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## **V.a.401: Receipt book of Jane Staveley [manuscript].**

**front outside cover**

**front inside cover || [page i]**

4 books of Recipes  
1654- c 1860  
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**[page ii] || [page iii]**

Jane Staveley Her Receipt Book  
i693

**insertion [1] recto**

### Cucumber Catchup

Take the largest Cucumbers peel 2 slice them thin, with a third part of onions sliced also among them. Throw over them a handful of salt as you do Mushrooms let them stand 24 hours. To every quart of the Liquor when boiled & creamed put a handful of scraped horseRadish. let it boil 6 or 8 minutes. then take out the horseradish & add a quart of white Port-spices of all sorts, & a *quarter* of a lb of anchoviis chopped small. The ingredients must be boiled before the anchoviis are put in & they must boile till they are dissolved&nbsp;

### a Hunting Pudding

1 1/4 lb of Beef suet - 1/2 lb of fine flour - 3/4 lb of tan Raisins stoned - 1/4 lb of powdered sugar - a little brandy or white wine with a bit of salt - 4 eggs  
4 spoonfuls of cream & a whole nutmeg grated.  
3 hours will boil it well

**insertion [1] verso**

in Wollaston  
near Court  
Kington  
Herefordshire.

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#### To Stew Pigeons

Blood *your* pigeons under the Wing and let them Bleed in to a spoonfull or too of warm milk, then bruise the Livers and put to them 3 spoonfulls of grated browne Bread some Beaf sewet shread small & savory herbs shread small with A little penniroyall then take *the* yolks of too egges a little salt peper & nutmeg mix these things in to a puding with *the* Blood & milk something thinner then for Balls put a good slice of Butter in *the* stew pan & stuf *the* pigeons with *the* puding & rub their out sides with A little peper & salt, lay them in *the* stew pan with as much water as will cover them & lay as much Butter on *the* top as on *the* bottom stew them very softly for A bought an houre & half & *the* giblets with them

## To Broyl Pigeons

Cut *your* Pigeons downe *the* backs & rub them on *the* out sides with a little peper & salt lay them on *your* Grid=iron *the* in sides downe wards set it on A soft Fire & let *them* broyl with out turning till they are enough then take *the* iorn with *the* pigeons on it & set itt slanting before A quick Fire then drip them with A little Butter & dredge <sup>them</sup> with A little floure then doe them with A feather all over dipted in *the* yolk of an egge well Beaten then dredge quickly on them some grated white bread & drip them with A little more Butter let them stand till they are frothed up & scrip, then searve them up with melted Butter

## Pickled Pigeons

take *the* largest fattest, bone them & wash them in milk & water, then season them on *the* insides, very high with peper & salt, cloves & mace, then sow up their rumps, & run A scure over cross at each ends of *the* pigeons to keep them from runing up in boyleing, boyle them in milk & water till they are tender, then take them out & when they are cold, put them in A pickle made of vinegar & Beare, with some spice & salt.

## To Pot Pigeons

season *your* Pigeons with peper & salt & bake them in a pot close covered over with past, then take them out of their liquor & set *them* up on end to draine & when they are cold Scrape ofe *the* peper from them let them not be Baked to fall A peecis when their cold & well draned put them up in *your* pots as many as will lye close together then melt *your* Butter & clarify it & fill up *your* pots let *the* Butter lye above *the* pigeons too straws bredth, doe not stir them till they re cold, they will be ready to eat in 3 or 4 days

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## A Rice Puding

Take halfe a pound of Rice flower three pints of milk stir it well together Cold, then set it on *the* Fire & keep it stiring till it is as thick as hasty Pudding then take it ofe & put in to it three quarters of a pound of suger and as much Butter, one nutmeg grated, stir all well together till it is allmost Cold then put ten egges well beaten & strained put it in a buttered dish & one houre bakes it.

## A Denmark Puding

Take half a penny loaf grated, grate in to it *the* peeel of a Lemmon & squeeze in *the* iuice of *the* Lemmon keep out *the* seefs, break in 4 egges keep out half *the* whites, then mix it with a pint of thick sweet Cream Sweeten it to *your* tast, Butter *your* dish, & lay a thin suger puff past in it

you must stir *the* puding iust when you put it in *the* dish, & iust then set it in *the* oven three quarters of an houre Bakes it, *the* oven must be A little quick but not too hot

#### A Bread Puding

Slice or grate a penny loaf in to as much boyled milk as it will make pritty thick when tis cold put in 4 egges well Beaten & a quarter of A pound of melted Butter & a nutmeg grated put it in a Buttered dish And Bake it in A quick oven

#### To make Allmond pudings for Raps

take half a pound of Allmonds beat very fine with Rose Water then take A pound & half of Beef suet very fine shread one pound of suger with ten egges but half *the* whites 4 nutmegs grated 3 or 4 spoonfulls of Rose Water a little salt with *the* marrow of a Bone or too beat all these well together with A spoon, take three penny loafs grated & sifted, put in as much good creame warme as will make it thinish, mix all these well to-gether then fill *the* Guts & boyle them

#### To make an oatmeal pudding

take a quart of new milk, boyle it & strew in fine oatmeal, till tis as thick as a spoon will stand up right in it, then put in half a pound of Butter, as much suet shred fine, & half a pound of currants, 4 egges, when tis pritty cool, & as much suger as will sweeten it some salt nutmeg & mace, Butter *the* dish *then* bake it in, and houre will bake it.

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#### Allmond Puding

Take A pound of blanched Allmonds beaten fine with Rose water, boyl a quart of cream with a nutmeg pricked full of holes, mace & Cinammon , when *the* cream boyls take out *the* spice, & put half A penny loaf grated, let it stand till tis pritty Cold, then put in *the* Allmonds, with five yolks of egges & too whites, A little salt, & some suger, & A little sack, Ambergreice candied orange peel & citron & *the* marrows of six bones then Bake it

#### To make A carrot puding

Take a pint of cream, & a penny loaf grated, & as much grated carrot, A quarter of a pound of Butter melted thick, six egges & half *the* whites, a nutmeg grated, & 4 spoonfulls of sack, & 4 of Rose Water, beat *your* egges with *your* sack & mix these all well together, & sweeten it to *your* tast, & one spoonfull or too of fine floure, well dried (it must be pritty thin) put it in a dish *the* sides being garnished with Puff past

& *the* inside well Buttered, *your* oven must be as hot as for white bread, an houre bakes it, scrape a good deal of loaf suger on it before it tis baked & when *you* searve it up

#### A Boyled Puding

slice a penny loaf in to raw milk, then boyle them together, when tis allmost Cold put to it *the* yolks of seaven egges & three of *the* whites, being well beaten to gether, then put in some nutmeg grated, suger & rose water, put it in a Wooden dish being buttered, tye a cloth over it, an houre boyles it

#### fryed Puding Cakes

Take a penny loaf grated, near half a pound of currants washed & dried, half a nuttmeg grated, six egges beat, a little salt & some suger mix these well together, with as much cream as will make it thin enough to fry in little cakes, beat *your* egges with 4 spoonfulls of sack, sarve *them* up with sack & suger in some melted butter, in a very little time, thay will be fryed enough

