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

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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 uinig & 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

To make a sammon unboiled & season it with peper & salt not too much. Fill your pye with a great deal of butter else it will eat dry & put in some reasons so bake it & eate it hot.

To butter a Hare

To butter a Hare take the fore parts of the Hare when it is boiled & mince it very small & put to it pretty store of currence & butter & lay the head & wing bones with sippets about it.

To make good water
grewell. Take to a quart or more of water 2-2 good spoonfulls of grets beaten, some reasons currence cinnamon 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 blaccke then put in it rosewater butter & suger & some nuttmeeg sliced or grated & some bread you may slice in if you like it.

Olde Ieanes Tansie

Take ubolet leaves sweet cicile strawberry meeke primrose leaue of each a little handfull of Tansy
& sorrell a good handfull you

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: ubolets
primrose & cowslipes good store
is best, 3 penny loaues grated
9 egges 5 whites beaten with the
herbes after they haue bin
pounded a while to 3 quarters
of a pint of iuice 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 tell they be 3 quarters boiled

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

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.

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
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.

A quakeing pudding.

Take aboue a pint of creame heate it with a blade of mace & slice in some white bread very thin as for milke to boile put in 6 yolkes & 3 whites of egges beaten & some suger & nuttmeg then butter the bag & flowere it very 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 very fine stiring it all the while tell you thinke it be thicke inough then continue

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

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 handfuls 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 blacke 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 soe much manchet as will make it pritty thick then set it on the fire & Let it scald tell the bread be uery soft then with a spoone 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 nutt meg & 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.&nbsp;

16

To make a good pudding

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

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

9

morning take of the top boile some creame with sinamon mace & nutmeg tell it tast well of the spice, then put into the grets as much as you thinke good, alsoe put in some sinamon & nutmeg beaten, take marrow & cut but not to smale put in alsoe 7 yolkes & 3 whites of egges well beaten 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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10
but most penny-roiall, a good deal of salt 6 egges whites & yolkes, soe fill the guts & boile them.&nbsp;

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 pieces 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 tell it is full enough, then poure on the creame tell 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.

An Almond pudding.

Take a manchet & slice into creame & set it ouer the fire tell it be scalded then break it verry smale & beate a handful 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.

To make oatemeale puddings.

Take a quart of gret picke them cleane & put to them as much scalding milke as 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 nutmeg sinammon suger & a little mace & salt. put in good store of beeve suett & a little marrow & when your beasts guts are very cleane, fill them not to full & boile them.

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

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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 minced & 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 morter 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 eggs 4 whites & season them with 3 nutmeg 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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13 a dish into the bottome of the kettle to keepe them from breaking. &nbsp;

26
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 driping and let it be
well baked.

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
withthe 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.

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 very
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
peeces some dates, boile these well to=
gether, then put in as many yolkes of
egs as you will serve 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 stick
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
juce & put not into much thickening.

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15

30

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 piece of the Butt of beeefe &
boile it a little then cut of the outside
of it & waigh the rest & to 10 pounds of
beeefe 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 sinnon beaten a little beaten san=
ders a pint of rose water a little pepper
& salt & beaten ginger & carraway seeds
& 3 orangee peeles minced smale.

32

minced egge pies.

Take 5 egges & boile them hard then peele
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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16
33

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 ueriuice & 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 sinamon 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.
To make a potato pye

Take a pound of potatoes & boil them
tell they be very soft then take half an ounce of cinnamon as much nutmeg
a little pepper some large mace a little salt 2 ounces of dates and 2 marrow

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

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.

To make a hare pye

Take the hinder parts of the Hare & cut it in thin pieces from the bones then take the udder of a leg of veale & cut in such pieces also & to every piece of meat stick close a piece of fat & season it with pepper & salt make your pye round & deep & lay good store of butter in the bottom then lay in all your meat & more butter on the top soe bake it very well & eate it either hot or colde & if it be made right it will tast just like venison.

another way for this
Take all the meate from the bones & beate it till it be all in one lump.

