almost Cold put them together

To preserve Cherries

Rx some of *the* worst Cherries & boile them in water, till *the* be somewhat red, then straine them, then take a *pound* of *the* best Cherries & a *pound* of sugar finely beatten & stowe of ye suger one lay in *the* bottome & one lay of Cherries upon it soe lay them till all be layed, then put to you *the* *sirrop* *that* you made first you *the* *panne*, then seeth *them* upon a hott & quicke fyer, & *when* they are well Coloured & the *sirrop* thicke, then put *them* up
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To preserve quinces red

Pare your Quinces & put them in water & put to a *pound* of quinces a *pound* & & a quarter of hard suger, finely beaten a pint & a quart of faire

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water set your quincee water & suger on *the* fire together let *them* boile soft ly skime them sometime & turne them some times vntill they be tender & then cover them Close onely looke in to turne them, & *when* they are coloured enough, & tender, you must rase *them* up from *the syrrop* & lay them Apart till *the* be Cold, & boyle up your *syrrop* till it will gelly, with you may soe by settinge some Coole in a spoone, *when* your *syrrop* is Cold cover your Qinces in *the* glasses tye *them* & keepe *them* for your use

To preserve damsins

Rx to a *pound* of Damsins a *pound* of hard suger, *quarter pint* of water set your damson water & suger on *the* fire together, let *them* boile softly & skime *them*, you damsons will Cracke, but when you think *the* are boyled enough, you may take *them* up by *the* stalks & close them up, then boile up *the sirrrop* & *when* it is Cold, cover your damsons with it & keepe it for your vse

Sweets

Rx damask roses buds & sweet basile & sweet marierum & masticke thyme & powder of cloues & orice & damaske the powder, put these into an earthen pot & stop *them* Close one night & after that dry *them* in *the* without doores

more Sweets

Rx damaske rose bud, pull *them* from *the* stalkes altogether then picke out *the* seeds cleane & put a littell musk in *them* & bind *them* Close at both ends & put *them* into a flatt preseruinge glasse with Cover Close with a bladder & set them in *the* sun & *the* will dry, some time turning them

To preserve Apicookes

You must not lett *them* be to ripe before you doe them, pare your *Apricookes* : & on *the* Cleft syde take out *the* stone & to a *pound* of *Apricookes* a *pound* of hard suger halfe a *pint* of water & better, set your suger & water on *the* fire & put into it *the* white of an Egg, *when* it boyles scumme it Cleane & put in your *Apricookes* : let *them* boile softly turning *them* sometimes, *when* you thinke *the* be boyled enough, take *them* up & lay *them* apart, *then* boyle up *the sirrrop* & *when* it is Cold, put it in your glasses, & keep it for your vse

To preserve Green Plummes

The plumme that will be greenest when it is preserved is *the* greatt white wheaten plumme gather them when *the* be at *the* full bignesse,

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but before they grow yellow, wipe *them* with a Cloth, & then set 2 posnets of water to *the* fire & when they be seething, put in your plummes into one of them, take it from *the* fire & cover them, & let them stand one quarter of an hower & then take *them* up, when your other water boyleth, put *them* in, but let *them* stand a very little while, set your water to *the* fire againe where *the* were first scalded & when it doth boile take it of *the* fire againe, & put *ththem* in & then you shall see *the* skinne role all ouer that there shall be noe place whole, whilst *the* be hatt you must take off with your knife all *the* wrinklunge that done weighe *them*, & take to every pound of plums a pound & a quarter of suger, then set faire water boyl fire & when it begins to boyle, set in your plummes & let *them* boyle halfe a quarter of an hour till you see *the* Colour of your plummes greene againe, then take *them* up & couer them & let them stand a quarter of an hour, make your sirrop & scumme it & then put in your plummes & boyle *them* the space of an ho:ur with a moderate fire, then take up your plumms, & boyle your syrrop a little more, till you perceiue it to be Gelly, & when it is Cold you must adde a little suger, when you take up your plummes & when it is almost Cold. poure it upon your plumes this way you may doe pipins your peach & your peare plummes sauing your pipins & your peach, must haue but one or 2 scaldings beside *the* water to fetch *the* Colour againe: To make the Greene dried plum, gather your plumms whilst they be greene, skald *them* as you did *the* other, you may preserve *the* green grapes or *the* dubery as you doe *the* plumms, but if you stone them after you haue peiled *them*, *the* will looke much *the* better

To make marmalet of Apicocks

Rx *the* ripest Apricock you haue, & pare *them* & Cut *them* in peeces, & take *the* 3^d part of *the* weight of suger refined, then put them into a Cleane posnet & boyle them over a soft fyre; scumm *them* very cleane, & keepe *them* stirring or else they will burne to & in *the* boilinge breake *them* abs small as you Can, & soe boile it till you thinke it will cut, then take it of *the* fire & put it in glasses, when it is almost boyled you Can hardly keepe it from burning to.

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To make marmalade of Pepins.

Rx your pipins, haue *them* & quarter *them* in 5 or 6 peeces then coare *them* & take to a pound of pepin a pound of suger & 3 quarters of a pint of water

or more when you haue Clarified your suger put in your Pepins, when your water boileth a pace then with a rolling pinne stampe *them* downe to *the* bottome in your stirring to breake them, you must be carefull for feare of Burninge they boiling a greate pace, when it groweth thicke as you thinke it will Cut, put it up in Boxes

To put up Barbereyes raw.

ffirst, stone your *barberies* then strow a litle suger in a glasse or gally pot, soe lay a layne of suger & a layne of barberries, till you filll you glasse so tye it up Close

To make pepin Ielly

Rx pipins & quarter them, boile *them* a good while, then straime it & to a *pint* of that water & a little more put a *pound* of suger then take the orange peeles ready boyled & slice *them* very thinne & put *them* into *the* *syrrup* & boyle very fast & when it is almost enough, put in some Iuce of lemon & orenge more [^] or lesse as you like *the* tast, & soe boile it fast a littel & then glasse it up & put in some Amber if you will.

To make my Lady Winwoods Metheglin

ffirst you must gather your hearbs about lammas or mikelmas of fello^us es, Bay leaves stichworth each 4 handfulls Borrage betony brome mentes, Eglantine, Egrimony fumitory hearte toung. Isop Eyebright, Languede beefe, Rosemary, *Saint* Iohns wort, sage saxifrage, selfe heale, verum ribwort, wood bane leaus water Creiseis, of each one handfull of the roots of Elicompany roots, fenell rootees galengall accents roots, of Each 2 handfulls of pellitory of Spaine , *the* roots parsley roots of each an handfull of Turmenill 2 handfulls, when you haue gathered these hearbs & roots, slice *the* ffennell roots & wash *them* from *the* Earth & pick *them* Especially *the* roots & slice *the* fenell roots & take out *the* hart, then according to the

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proportion aboue written, put *them* into a furnace if the furnace be large enough, put to soe many hearbes thus prepared 2 hundred gallions of water, or more & make a good fire under them & let it boile together *the* space of 3 houres, then Clense *the* liquor from *the* hearbes out of *the* furnace, into a cleane vessell, through a Cleansinge siue & when your liquor is Clean taken out, make Cleane your furnace, put in your liquor, you must put in 4 gallons of liquor & one galon of honey, then boile *them* together, but before it boile to fast, skum it very Cleare, shilst there is any from thereon & especially [^] after *the* great skum is gone then there will Com a scum partl black, which must be Cleane taken of, ten abate your fire from your liquor, then put your liquor into tubs, & let it stand