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#### To Make Queen Cakes

Take one pound of fine flower & one pound of loaf suger beaten & sifted Mix these together & set *them* before the Fire to dry, one pound of Currants washed & dried take eaight egges & foure of *the* whites beat in with them too spoonfulls of sack & too spoonfulls of Rose water, one Nutmeg grated & a grain of musk finely bruised if *you* please, beat a pound of butter with *your* hands till it is as white as cream, then put in *your* flower suger & egges to *your* butter beat *them* well together with *your* hands then put in *your* Currants & butter *your* pans *your* oven must be as hot as for Manchett, after *you* have put *them* in *the* pans scrape a little loaf suger on them thay are baked in half an houre thay are very apt to scorch when thay are enough they will rise & fall again

#### Iceing for a Cake

Take a pound of duble refined suger, finely beaten & sifted, put to it five whites of egges beat them together continualey *the* longer *then* beat it *the* whiter twill be perfume if *you* please with Ambergreice when *the* cake is Cold spread on thick with a knife & set it in *the* oven again till it is dry be sure *the* oven be not hot enough to culler *the* Iceing in *the* least half a pound of suger will make Iceing enough for *the* Queen cakes

#### Allmond Cakes

take a pound of Allmonds blanched & beaten pure fine, beat a pound of double refined suger wet it with water till it is thin enough to boyl & boyl it till it haies then take it ofe *the* fire till tis a little cool, stir in *the* Allmonds & squee in *the* iuce of a Lemmon drop *them* neare as largh as a crowne peece drop *them* on plates set *them* in a very cool oven or in *the* Sun to dry, when thay are allmost quite dry take *them* ofe with a knife/

#### Mackeroons

Take a pound of Allmonds blanched & beaten very fine with Rose water take 3 quarters of a pound of double refined suger beaten & softed mix *your* Allmonds & suger to gether; then put 3 or 4 whites of egges whisked up to a stif froth then drop *them* on wafer paper & bake *them* in an oven as hot as to scorch a paper *then* put in, to try *the* heat, put *your* wafer paper upon double cap paper if you have not tin plates

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#### To Make Puff Cakes

Take half a pound <sup>^of butter</sup>, iust out of *the* churn wash it clean from *the* Buttermilk let *the* last water tis washed in be damask Rose water then take half a pound of pure fine flower mix some carraway seeds dry in *the* flower what quantity you please then pull *the* butter short in *the* flower then put in too yolks of egges & too spoonfull of Ale yeast pulling it continually till it become a perfect past role it in what shapes you please as thick as a crowne peice have reddy half a pound of double refined suger beaten & finely sifted, sift half of it on them iust as their goeing to *the* oven *the* other half iust as their drawne thay must have a pritty quick oven but not too hot least they burn when they have done hissing they are enough

#### To make Cracknells

Take 4 ouncis of flower 2 ounce of white powder suger one ounce of butter *the* yolk of an egge a few carraway seeds mix these all to-gether & role them very thin & cut *them* out in what shapes you like, then take *the* yolk of an egge beaten with a little rose water & wash *them* over with a feather prick *them* very much, you must bake *them* as plates & take *them* ofe whilst their hot

#### Savoy Biskits

take a pound of loaf suger beaten & sifted & three quarters of a pound of flower well dried take eaight egges leave out halfe *the* whites beat *them* well up with a whisk then beat in with *your* whisk *your* suger then *the* flower put in some coriander seeds & a grain of musk bake *them* in

Tin pans in a quick oven

Hollow Allmond Iumballs

Take a pound of blanched Allmonds beat *them* very fine with a little rose water take *the* white of an new lade egge beat to a froth, *then* put it to *the* Allmonds & beat *them* a little together put to it a pound of double refined suger sifted & make it in a past *then* make *them* in to little cakes & Iumballs lay *them* on double cap paper with white & some suger strewed on it doe not lay *them* too near to gether bake *them* in a temperate oven

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To make Shrowsbury Cakes

Take half a pound of loaf suger one pound of fine Wheat Flower half a pound of Butter work *the* Butter & suger well to gether with *the* yolks of two egges then put *the* flower in & too spoonfulls of sack of Rose Water & work it too a past & role it out thin & cut them in what shapes you please bake *them* in a temperate oven up on Tins a quarter of an houre bakes them

To Make Bunes

Take :3: pound of flower & a pound of Butter, rub in to it too egges with *your* Butter very small, & a pint of strong Ale yeast with as much Cream as will make it in to a stif past when it is mix'd let lye by *the* fire half an houre to rise then take a pound of carraway comfits & mix in *the* past, make it in to Buns, & bake *them* in an oven as hot, as for white Bread

To make Rice Custards

Take a quart of Cream too a quarter of a pound of Rice beaten very fine & sifted, *then* boil it over a cleare fire with a blade of mace & a little nutmeg till it is of a convenient thickness, sweeten it with fine suger, & put it in *your* pots or little cream glassis

To make little Carraway Cakes

Take a pound of *the* Bakers penny Bread when it is risen by *the* fire fit for *the* oven, & role in to it :3: quarters of a pound of sweet Butter at seaverall times & beat as for puff past, when you have role'd all in, doe it out thin with *your* roleing pin, & strew up on it :3: ounce of carraway =comfits, then turn it up & role it out again & strew in :3: ounce more, then make it in to pritty big cakes & bake them in a pritty

quick oven

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To make Custards

boyl a quart of cream with spice, stir it till all most cold sweeten it to *your* tast & put in some Rose Water or oringe flower Water, when it is allmost cold, put in a Spoonfull of runnet stir it well together, then put it in *your* pots & doe not stir it till cold

To make French Bread

Take two egges to two quarts of fine wheat flower a little salt, & reather better then half a pint of strong Ale yeast, put *the* egges & yeast of one side *the* flower & as much new milk made warm as will make it in to a very limber past, pull it in peices a bought a quarter of an houre, then tye it in a cloth but give it a little room, & let it lye half an houre to rise, *then* make it up in little round loafs, & let *your* oven be very quick hotter then for penny bread & let stand better then an houre close stoped

To make past for Sweet meat Puffs

Take too a pound of flower half a pound of butter one egge well beat brake a little of *the* butter in *the* flower with as much milk & a little Ale as will make it in to a past then role in *the* rest of *your* butter at :8 : or :9: times fill them with sweet meats & bake *them* in a tin pan

To make Gingerbread

Take a pound of Treakle melt in it a quarter of a pound of butter over a cleare fire, then take as much fine flower as will make it in to a limber past, put in as much sifted ginger & carraway seeds as you please, role it out with *your* hands in to little roles, bake *them* in a pritty quick oven up on tins, but<sup>ter</sup>*the* tinns or paper very well, or flower *them*, half an houre will Bake them

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To Make Iumballs of Chocalett

grate *your* chocalett very fine mix it with s much loafe suger beaten & sifted as will make it of a colour that

you like, then beat whites of egges with a whisk till they are of a stiff froth, *then* with *the* suger & chocalett make a Lith past, a little white of egge will mix a great deal of past role *them* out in to what shapes you please lay them up on wafer paper & then up=on double cap paper, bake them in a pritty quick oven take great care you doe not break them when you take them ofe *the* papers