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

The humble Pye

Take a lambs head & purtenance & when it is clean picked & washed set it over the fire & scume it clean & when it is parboyled enough to mince mince it very small & mince as much beefe suett as meate when both are very small, minced severally mince them & mince them together, then season it with a pretty deal of nutmeg & cinnamon some sugar & some salt lesse then a pound of currence well picked & washed then cut small sweet marierom time saury parsely a few greeny marygold leaves & mingle these with the meate soe fill your pye close & when it is well baked make a caudle with a little ueriuice as much rosewater & sugar & 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.

To make good minced Pies.

Take the flesh of a leg of veale when it is parboiled & mince it very small then mince as much beefe suett as the veale & mingle them & mince together then let your seasoning be 4 ounces.
of suger 2 of carraway comfits 3 Nutmegs
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
& lemmom peele 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.

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 & citron sliced thin in the
middle & suger pn the top role the
past thin & turne it ouer like a
pasty.

uery good pasty

Take a pecke of floure 4 pound
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 nutmegs to your pepper.

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 as agayne as you doe salt.

To make puffe past

Take fine floure the whites of 2 or 3 egges some suger & rosewater & temper 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

as often you will.

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 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.

To make Tart stuffe of quinces & apples

make it as your marmalad of quinces but somwhat thinner & straine it through a fine meale siue mingle as many apples with your quinces as your please
To make stuffe of apples only.

Pare your apples only & slice them from the coare & put them into a pot & let them stand in the ouen till they be baked then straine them & put in as much suger as will sweeten them then seeth it till 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.

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 peele 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.

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.
To 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 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 tell 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 tell 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.

To dresse lambs feet

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

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 enough bast her with butter & the yolke of an egge. & make uenison sauce to it
To seeth a Carpe

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

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To make venison 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.

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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:

25

Take any cold mutton boiled or roasted which is best slice it in thin smale peeces 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 lemon & with sops serve it up, at first put in a whole onion peeled into the middest & when you take it up take out the onion; if you make it of veale put in some sweet herbs minced small & stew them with it.

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To make Pancakes

Take a pint of cream & 4 eggs & some nutmeg & flour & salt fry them with butter, this will make 4 pancakes.

59

To make good pancakes

Take some water & flour & blend together, then take 12 eggs half the whites & beat them well together then put them into the batter put alsoe nutmeg salt & sugar into it & fry them with butter.

60

To make an apple

Tansie

26

Take some apples & cut them in round pieces & stew them between 2 dishes with water till they be tender. then take some eggs not all the white & a little cream & grated bread with Nut. & sugar & then may put in a little flour to bind it then put butter in the pan & melt it then pour in some of the batter & lay the apples= one by another & pour the rest on the top when it is hardened turne it & let it bake on a soft fire.
A Tansie

Take good store of spinach some prim rose leaves, balme & thyme. Tansy beate these very well & then breake in a dozen 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.

To make custards. B:

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

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 cold colde rosewater or cream with doe uery well in it.

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 Nutmeg & sugar. strew some currance 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 sink to the bottome & soe fill them the crust must be made with water & a little milke.

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28
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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 tell next day then take up your creame with your hand or skim mer 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 manchet uery thin with out any crust & put in a blade of mace, & when it is almost boiled 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
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

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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 nutmeg 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 presently this quantity will make 6 or 7 cheesecakes

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 aboue a weeke & then lay it in grasse fress every day tell it is ready to eate.

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 rennett cloues & mace being before steep ed in the rennet mix 2 spoonfulls of the luice 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 weight on it & halfe an houre after salt
it with a spoonfull of salt &

32
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 nutmeg &
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

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
very 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 nutmeg a good quantity of

by with

halfe a pecke waigh

7th & mea

sured it waighs

but 4 ale yest you may make halfe this quantity & make it in a long bun & bake it with manchet.