To make Mince Pyes

Take a Neats Tongue Parboile it then take all *the* tender meat & weigh it, & by wheight <sup>^take</sup> as much more Beef suet as meat, & as much fruit as both of them together (*your* fruit must be most currants, a bought too pound of Raisins & a pound of pruns *the* Raisins & pruns must be stoned & shred small, shred *the* meat & suit extream small together, then mix *your* meat with *your* fruit & season it to *your* tast, with all sorts of beaten spice salt & suger, put in some pipins shred small, some rose water, or orange flower water, & a good quantity of sack, put in a pritty deal of marrow, & orrange & Lemmon Pill Cut Small, & what dryed sweet=meats you please as candied cittron, orange, or Lemmon Pill

To make a calfsfoot Pye

Take a set <sup>^of</sup> calfs feet, & boyle them till they are tender, take out *the* bones & chop *the* meat a very little, put in a bove a quarter of a pound of beaf suet shred small, a quarter of a pound of suger, & a quarter & a half of currants, with spice you like & salt & candied orange, cittron & Lemmon Pill, when it comes out of *the* oven, put in a veriuiice caudle

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To make Rich Gingerbread

take a quart of clarit a pint of Honey half a pound of suger Nutmeg & sinamon of each a quarter of an ounce, Licorish & anyseeds of each two ounces, 4: ounce of ginger, all *your* Spice must be beat to powder, *then* boyle all these things together a pritty while, & put in as much white bread (being first dryed beat & sifted,) as will make it work like past stiring it a bought constantly untill you may mold it like past, *then* role it out of what thickness you please & print it, working it up with :3: ounce of Lickorish and anyseed powder, you must be carefull to boyl it softly and in a deep pot, lett it fly in to *the* fire

## To Make Wiggs

take a gallon of fine flower rub a pound of Butter in to it & three quarters of a pound of suger 3: ounce of carraway seeds a pint of strong Ale yeast make it in to a lith past with milk, & let it lye half an hour before *the* fire to rise, put six spoonfulls of Brandy or Sack in with *the* yest, make them in to little round cakes & lay a few carraway comfits a top of them when they goe in *the* oven, a little longer *then* a quarter of an hour will bake them, this quantity will make 4: dosen of cakes

## To make Wiggs an other Sort

take a pint of boyle'd milk, & half a pound of butter slice'd in *the* milk when it is hot & half a pound of suger put 2: ounce of carraway seeds in *your* flower & mix these alltogether with 3: quarts of flower, & a pint of Ale yeast bake *them* in a quick oven as hot as for white bread, make *them* up in little roles & flower *your* papers well & let *them* lye half an hour to rise

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## To make Mince Pyes a plain Way

Take *the* tender part bean part of a Buttock of Beef, cut if in thin Slices cover it close in a frying pan, then set it over an extream slow fire till it is stewed, & most of *the* gravy is run out, then take out *the* meat & pour out *the* gravy, & lay some more meat in, take :3: pound of this Beef when all *the* skins are cut a way, Cut it in peices & shred it very fine by it self, then shred :4: pound of Beef Suet & a half, mix *the* meat with *the* suet & shred them together till they are fine enough, wash & pick six pound of currans, take one pound of sugar, *the* peel of :2: or :3: Lemmons Cut small & squeeze *the* iuce in & half a pint of sack, as much veriuice, salt, mace, cloves, cinamon, as much as will season it, put in all *the* gravy as came out of *the* Beef, mix all these well together put in dates sliced, candied orange peel, Lemmon & cittron

## To pickle mushromes

Pill & wash *your* mushromes well in water ^& salt *then* boyle them in a very little white Wine, & scum them well, take *them* out of *the* licquor they was boyled in, & let them cool vineger, with cloves, mace, nutmegs, ginger, peper, a little salt, & some onyon, boyled in it, when *the* pickle is cold

~~when the pickle is~~ put it to *the* mushrooms, & put *them* up in little glassis, & cover *them* over with melted suet & tye *them* close downe with duple paper

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#### Qvince Wine

take Apples qvinces grate them & let *them* stand :12: houres, then press them through a ielly bagg, & let *the* Licqvor stand let *the* 12 houres longer, then pour ofe *the* cleare & to every gallon of iuce put a pound & quarter of double refined sugar stir it till all *the* suger be melted, then put it in a vessell fit for *the* quantity *then* make, let it stand :14: days, then bottle it & tye the corks downe, be sure not to stir *the* vessell

#### Orange Puding

Take *the* iuce of :12: civill orangeis, & :12: egges beaten well, mix them together & sweeten it well, put in half a pint of sweet thick cream, stir it all together, lay a peice of thin suger past at *the* bottom of *the* Dish & brims, bake it in an oven as hot as for manchet

#### To Make Fritters

To a pint of flower put in :12: egges & 6: yolks beat *them* well as for Biskits, with nutmeg, & Rose=water, temper them with sack or white-wine of a fit thickness dip in slices of pipens, bake them in a Kettle with a great deal of fryed Beef Suet

#### To Pickle Turnips

Cut *your* Turnips in thin round slices, cut every slice in :4: parts, lay a row of Turnips put some salt & what spice *you* like between every row till *the* pot is full then pour enough white wine vineger up on them to cover them *the* vineger must be raw keep them a fortnight before you cut them tye *the* pot very close with leather

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#### To Pickle oysters

Take a quart of large oysters, wash them very well in their own licquor, set them over a qvick fire, put

*the* licqvor when it is strained to them, & quarter of an ounce of large mace, 3: or 4: cloves, a little peper, & nutmeg, let them boyle a little then take them out of *the* licqvor, & put in to it a wine glass of vineger, let *the* licqvor boyle a little wipe *your* oysters with a cloth, & put them in to *the* pot you intend to keep them in, & when *the* licqvor is cold drain it from *the* bottom, & put it with *the* spice to *the* oysters, keep them very close covered

To make Pancakes with out fatt

Take a pint of thick cream, six egges beat *the* egges very well set *the* cream over *the* fire melt in it a quarter of a pound of butter mix it with *the* egges & as much fine flower as will make like ordinary batter put in some grated nutmeg & a quarter of a pound of suger fry it in a pan pritty hot & iust wiped over with a peice *the* first time & wiped clean ofe again, *then* may make them as thin as wafers

To Dry neats Tongues

make a brine of Bay Salt & water strong enough to bear an egge, & too half a dozen large tongues take :4: ounce of salt peter; beat it very fine, rub them very well with it, & let them lye 5: or 6: houres, & then put them in to *the* brine for a fortnight or 3: weeks, then hang them up to dry, where their is a constant fire but not too hott

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To Stew A Hare

Cut *your* Hare in peices wash every peice clean from *the* bloud & season it with peper & salt, lay it in a stew pan, cut some Bacon thin & lay over it, then cut some butter thin & lay over *the* Bacon, put to it some Ale & water, & white wine, & salt a bunch of sweet herbs one or two anchovice, a blade of mace :2: or :3: cloves a few bay leaves some shred capers, or mushrums, & put Sipets in *the* dish you send it in, & slices of Lemmon

To Coller a Pigg

when *the* Pigg is dress'd, cut *the* head ofe, & bone *the* Pigg, let it lye an houre or two in water, *then* cut it in to 2: or 3: rands, according to *the* largeness of *the* Pigg, &

season it with peper, salt, cloves, & mace, some sage  
shred very small, then role it up in Collers, & put a thin  
cloth betwixt it & *the* tape, then boile it in water &  
salt, sage, & some white wine vineger, when it is very tender  
take it up to cool & put it in *the* same Licqvor, for *the*  
pickle, & *the* head wholl

#### A Browne Bread Pugding

Scrape out of a browne loaf what crums you please put *the*  
yolks of :2: or :3: egges to it, & mix it with Cream pritty  
thick; & some currans, season it with nutmeg, suger, & salt,  
*the* iuce of an civill orange & *the* third part of *the* peel  
grated boyle it 3: quarters of an houre in a wooden dish  
buttered

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#### To Pickle a Beefs Head

Take a pare of large Cheeks, & crack all *the* bones, &  
lay them in pump water two days, shifting *the* water  
twice a day, *then* take *them* out of *the* water for two or :3:  
houres, then put a handfull of herbs as rosemary, bays,  
Time, fenell, & savory, & salt, in *the* water *then* boyle *them*  
in, they must be as tender as a straw may run in them,  
when they are boyled, pick out all *the* bones, take a quarter  
of an ounce of cloves, & mace, & a quarter & a half of  
peper beaten fine & mixed with a handfull of salt,  
season *the* cheeks all over with it whilst they are  
hot, & lay *the* insides of *the* cheeks together before they  
cool, & bind *them* up close with a cloth, *then* set it by :3:  
days with a large weight up on it, afterwards put it in  
to a pickle, made with an eqvall quantity of vineger  
& beer, & a handfull of salt, there must be so much  
pickle as will cover it, you may begin to eat of it with  
in two or three days/

#### To Coller Calfs Feet

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#### To Dress Carpe .

Take your carpe alive, cut them round the  
heads and let the blood droppe into a dish then rub  
your carpe well with waters and salt. then your

pickle to stew them in, must be some white wine <sup>^and water</sup> and vinegar a bunch of sweet hearbs, as much liquor as will cover them to stew, and also also put in some sliced ginger, whole pepper, the rind of a Lemmon and some salt: while your carpe stews, set your sauce adoin, which is this; the blood of the carpe, some gravy some claret wine, 6 spoonfulls of the liquor the carpe boyled in. some whole peppers, some shallots, a fleake of maice some lemmon pill, and some horse raddish, when this has stewed awhile put in 4 or 6 anchoues when they be melted thicken it up with butter drain the fish well, pour the sauce of it garnish it with lemmon and great oysters. so serue it up, rub the dish with shallott and lemmon pill if the sauce be not brown enough you may fry some butter black and shake in a handfull of flower, so put it quickly to the sauce. Mushrooms and shrimps doe well in the sauce if you can get them.

To make Balls for garnishing

Take a pound of Veale a pound and halfe of beefe sewet a nutmeg grated; shred the Veale and sewet together very small, then mix them with the Nuttmeg, and 6 eggs, the 3<sup>rd</sup> part of a penny loafe grated and some salt: so rowl them up for your use

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To pickle Wallnuts

Take them in the latter end of Iune before the shell is hard, pare them very thin then put them in water for 10 days shift the waters every 24 hours or if they be large ones every 12 hours then boyle them tender in a great deal of water till a straw may enter them, then put them in an earthen vessell and when they be cold prepare a pickle of white wine vinegar and salt. make it as sharpe of salt that it may bear an egg. let it stand till it is clear often stirring it then put it to the wallnuts and keep them close, they be sent whole to the table, and sliced round when they are eat

To make pease pottage:

Take 2 or 3 quarts of pease with a good peice of bacon boyled in the pot with them when they

are tender put them into a cullinder and with your ladle or spoon squee out all the pulpe then have in a readiness some 2 quarts or better of strong meat broth, and put the pulpe into it and a bunch of sweet hearbs, a blade of maice and a little onyon stuck with cloves lett them boyle a pretty while together if they be not of a convenient thickness put in some grated bread and when they come hot of the fire stir in a peice of sweet butter have in a readyness some green hearbs as spinage and lettice boyled in a skellet of water give them 2 or 3 chops with your knife strew them in the dish with your pottage with some good bacon cut in little bits, and balls of forsed meats

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To Coller Elles

Scower them wel with salt and dry them with a course cloath then cut of the heads and tails and cut them down the back, and take out the bones and the gutts and wipe them clean with a cloath then season them with cloves, and maice, peppers and salt, and some Iamaica pepper, lett the spices be beaten very fine and mixt with the salt and strewed on the inside the Ells then role them up very close, and bind them with inkle and sowe them up within-cloaths. then set on your pickle made of white vinegar water, a bunch of savery hearbs, some salt and pepper corns. let the pickle boyle before you put your Ells in when it boyles put the Ells in and let them boyle till they be very tender then take them out and let them stand till they be very cold, then put them to the liquour they was boyled in to pickle in a galley pot

To Sowse a Turkey

Take a large fat turkey cock cut him down the back and bone him then lay him flat with his inside uppermost upon a table and season him with salt cloves and maice and Iamaica pepper very high, let him lie a night in season the next day boyle him in white wine and water (or rather instead of water some perry) let the pickle a boyling with whole pepper, slices ginger, lemmon or pill

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some whole cloves and salt to your liking and a sprigg of bays when it boyles then put in your Turkey it must boyle so tender that you may run a straw into it you may rowle it up like a rand of stirgeon, or sowe it up in the shape of a Turkie (but I think it the best to be like a Turkie) either ways it must be sowed in a good fine cloath when tis boyled and when tis enough it must be taken up and some vinegar put to the liquor to quicken it let it boyle a very little after the vinegar is in. then take it of the fire and put it into a pippin pot when this is cold put your Turkie to it letting it stand a fortnight or 3 weeks before you serve it in you must eat it as you doe sturgeon

To Coller a breast of Mutton/

Bone it and season it with cloves, maice, pepper and salt, some lemmon pill cut small some horse raddish scraped some parsley and spinage shread an egg or 2 beat and done all over the inside with a feather then rowle it up very hard like a coller of brawn and tye it fast with filliting, then boyle it in water and salt, till it be very tender. then for your sawce take some rennish wine a little anchove a fleake of maice some lemmon pill cut small some horse raddish a little shalott let these stew a while together then take out the shalott and thicken it up with butter

then have in readyness some spinage and parsley ready boyled give it 2 or 3 chopps with a knife and then stir it into your sauce, then cut your mutton as s thin as may be round ways lay the meat in a mazereen but first rub the bottom with shalott and lemmon pill then powr the sauce upon the meat and garnish it with oysters, mushrooms, barberrys and sliced lemmon

To Make Syrupe of Cowslips

Take of the peeps of cowslips what quantity you please and weigh them and take twice the weight of them or better in sugar, put the cowslips, flowers into an earthen ~~pot~~ ^ pitcher and as you put them in strowe sugar betwixt every lay of flowers till it be all in then put in halfe a pint of water (that quantity b will be enough for 3 quarts of flowers) you must stop the pitcher very close tying a double paper over the top of it and set it in a pot or pan of seething water, lay weight on the

top of the pitcher to keep it down and every halfe  
hour look into it and stir up the flowers and when  
the syrupe is of a convenient thickness, then strain  
it out and keep it for your use, when tis strained  
then spread the flowers upon sieves or clean boards and  
set them in the sun to dry and they are a very pretty  
sallad for mutton