To make speciall cake bread

Take halfe a pound a pecke of

floure 3 lb of currence 1 lb dimidium lb of butter 4 & 8485; & 8203; of suger a pritty deale of sinammon & nutmeg a good quantity

of ale yest temper all these with creame somwhat 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 & 8485; & 8203; &nbsp;of nutmeg as much carraeway comfits 3 & 8485; & 8203; 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 warme to rise.
To make Gelly

Take Calfes 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 malmsay then season it with salt & put thereto 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 Currens & a pound of reasons of the sunne halfe an Ounce oof Cinnamon: 3 nutmeggs: 2 Ounce of Caraway comfets a quarter of sugar & a little salt, when the pyes are baked put into them some rose water; vinegar 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 manchet 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 handgull of reasons of the sun, stir all this well togetther with a peece of butter in it then take a linne 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 nutmegge sliced uery thinne & a little of the gravy of the mutton, & set it upon a Chaffing dish & preserue it in

How to make a sheeps toung pye

ffirst the tounges must be parboyled, then pill them & sprinkle them with vineger & white wine then season them with Nutmeg mace cinamon & suger then put them into the pye with a 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 & shred it togethertill it be as small as you can make it, Alwayes keeping it loose from the boards, as you mince it, 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 over 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, veriuice & suger & some butter

38

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 Cinammon: & 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 pieces & soe strewe 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 oatene meale, beate it very small in a trough or Wooden morter, 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 .

Puff Past

One pound of floure as much Butter wrought in your hands one Egge & faire water mixed & the Butter layed vnder & Conserv= pye boefe 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.

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
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

Rx: 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 use them , turne a side the skin on the top & Cover it againe

To fat Chickens

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

To make Excellent Rennet

Rx forth the Curd out of the bag & when you have picked of the haires & 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 use 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 stead of Cowslip Blossoms

To make orange & lemon salets

Rx the Orrange or lemmons pore them, Cut them in the midle & Crush out the Iuce, then Cut them in round pieces 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 lumballes

Rx Eggs youlks & whites beate them well together, then take a pint of beaten suger & put to the egges, stirre them well toge= ther & put to it a pottle of flowre & make a hard past, then 5

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 excellant 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 broght 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 aboue 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

&P 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

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 beepe

Rx any peece of leane beepe & bake it with your browne bread in a pot Couered with
water, then take it out Cleane from the liquor, & breake it ury 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 aga
ine, if one have not occasion to bake small things before.

How to hash a shoulder of
Mutton

Take a shoulder of mutton, Roaste it sometiminge 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 anchovies & 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 anchovies & olives, put in one or two leaues of mace 3 Cloves
1 nutmegge stywd halfe an oringe or Lemmon stew all theise 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 anchovies, Capers
& some samfer & otysers, iff you please garnish your dish with theise &
soe serve it up
Lay your meate upon if bones
& leaue skin over the meate
shape it like a shoulder of mutton

you may stew one whole
loynit with it, but take it
forth when you serue it up

How to make a marrow pye
Rx your apples & shred 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 puffe 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 theise together an houre of more in water & when it is well boyled, put in suger & butter

To make white wine Caudle
with alle

45
Take ale & whole greates & mace & a sprigge of rosemarye & a sprigg of balme, boyle all theise 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 theise are boyled on water, well boyled together, then put into it a little butter & suger

To make a plaine grewell

Take all theise 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 Cinnamon & ginger 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 owen

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 owen 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 five 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

Rxt 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

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 hour 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 skimed 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

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 vcne 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
hoppes to the malt as you can hold betwixt your finger & your thumbe then wet
a little lynnem bagge and wringe it drye, then put in your moult & your
hoppes & 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 use 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 oysters shells cleane washt, & foure whole eggs
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 weeweke 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 guts, & 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 oraine & 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 oraine & lemons & lelly, 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 & sowse 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 being made of the fashon 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 to the past
must be beaten in a morter, to make it Cut fine, & whole in a piece, & soe lay butter in it, & bake it as you would bake any other meate

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 Cinnamon pepper, Cloves, & mace, salt & sugar, great store of dates minced & some veriuce soe bake it in a fine crust

To boyle the Lights of a Calfe

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

To boyle a necke or a breast of veale

Boyle the veale by itselfe & when it is more then halfe boyled, put some of broth with a pritty deale of parcely sweet Margerum, spinage a little peneroyall, some yellow beets if they be younge & a peecce of sweet butter; & when this hath boyled a pritty whyle, put in some grapes or goosberryes, & then slice in some small pieces of bacon in to these thinges, but the bacon must be first boyled by it selfe, & let it haue a walme or too amongst theise 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 shred theise 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 shred small, or else the youlks of raw eggs, & parsly time & marier um, & put in to the broth some pepper, mace cloues & veriuce, & 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 & veriuce or vineger, and some sweet batter butter & a little suger and lay them in supps & powre this broth on them