#### To Make Sugar Cakes

Take a pound of fine flower dry it in an Oven and  
serce it. 3 *quarters* of a pound of butter crumble it into the  
flower. a pound of fine powders, sugar pounded and serced  
9 spoonfulls of sack 6 eggs having 2 whites taken out

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one Nuttmeg grated mix all these and beat them together  
with your hand near a fire for half an hour, put them  
into bisket pans they must be buttered when the oven  
is hot put in a peice of paper and if that doe not scorch  
you may put in the cakes the oven must not be stoped  
wach them whilst they bake, then turn them out with  
a knife upon a tinn plate then 2 hours after set them  
in againe to dry

#### To Make Lemmon Cream

Take 4 good lemmons pare them very thin and  
shread the pill very small put it in a silver vessell  
and squeeze the iuce to it so let it stand 3 hours then  
take the whites of 7 eggs and the yolks of 3 beaten well  
together then put them to the lemmon with a pint of fair  
water and a quarter of a pint of rose water stir them  
well together then strain it and sweeten it with double  
refined sugar then set it on a charcole fire let it scald  
but not boyle till it be as thick as creame it must be  
stirred continually while it is one the fire when it is cold  
serve it up

#### To Make Portugall Cakes

To one pound of butter take a pound and halfe of sugar  
worke them together an hour with your spoon then  
take 2 pound of flower one pound of courans 4 eggs  
but one of the whites: 4 good spoonfulls of sack, half  
a pound of allmonds well beat with some rose water  
put in a little powder of nutmeg and maice mix all  
these well together then make them up in little balls

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strew flower upon the papers and place the balls at a little distance least they run one into another bake them in a (21) temperate oven and ice them with rosewater and sugar/

#### To Make Egg Pyes

Take a pound and a halfe of eggs when they are hard boyled and shread small, 3 pound of beef sewet, 3 pound of courance, a pound of sugar, 2 nuttmeggs grated, shread the sewet small, and mix all these together, with 6 spoonfulls of sack, and 6 or 7 pipins shread, and some salt, and 3 ounces of Candied Orange, Lemmon and Cittorn

#### To dry Apricocks

Take Apricocks pare them and stone them, then put them into as much Clarified sugar as will cover them, set them on a soft fire, keep them with turning but let them not boyle, when they begin to be tender take them off the fire and let them stand in the syrup all night the next day warm them againe in the same surup and keep them with tur<sup>ing</sup> for halfe a hour, then take them off the fire, and take them of out of the syrup and lay them to drain upon a dish side, a quarter of an hour a good way off the fire, turn them and lay them upon fresh plates, and let them drain a quarter of an hour as before, take as much sugar when it is clarified as will cover your Apricocks and boyle it allmost to a candy height, put your Apricocks into the hot syrup and let them boyle very softly and keep them with constant turning, and when you have warmed

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them 4 or 5 times in the last syrup, take them up, and let them a draining on a dish side halfe an hour, lay them on a thin board and set them in a stove, the next day turn them, do so till they be dry, box them up, they will keep all the year

#### To make Cordiall Water

Take your poppys after they are strained out of the surfit water then take of bame, mint, fennell, penny royall wormwood, hysop, rosemary, celendine, angellico, of each a very larg handfull, shred them a little, take Cloves, Maice Nuttmeggs, Ginger, Cinamon, Cubebs, and Galingall: of each of each a quarter of an ounce; then take caraway seeds and Annisseeds of each an ounce. Bruise the seeds and

spices, then put them with the hearbs in a pipin pot, put to them 3 quarts of brandy and tye it close down with papers, it must steep 2 or 3 days and be well stired together once a day. still it off in a cold still, and take care to stop it up with paste, or wett cloaths: as you draw itt off keep 3 severall runnings and hotter then another by themselves, sweeten them with fine sugar to your tast, some of the second runing mixt with syrup of Cloves, or Cowslips make a rish rich cordial/

#### To Make Sossages

Take lean porke and allmost as much beef sewet shred them very small together then mix with it a handfull of grated bread, a nuttmeg grated and halfe a pint of cream some pepper and salt and a little sage shred, these must not be kept long but be eat new

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#### To make Wafers

Take the whites of 2 eggs, 3 spoonfulls of flowers, halfe a nuttmeg grated, 6 spoonfulls of sack or some orange flower flow water beat all well together, take halfe a pint of thin cream allmost a pint of flowers it must be a little thicker then quackeing pudding a little iuce of lemmon, make it pretty sweet with good sugar, make the irons hot and butter them the first time with a little in a thick rag, and in 4 or 5 times butter them, halfe a spoonfull is enough for once, turn up no more then is for present use, it is Better to crisp them up before the fire and do them up as you use them

#### To make Clear gelley of Courance Rasberries or any other fruit

When you have gotten the clear iuce of your fruit take something above the weight of it in sugar clarify it and boyle it to a hard candy, till it hisses in the pan then put the iuce to it and mix it well over the fire, till the sugar be dissolved then keep it stiring allways one way over the fire a good while, but be sure it do not boyle, when it will gelley put <sup>^</sup>it in your glasses when it is for clear cakes it must be stired much longer over the fire

#### To preserve any fruit green

Take of the fruit before it be stoned, and put it into a kettle of water and some of the leaves, cover them down close with a dish set them on a slow fire

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lett them be hot but never boyle pill them as fast as you can, and put them in againe when they are green enough take them out then take their weight in sugar and clarifie it and let it boyle to a full surup then put in your fruit, and lett it boyle leasur<sup>^e</sup>ly till it be enough if it be Apricocks pare them thin before they be putt in to the water, take the parings and put into the syrup with them

To Make Apricocks Wine

Take 3 pound of sugar 3 quarts of water, let them boyle, and as the scum riseth take it clear off then put in pound of Apricocks pared and stoned let them boyle till they be tender, then take them out and when the liquor is cold let it boyle halfe an hour more; you may if you please after the Apricocks are up let the liquor have one warme <sup>^ or 2</sup> more with a sprigg or 2 of flowerd Clary, it gives a flavour after it is made it must be 14 or 15 hours before you bottle itt and in the botteling remember to leave the gross liquor out, after it is bottled itt must be carefully tended and give it vent till the violence be over it is not fit to drinck till it be a year or 2 old

To make sweet water to wash the hands

Take Rose cakes halfe stilled, Lavender <sup>^ tops</sup> ale yeaste <sup>coste</sup> Rosemary, bay leaves, Cloves, Wallnutt leaves, sweet Marioram single pinks, <sup>^ of each a like quantity</sup> Labdanum a little peice, a great many Orange pills, cram all these down in a pipin pot, and iust cover them with fair water then Cover the pot very close and let it stand nine days then still it in a cold still

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To pickle Quinces to keep all *the* year

Take your worst Quinces and stampe them very small and put them in a kettle with as much water as will cover the Quinces you intend to keep, let it boyle

almost an hour, take them off the fire, and strain it, and let it stand till it be cold so put it in an Earthen vessell then core your whole Qunices and put them in the pickle, keep them very close. they will keep all the yeare to put in tarts, or pyes, or to stew or any other use you have for them