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 puddinge in the belly of the pigge, with a little time, winter savory, & pytt marierum, & a few bay leaues, & soe bake it with good store of butter, & when it is halfe baked, put into it at 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 oisters

Rx some parsly spinage sorrell Rosemary time sweet marierum winter savory and beets but a little of all theise hearbes, wash & shred 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 oisters & open them & scald them, then mingle theise hearbs & oisters & all the rest, & when your shoulder of mutton is almos halfe roasted, stuffe it with theise ingredientes, & set a Cleane dish to receiue the gravy as it roasts afterward, & bast it with it, some of the oisters 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 very little time, marierum, penie royall winter, sauory a little, a good deale of sage, Chopp theise together, & mingle them both with the Meate, pick & pill the small guts of a hogge or a sheepe very Cleane & thinne, soe fill them, tye them up, & let them lye neere the fire to drye
To dresse a Calues head

ffirst make a puddinge of grated bread, Creame eggs & fruit & some sweet hearebs shreded small & boyled in it where the brains lye, when it is boyled, tye it upon the spitt & roaste it & serue it under it this sauce as fell oweth, // Rx the braines being first boiled & put to it the youlkes of a raw eggs, being first beaten, some claret wine veriuice & butter, & season it with sugar cinamon & ginger, soe heate it hott & stirr it well together & powre it upon the head & soe serue it

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To pickle Cucumbers to looke as greene as when they growe

Rx half as much white wine vineger as water & boyle it together, & season it with salt to your taste, but make it not too salt, & when the liquor is cold then put in your smallest cucumbers in a pott or barrell, but they must not neither be skalded nor pared, but put in rawe, & soe couered & kept down all the Cucumbers under the liquor, with a cleane little stone & soe Courer the top of the vessell Close & soe lay them in a sallet dish & cast some pepper on them to a gallon of water a bottle of white wine vineger or veriuice & a pint of salt, & soe boile a handfull of greene fenill & dill in it, & soe when all is boyled & cold put in the Cucumbers

The best way to preserue or pickle Samphier

Take the largest stalkes & greenest samphire newly gathered & put it in a new seet brasen mettel pot & put to it & put to it so much strong white wine vineger as water, & be sure to put in enough to couer it, that it burne not to in the boylinge, then Couer your pot with a dish & let the dish bottome be upwards & sett the brims of the dish be within the brimme of the pott, but soe that the brimme of the dish may rest apon the brimme of the pott, but ^a little within the edge of the pott, there past downe the brimme of the dish with dough to the brimme of the pott round about, that noe ayre or breath Come out of it, & lay a greate stone on the bottome of the dish, & keepe the past wett, with wett cloathes as it boyles, & soe let it boyle on a moderate fire, for the space of an houre & a quarter, then take it of the fire, & take the samphire out of the liquor & lay it a broad on dishes to coble, & put into the liquor as much salt as will season it to your taste, so let the liquor Coole, the next morninge put it into an earthen pot, & the liquor to it, & soe keepe it Close couered & stopped, The best time to pickle it, betwixt whit= sunday & midsommer, it will keepe good a whole yeare, doe but a little sam= phire at a time & the same liquor will boyle samphire many times
To make a dash for a second Course

Boyle some beets & Choppe them small & some apples together & sina mon, 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 & sauger on them

The right way to picle oisters

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Take your oistear & open them as whole as you can, sauing the liquor of them, then wash your oisters 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 oisters 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 nutmeg & 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 oisters looke blacke, but put them into the liquor while the liquor is hott & then they will looke well

To keepe Hartichockes all the yeare

Rxthe 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 cooinge & 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 acrosse 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 before
How to dresse a dish of hartichocks

Take hartichocks & boyle them very tender, take of the top leaves leaving the bottom whole with leaves 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 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 & green & 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 bryn, 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

Cowcumbres

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 topps 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 hearbes, & 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 pieces & straine them in the middest 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 buds & 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 pownded 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 weke. Turning it twice a day, then lard it & lay it in vinegar againe one weke 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 where 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 nutmegge 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 & when the 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 fritter
Batter & let it boyle, but one hour;
To make Excellent fritters

To:
Al:
Rx Eight eggs white & all, Cimamon ginger & cloves & sliced nutmegs neere a pint of Creame beate all well together & put in 4 spoonful of sacke as much Rose water, thicken it with flour 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 pieces & boyle them in hoggs lard in a frying Panne

A very Good Puddinge

Rx a pint of Creame & what spice you like & salt & Cinnamon & ginger & Cloves mixe it with flour as thicke as batter, then put in 2 whole eggs & as much beefe suet & its will make it soe thick as 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 wat 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 Eggs; break your bread well in the creame & 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 coulourd Barberies you can get & a good quantity of the best veriuice you can get, & boyle it with a good handfull of your refuse Barberies & let it coole, & lay a lay of sugar in the bottom of your pot & a lay of Barberies so doe wit the pot be full, then straine the veriuice into the Barberies & 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
7li of flower;&nbsp;

Cake.

Rx half a peck of flower 5li 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 cream, set it over the fire, let it boyle with mace
let it stand off till it begins to coole, beat Eight whites of Egs
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 cream, put in cooler, set on a very soft fire &
more whites of egs: Mrs Beacham

Cheese cakes.

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

The Stump Py:
Rx a leg a lamb mince it small with suet to make it moyst sweet maioram, Parsley 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 chesnuts peeled; sliced lemman Burbaries Rimgoes preserved & lettuce stalks preserved, 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

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 skirrats marrow Barbaries large mace, dates, preserved lettuce 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 nutmgs & 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 1li 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 1li 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 1li of beef
just 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 \(\frac{1}{2}\) 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; Cinammom
take a pint of claret wine & 8 spoonfuls 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, prowning the
liquor upon it, thus bake it in wheat or what other flower
you please: thomas Gelt

Stewed 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 \(1\frac{1}{2}\) of flower & \(1\frac{1}{4}\) & quarter of fine herd sugar, finely beaten & searsed
then dry the flower & sugar together in a dish before the fire, take
12 yolks of egs & 3 or 4 whites & beate them to froth with a spoon
salt & rosewater, & as the froth risets take it off with a spoon
& 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 anoth-
er 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 a 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 Hancock

fillets 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 manner; 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 skilet 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 according 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 dusg 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 & bareries, 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 puffs 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:

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 bag 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 Cinnamon 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 swsset:

Rx half a hand of Almonds, blanch them in cold water, beat
them with a little milk until 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 penny loaf grated, & let it Boyle a little, then strew in a good handfull of sugar & let it Boyle a little longer, then put in the yolks of 4 eggs beaten with a little milk & sugar, let them Boyle 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.

Flower 3li & 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 with the 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 12li. 1 ounce of Ginger 1 ounce of Cinnamon 1 nutmeg: half an ounce of caraways seeds half ounce of Anniseeds sugar 1li & halfe butter 7li Barme very sud 3 pints creame 1 pint, Currence. 3li 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 mean time mix the seeds & all the dry spice & stew it over the flower, then put in the crsame & an handfull of the suger & mix yt, which done summe 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 & nutmgs & 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 wallnut, dates in halves sliced
lemon, large Mace & Barberies these must have a little pepper & salt & sugar. for seasoning then lay on the Top some lettuce 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 flowrre 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 just 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 & flower, a quarter of an hower will bake them:

A Cake:

Fine flower 9li. dry it by the fire & weigh it when it is dried fine Currans 6li rubbed Iordan Almonds blanct & 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 2li 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 Barme 4 sponoefull, when it is kneaded let it stand a good way oft the fire about twoowers, 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 & cinamon 4 nutmegs 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 Eggs scald the gooseberries & put in with sugar you will.