#### To Make a green Tansie

Take you the yolks of 12 eggs and 2 whites of 12 beat them with a little cream, and straine them put them to a pint of the best stiff cream you can gett green it with spinage an violet leaves (when they are young) and a little sweet Bryer, season it with Nuttmegg, sugar, a little rosewater and salt to your taste, when it is fryed, you must have your pan pure clean and put some wheat bran into it and let your pan be well rubed with it over the fire, then empty it, and rub the pan with a clean cloath, fry a bit of butter in the pan and put it away then put your tansie in keep it with constant stiring, on a charcole fire, till it begin to whay pour all the whay from it as it doth stiffen then put in little bit of sweet butter, and gather it round with your spoon into the middle, when you turn it put a bitt more butter in when you put itt in the pan againe it must be carefully helpt with spoons and knives, on the edge when it is a little browned on both sides, it is enough, serve it up with oranges and sugar

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#### To make New Colledge puddings

Take a pound of beefe sewet sred very small ~~small~~ 2 penny leaves grated one pound and a quarter of Courance, and 10 eggs beaten very small well with a little Rose wter one nuttmeg, a little cloves, and maice finely beaten, mix them alltogether without any water or milke, you may role them up as you please, as in the shape of a turkie egg, or in harts so put them in a deep dish with halfe a pound of sweett butter let them stew over a soft fire, till they an enough brown'd theyn take them out of the Liquor they stewed in and pour upon them melted Butter and Vinegar and sugar. so serve them upp

#### To Make puffs

Take 3 pints of new milk curd beat it in a mortar very fine then take <sup>20</sup> eggs well beaten, and beat them in the mortar with the curd very well, with 3 spoonfulls of sack then make them up in a light body, with fine flower that has been well

dryed in an oven make them like farthings loaves  
they will need as much bakeing as manchet, when you  
draw them cut the tops of every one of them, and put in a  
little melted butter sugar and cinamon, lay the tops on  
again searce some sugar on them, and serve them up  
instead of pudding

#### To Make Cuttlets

Cutt aneck of mutton in thin steaks scatter white  
bread crumbs on them with a little thyme, savery sweet  
marioram, parsley, shred small and some grated nuttmeg  
then wash them over with the yolk of an egg fry them  
with butter, or broile them, for sauce gravy and onyon  
& anchovy thickned up with butter

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#### To preserve Rasberries Whole in Gelley

Take a pint and halfe of iuce of courance infused in boiling  
water and 3 pound of double refined sugar sifted and 4 pound  
of the fairest rasps, put these together over a quick fire, as  
they boyle put a pound more of double refined sugar in by  
degrees, scum them sometimes and boyle them as fast as you  
can and they will be very tender and look clear, let them  
boyle halfe an hour allmost, so take them off the fire to  
scum of the seeds, and so put up into glasses

#### To Make White Meade

Take a gallon of hony six gallons of runing water set  
them over the fire together, and keep it stiring while the hony  
is incorporated with the water, put to it 10 whites of eggs  
beaten to water when it begins to boyle scum it, and when  
it is very well scumm'd, put in 2 rases of ginger, some nuttmegs  
and cloues with some Rosemary, let it boyle an hour, then  
take it off and coole it, and when it is all most cold worke it  
with a little ale yeast you must worke but a little of the yeast  
meade with the yeast let it stand halfe an hour then stir  
it all together, and put it in a vessell that will iust hold it, let  
it stand a fortnight then bottle it, then after 2 or 3 weeks  
it will be ready to drink

#### to Pot Souce

Take Hogs cheecks and boyle them very tender  
take all *the* Bones out, ioyn *the* two insides together  
Put it down in a Pot, then shake some salt amongst

lay a small weight on it for a Day or two Put it  
in souce Drink

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To Make Orange Cream.&nbsp;

Take 6 yolks of eggs and the iuce of 6 Oranges and halfe  
as much water as the iuce then boyle the water and iuce  
a little with some of the pill (but the pill must be first boyled  
in water to take away the bitterness) then cool it well and  
put the eggs to it, and mix it carefully for fear of curdling,  
it, then sett it on the fire and stir it continually till it be as  
thick as custard. then season it to your tast with fine powder  
sugar.

To make a good Ielley broth for Weak  
people. &nbsp;

Take 3 gallons of water, and a knuckle of veal,  
when it boyls scum it well, and put to it 4 ounces of the  
shavings of harts horn, one ounce of ivory, one ounce of  
dates, 2 ounce of comfry root a quarter of an ounce of  
maice, half a penny loafe, boyle all these softly till it be  
one gallon then strain it.

To Candy Angillico.

Take the stalks when they be yung and boyle them  
tender in water, then take them out and put them in cold  
water one night, then drain them well, but do not pill  
them at all, then take a pound of ordinary powder sugar,  
and put halfe a pint of water to it, in your preserving  
pan, then lay all your stalks in it, then set them on a  
fire to boyle gently a little, then set them by till the next  
day, and then boyle them so again, (they will look very  
green though they look yellow at the first) you may heat  
them thus every day for a week or 2, or you may candy  
them at the 4<sup>th</sup> or 5<sup>th</sup> day when you candy them take a pound  
of loafe sugar, clarifie it, and boyle it to a candy height  
then put your stalks, (being first sliped out of their syrup  
singly betwixt your your thumb and finger) so boyle them in the  
sugar till they will candy, then take them out severally,

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and lay them on twiggs, on dishes, and set them in the sun  
till they be dry.

To pott Venison

Bone *your* venison, & take of all the skins, take fat and lean & beat it well with a rolling pin then shread it very small and season it well with peper <sup>^</sup>& salt & a very little Cloves and Maice mix it well and put itt in a pot to bake, cover itt on the top with butter, & lay the bones on the butter, and cover the top of the ~~paste~~ <sup>pot</sup> with course paste, when it is well baked take of the bones, and squeeese all the liquor from it, and while it is hot, take it out of the pot it is baked in, and put it in the pot you will keep it in, and press it down close, and cover it with clarified butter if it be very well done it will keep all most halfe a year.

To make a Cordiall water for the stomach

Take and still of dreggs of strong Ale in a Limbeck, take of the spirits and put them into the Limbeck againe put in 2 quarts of ale i2 quarts of spirits. take a handfull of Rosemary, penneroyall, balm, bugeless, burage, and dragons, halfe a hand= full of rue, and cardus, still it of & mix the first running with the last, sweeten it to your tast, and keep it close stoped.

To make Allmon butter.

Take a pint of cream and 9 yolks of eggs, set the cream on the fire, and beat the eggs well, take a little of the warm cream to the eggs stiring it together, put all into a skillet, set it on the fire and stir it continually, but let it boyle till it be run of curd take it of the fire and let the whay run from it through a strainer, season it with sugar and rose water, take a quarter of a pound of Allmonds well beat; mix it with the rest of the curd extream well, then serve it in.

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Lady Allens Water

Sage, Celadine, Rosemary, Rue, Wormwood, Mugwort Pimpernell, Succory, Dragon, Agrimony, Balm, Scordium Centory, Carduus, Bettony, of each a good handfull, piony Marygolts, Allicampane, Tormentell, leaves, and roots, Zedony, Angelica, Liquorish, of each a little hand full, scrape the roots clean and slice them, cut the hearbs cross and cross, steep them in a gallon of Liquor, still it in Alembek pasted a fler it hath stood 2 or 3 days to infuse sweeten it when stilled.