Scotch collops

Rx a leg or knuckle of veale & cut it in little pieces & 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:

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 4li of flowre 2li of Butter & 2li of currence M's of sugar 3 nutt mgs 1pint 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 1li of flowre & 1li of loafe sugar 1li 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
& eate them either tosted & Buttered or
broke into ale, you may put in a little cloues
& mace
Sister Browne

Reason Wine

Rx spring water boile it halfe away
to too gallons of water soe boiled
& strained take 2½ of reason solis
stoned & shred 1½ & halfe of sugar
6 pulps of lemmom & 2 rindes put
the water to these boiling hot & soe
let it stand 3 or 4 daies till it grow
sharp & the lemmom & 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 flourre
put it into the wort couering it with a wooden dish
whelmed on it.
soe Let it worke & after barrell it & n 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 itsel & Let your great grets be very cleane picked then steepe it in milke overnignt & put salt to it when you steepe it, put some of the blood to your grits get ready penny royal all time sauory chues 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 morter 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

Cocke Ale

Rx a cock parboile him & strip of his skin then bruise him in a morter & 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 nutmeg sliced & a little cloues & mace then stop it up close for 6 or 7 dayes then draw it into bottles, it must be 6 or 7 daies old before 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 struyece

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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 marble
if you please you may put dates or
preserves 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
Leummon & serue it with sippets.

to dresse a shoulder
of mutton

Rx sweet herbs & hard egges shred them
very small put these together with a
raw egge & a little salt put your oysters
in this & stuffe 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 nuttnmeg. my Cousin B

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Waffers.

to make 138.
white or yellow ibid.
marmalad of orange. 146
&marmalad of quince ibid

Mrs E: A: bisket

Take a pound of loafe suger & when
it is beaten ury fine put to to it 12
spoonfuls of rosewater & 4 egges
but 2 of the whites take the skin of
the yolkes & the treads out of the
whites & then beat all this together
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 of Eggs, & when it is well clarifyed, 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 & clensed. 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 hours 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 &
Eringos Marmaled

Take the tender roots of Eringos & take out the inner pith & wind & seeth them until they be very soft & tender then stamp them very fine like paper, & seeth them over the fire again with a little rose water.

To preserve Currantes

Even as your respis, only stand them & let them hang in bunches as the barberry.

To preserve barberryes

You must pick your barberryes from the stalks then straine them, then to a pound of barberries stand or vntond as you think good a pound & a halfe of suger some doe theas all with the juice of the Affoore said barberry some halfe with the juice & half water then let the suger & that seeth & scum it till it be conserved, then put in your bu'ches of barberryes & let them seeth very fast a walme or two.////

To make red marmalde of Quinces

Take to 3 pound of quinces 3½ 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 fyner, & 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 coulored then you may let them boyle 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 sirrup as you think will serve your 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,

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 Rasberryes

Take the raspberyes & breake them in a bason without the
stalkes, then put them in a Course strayner & soe easily
bruise them with your hand that the thin luce may rune
through into the bason, then boyle the luce, & take as
much suger as the weight 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
them make the fyer very hott & let it boyle a great pace
vntill it stand upon a plate, & come of Cleare like a dropp
of Christall, then take it from the fyer & instantly
put in the luce of raspberres, keeping it continually
stirred whiles the suger & the luce be well mingled toge
ther, then put it to the ffyer & 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 fashion 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 fruiites 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, Theise 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 powldre to it,
& it will be very good

Past of Rasbaryes 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 neue.

To make a syrrup 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

Rxt the wormewo 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 luce put into any beere, is farre better then wormewood beere

Syrrup 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 fflowers well stewed, & then boyle the suger up to a syrrop & put vineger into the louer & keepe them for sallets

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To dry Gooosburies which are to be done

about the 8th or 10th of June

Rx the gooseberries & slit them on the sides & Cut of the blacke -- topppe, 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 syrrup but warme, & then put in the goosberries Cover them & let them boyle
softly a Little & so doe till they begin to looke greene, then put 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 gooseberries 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 made, 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 Jug & stop it Close & flute it up with past & then set it into a bottle of boyling water, & let it boyle almost an howre, then pour the Cleare from the pulpe & take the weight of double refined 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 spoon a Cooling to see if it will Cutt, you must doe it in silver or brasse or earth, & this way you may doe gooseberries but the must boyle an hour & 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 theise ^ very well together as thicke as you doe make ffriters, then

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put in the pans thin Cap=paper & soe fill 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 weight 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 boile 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 sirrup will stand, take it from of the fire & take them out one by one, & lay them upon a Cullender, 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 sirrup 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 them up & lay them on a Cullender poure the syrrup 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 groth but not turned his Couler, Parboyle them in water peele them & haue ready a thin syrrrup 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 very 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 syrrrup then poure the syrrrup from the plums & 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 syrrrup 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 spone 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 flowere 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 & roslie 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