### To Make a Potato Pudding

Take a pound of Potatoes, boyle them and pill them of butter the quantity of an eggs, a spoonfull of flower 3 or 4 eggs, some nuttmegs, and sugar mix all together and Bruise them well in a mortar then boyle them in a bag, & eat it with melted butter

### Stomach water

An ounce and halfe of Anniseeds bruised 2 ounces of Liquorice scraped, and handfull of knotted sweet Marioram, as much Angilica and spear mint, one orange pill cut thin, a handfull of Rosemary flowers, of clove Gilleflowers, Muscovy, Penniroyall, Burrage flowers, Bugtops flowers, one handfull, infuse all in 16 quarts of strong Bear, and one quart of Anniseed water or brandy, let it stand one night, still it on the Alembek, Put it into bottles put to it 12 ounces of white refined sugar candy and a pennyworth of saffron tie'd

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in a bag hanged in the bottles till it has given the water a colour put in another bag a few cloues and m a little Cinnamon, and one nuttmeg sliced, let this stay in your bottle, but take the saffron bag out

### To Make Ebulum

Take 4 sticke of malt and mash it very thick, then put in a shovel full of coles red hot and when it hath stood on 2 hours, then let it run as much as it will, then lade on by bowlfulls, till it has run of 16 Gallons without stiring the malt, then put it in the furnace and put to it 3 quarters of a pound of hops, and a heaped Gallon of Elder berries picked so let it boyle 2 hours, and then strain it through a sive, & put it together very cold and keep it working 4 or 5 days, then tun it up and let it stand in a barrel (that it will fill) till march then bottle it up, it may be drank a fortnight or 3 weekes after, it will keep 2 years good, the berries should be dry when they are gathered.

### Doctor Stephen's Water

A Gallon of Elder wine dreggs (or Gascony wine) Ginger, Gallingall, Cinnamon, Nuttmegs, Cloves, Mace, Grains, Annis seeds, of each a dram; sage, Mint, Red Roses, time, Pellitory the root of Lillies of the Valley, wild Marioram, Rosemary Lemmon time Camomile, Lavender, and Avens, of each a

handfull, beat the iuce and bruise the hearbs, steep it in the wine, & distill it in an Alebeck

Elder Wine.

Take 23 pound of Raisins well picked and chopt small, 5 gallons of water, an to 2 quarts of Elder iuce, let the berries be gathered when full ripe and dry, let the Raisins stand in the water 10 days and stir them once a day. then strain the Liquor from the

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Plumbs, and put the Elder iuce to it, and stir it together. put it in a vessell fit for it, set it in a warm place if the weather be cold put a blanket about it whilst it is a working, and leave the spurge hold open for some days, let it stand in the Barrel 4 moneths, be sure to corke it well. and let it cool, to get the iuce of your Berries you must the<sup>m</sup> put in a iug of boyling water in a kettle *the* iuce must be put in cold

Sellary Pottage

Take sellary cut it small and set it a stewing with half a pound of butter, let it stew till the sellary be very tender, then put in a good handfull of spinage cut twice or thrice cross with a knife let it stew a little in the butter, with an Onyon stuck full of cloves, put in pulp of blew peas to some of the broth they were boyled in, till tis as thick as you like, when you are sending it to the table put in lotts of white bread, fryed in butter till they are crisp, let the sellary and pease stand together a quarter of an hour

To Bake a Rump of Beefe.

Take a fresh Rump of Beefe boyl it and season it well with peper and salt, then take a pound of Beefe suet shread very small, lay halfe of itt in the bottom of the pot and the other halfe on the meat put in a quart of claret, half a pint of water, 9 spoonfulls of vinegar a handfull of capers a little shread time winter savery sweet marioram in all a handfull, one onion, lay the bones on the top of all and cover the pot with paste, the oven must be as hot as for bread and it must stand in 6. or 7 hours, then serue it up with all the Liquor & brown toasts

A Tansie.

Take 10 eggs leave out <sup>^</sup> half the whites beat them very well and mix them with apint of cream and 3 quarters of a penny loafe well grated, halfe a nuttmeg grated, and a little beaten cinamon, sweeten it to your taste, and green it with wheat or spinage.

To Make a Rich Cake

Take 5 quarts of fine flower, 2 pound & halfe of sweet butter a pint of cream, a pint of ale yeast, a quarter of a pint of Rose water 22 eggs well beaten, with only 6 whites halfe an ounce of cloves, and mace 7 ounces of loafe sugar, both finely beaten, mix the spice and sugar with the dry flower, slice the butter into the cream which must be so warm as to melt it, (Lute warm and no more) warm your Rose water and dissolve in it 2 grains of Ambergreece, mix all these as quick as may be, when they are well mixed strew a pint of flower lightly over it, and let it lie to Rise covered with a cloath a quarter of an hour, (the flower you strew on must be part of the 5 quarts) when it is well risen, take 6 pound of courance washed in warm water and well dried & pick'd, 2 pound of Raisins of the Sun, stoned and cut in peices, mix them well and quick amongst it, and lay it on a double brown paper, well buttered and put a hoop about it, flower the hoop well and then set itt in a quick oven, & in an hour and halfe it will be baked, if you fear scorching lay over the hoop some paper when it is baked ice it, the hoop must be half a yard Diamiter

An orange pudding.

Take 12 eggs leave out all the whites and beat them extream well, put to them half a pound of butter, half a pound of sugar, 2 oranges the pill grated and the iuce strained beat these an hour together with your hand till it is as thin as beare, lay a very thin paste in the bottom of your dish and powr it in and lay a puff paste over it and boyle bake

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it in a temperate oven

To Make Plumb Pottage

Take strong broth made of a leg of Beef having the fat taken clean of, and put to it Raisins, pruinis, & courance (but keep out a quarter of the Raisins and pruinis that

you design'd to put in, and boyle them in a little of the broth by it selfe, till they are tender, then wash them and take out the stones, and put it to the other to couler it) cloves, mace & nuttmeg, a little bruised, and cinnamon finely powdered, let it boyle halfe an hour, when the fruit & spice is in a little be fore which time, thicken it with wheat brown bread crumbs to your liking, take it of the fire and season it with a little salt, 3 or 4 spoonfulls of vinegar & sugar to your taste you may keep this broth 2 or 3 days and heat it as you have occasion, and when you serve it in put some calves foot ielley to it, some claret a very Rosewater and some Sack. be sure it be kept in a very little sweet vessel, and let nothing of brass come near it after the fruit is in

#### To Dress Rabets

Take some sweet Marioram and Parsley and one Onyon and put them into the bellys of your Rabets then boyle them till they are enough then take them up and pull them into little long bitts then take the hearbs and a little of the onyons with the yolk of a hard egge & <sup>^ shread</sup> them very small mingle them and some salt with the Rabets, then put in allmost a pound of butter, and stir them over a chaven dish of hot coles till the butter is all melted and the Rabets be thorough hot then dish it up.

#### To Make Cherry Wine

Take cherries when they are full ripe bruise them in a clean vessell, and let them stand in a tub till they are all bruised, lett them stand 2 hours, then put them in a hair bag (made on purpose) and press them turning the bag on both sides, till you have got all the Liquor when they are thoroughly

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pressed, put the liquor into a sweet Rundlet and stop it up for 3 weeks *then* bottle it up and put into each bottle a Lump of sugar. tie the bottles fast down and sett them in sand in a seller, you make <sup>^may</sup> a pretty sort of small wine with the hulls, put not so much water to them as will cover them and doe with them as with water sider.