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 pouder & 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 fashion 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 lug 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 bee very 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 boying it after & soe dish it out
To preserve Quinces red

R: 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 luce 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 haiere siue & straine them through by breaking them
with your hand or a spoone then take ye pulpe you haue strained &
the weight 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; i Storox; Labdamum; i Callamus
&; ss syppresse; ss; ss sweet powder all theise 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 handful A few walnut leaus. If you will make more water at one time double
all theise things, but then you must have 2 stills to still them forth with:
Steepe all theise 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 morter Put to them some 6 or 8

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120 spoonfull of Clear water then straine them out very hard to get out the luce, to a pint of the luce take a pound of hard suger, & soe boyle it up to a syrrup hight as fast as you can, one gallon of violetts will not yeeld halfe a pint of luce

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 wet 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 pound of fine suger, beate it & let it be sifted through a Course hair siue, then Rx the whites of 6 egges 3 graines of muske the Almonds & the suger, temper the well together, lay them in fashion, & 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, Changinge the water twice a day, then seethe 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 orangees, 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 pieces from the Coales 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 pieces 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 piece of Canvas, & take to every pint of Liquor half a pound of sugar

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then boyle what as fast as you Can uncovered, & boyle the red somewhat leascurely
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 Spoon, 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 piece 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 marmalaet of this, boile it untill it will Come Cleane from the botome
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 througley 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 & leomonds 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 boile them
then boile the water & suger together, then put in your Orainges & leomondes -
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 & strowe 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

Par
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 page 122

water set your quincee water & suger on the fire together lot 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 raise 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 sirrup & 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 theise 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 preservinge glasse with Cover Close with a bladder & set them in the sun & the will dry, some time turning them

To preserve Apicockes

You must not lett them be to ripe before you doe them, pare your Apricockes : & on the Cleft syde take out the stone & to a pound of Apricockes 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 Apricockes : let them boile softly turning them sometimes, when you thinke the be boyled enough, take them up & lay them apart, then boyle up the sirrup & when it is Cold, put it in your glasses, & keep it for your vse
To preserve Green Plums

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 seethinge, put in your plums 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 boyle take it of the fire againe, & put them 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 wrinklinge 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 plums & let them boyle halfe a quarter of an hour till you see the Colour of your plums 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 plums & boyle them the space of an hour with a moderate fire, then take up your plums, & boyle your syrrop a little more, till you perceive it to be Gelly, & when it is Cold you must adde a little suger, when you take up your plums & when it is almost Cold. poure it upon your plumes this way you may doe pipins your peach & your pears plums sauing your pipins & your peach, must haue but one or 2 scaldings beside the water to fetch the Coloulr againe: To make the Greene dried plum, gather your plums whilst they be greene, skald them as you did the other, you may preserve the green grapes or the dubery as you doe the plums, but if you stone them after you haue peiled them, the will looke much the better

To make marmalade of Apicocks

Rxthe ripest Apricock you haue, & pare them & Cut them in pieces, & take the 3d part of the weight of suger refined, then put them into a Clean posnet & boyle them over a soft fyre; scum 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.

To make marmalade of Pepins.

Rx your pipins, have them & quarter them in 5 or 6 pieces 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 Clarifyed your suger put in your Pepins, when your water boileth a pace then with a rolling pinne stompe 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 barberries then strow a little 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 syrup & boyle very fast & when it is almost enough, put in some luce of lemon & orenges 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 felloüs es, Bay leaves stichworth each 4 handfuls Borraghe betony brome mentes, Eglantine, Egrimony fumitory hearte toung. Isop Eyebright, Languede beeфе, Rosemary, Saint Johns wort, sage saxifrage, selfe heale, verum ribwort, wood bane leaus water Creiseis, of each one handful 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 Turnenill 2 handfulls, when you haue gathered theise hearbs & roots, slice the fenell roots & take out the hart, then according to the proportion aboue written, put them into a furnace if the furnace be large enough, put to soe many hearbes thus prepared 2 hundred gallons 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.