#### To Make Cowslip Wine.&nbsp;

Take six Gallons of spring water, boyle it halfe an hour six pound of Raisins of the sun, stoned, 5 fair fresh Lemmons sliced and the pills of 3 of them paired thin, one peck and halfe

of cowslips flowers, 3 pound of good powder suger, put all these into a leaded pot & powr the water boyling hot to them, cover the pot very close and set it near the fire, that it may keep - constantly hot, (but not to boyle) stir it twice a day for 5 or 6 days together then strain it, & put itt in a sweet rundlet, fit for it for 10 days, then draw it into bottles, and put into each bottle a bout a 3 spoonfull of Rhenish wine, and a lump of sugar, let the corke be well seasoned and tyed close down, set them on sand in a celler, after 3 or 4 weeks you may drinke it.

#### Crust for Venison

Take 3 gallons of fine flower, then take 4 pound of Beefe sewet very finely shread mix it very well in the flower then take 16 eggs well beaten & put to it, and make it into a paste with cold water (but not stiffe) then roll in att 7 or 8 times 3 pound of butter and every time you <sup>roll</sup> it strew some flower on the butter; it will not be near so good if it be made overnight.

#### Raisin Wine

Take 4 pound of Raisins of the sun picked & washed clean then stone them and put them into an earthen pot and 2 pound of sugar 2 lemmons squeesed in, and the pills of them pared thin, then powr upon these 4 gallons of spring water boyling hot that has boyled halfe and hour stir them well together and cover

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the pot close till the next day, then put in your hand and sqeese the raisins well, cover the pot close againe till the next day, then straine it and bottle it up, but fill hot the bottles quite full, tye down the corks; & at 8 or 10 days it will be fit to drinke.

#### To Make Cracknells

Take 2 pound of fine flower put to it half a pound of of sugar and 3 quarters of apound of fresh butter 4 yolks of eggs and a few caraway seeds, mix them together with cold milk and a little sack, make it into a paste, and roll it as thin as can be then cut them round and turn them up thick like cheescakes then doe them on the top with the white of an egg and strew small comfits and a few caraway seeds of them put them on paper and bake them in a temperate oven.

#### Apricock Chips

Pare them thin and slice them round then take double

refined sugr finely beaten and lay one row of sugar and one of fruit till all be gon in, then cover it all over with sugar and let it stand till all be dissolved, then drain them from the syrup, & lay them single on glass, & and set them in the sun till they be dry then put them up

#### To Dry Apricocks

Take the fairest Apriccks pared, and stoned scald them very tender, take 3 quarters of a pound of loafe sugar to a pound of fruit and a pint of water make the water and sugar scalding hot but suffer it not to boyle then take your fruit out of the water, and put it into the scalding syrup and set them in a stove to keep warm constantly and twice a day make them ~~constantly warm~~ <sup>scalding hot</sup> over the coles but let them not boyle, when you perceive the syrup to have a skin like a candy on the top, take them out and lay them on glasses to dry and keep them with turning (in the sun) till they be dry thus you may dry peaches or pear=plumbs or any other fruit that hath stones in it

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#### Pottage

Put bones, peices of bloody necks and any odd bitts of meat with some Anchoves to water and a glass or 2 of white wine or sider and a little beaten spice, then cover the pot, and paste it down, and let it stew severall hours, *then* strain it and put to it cabbage and turnip cut in little bits, and a little whole spice, and some gravy let it stew an hour or two, then put in Marigold leaves, Beet leaves strawberry leaves & parsley, all chopt a little, some bits of sweet br<sup>e</sup>ads and little balls, let it stew an hour Longer, so serve it up

#### White broth

Take a cock and break all his bones, and set him a stewing (with the bloody end of a neck of veal) and some spice in water let it stew till all the good=ness is out of the meat, then strain it and let it to cool, take off the fat and leave the settlings at the bottom take only the pure ielley in the middle & set it on the fire & have ready plumped in water, some Raisins, courance, and a few pruinis which put to the broth with a little Maice, cut small, and so much cream as will make it look of a whitish gravy, lett it boyle a little thicken it with yolks of eggs well beaten with some sack and sugar

#### To Make Sweet meat Cream

Take any sweet meats that are smooth and stiff and break it well with a spoon in a clean bowl put to it the white of an egg, and beat it an hour and a halfe extreamly, till it be very light and look white then heap it up in your glasses in little puffs, & eat it with cream

#### ffyed Pasties

Take a roasted kidney of veal sread it small and season it with grated bread, Nuttmeg, courance, sugar, som Almons beaten small, and an egg or 2 beaten with a little cream, and some salt, mix it well and put it into pasties of puff paste, and fry them in butter, if you be in hast and cannot make paste, make them as thin with cream that you may drop them into your pan like fritters and fry them.

#### To Dry Chirrys

Take the fairest chiries, stone them and to every pound take a quarter of a pound of sugar, put to as much water to them as will cover them, and lett them boyle a little while then let them cool, then boyle them as before do this 3 or 4 times

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then set them by in the syrup 3 or 4 days; take them out of the syrup and lay them one by one on splented sives and when they are well drained lay them on fresh sives and set them in an oven that has been heated 12 hours before let them stand in 12 hours then wash them in hot water and dry them well with a clean cloath, and lay them upon clean sives, and set them in the oven as before then put them up and keep them dry, thus you may dry great plumbs, only stuff the best with the worst when they have been once in the oven.

#### To Make a Caraway Cake

Take 4 pound of flower rub into it a pound of butter a quarter of a pound of cittern and candied pills a quarter of a pound of Caraway comfits, a pound of loaf sugar beaten fine, a nuttmeg grated a little salt, take halfe a pint of cream warmed, the yolks of 8 eggs and 4 whites if you please, and a pint of good ale yeast mix all these well together and set it to rise before the fire halfe an hour so bake it and have a care of the oven be not too hot, a little more then halfe an hour bakes it

#### To Make Scale Cakes

Take half apound of Almonds blanched cut them over as thin as you can possible, halfe a pound of double refined sugar, beaten and sifted, mix halfe of it with the Almonds as you cutt them, take the rest of the sugar and mix it with Rosewater and as much sack, and two handfulls of Caraway seeds, when they are well stirred together, put them on your cut Almonds, lay them very light and thin upon wafers cut in what shapes you please, they must be kept stirring till they are all laid, then bake them a little in a very temperate oven

#### Bisket Tellows

Steep gumdragon in Orange flower water, take a pound of double refined sugar, beaten and sifted, put the sugar in a mortar, and a spoonfull of this gum and halfe the white of an egg well beaten, beat these well together then grind a little Ambergreece small with a little sugar and put it to the other in the mortar, beating it still very well, till it will drop, then drop them on papers in little loaves and bake them in a very temperate oven.

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#### To make a frigasee of a Calfe head

Parboyle your head, cut itt in little peices, and put to it some water and vinegar, some anchoves, white wine horseraddish, a little whole mace, a bunch of sweet hearbs and an onion, stew these together a pretty while then put in som butter, and keep it stiring for fear of oyling, beat 3 or 4 yolks of eggs well, with some white wine and some lemmon pill shread small put them to the meat and stir it over the fire, till it is thickened, *then* dish it up, you must boyle the brains and beat them up with the butter & vinegar and lay them in lumps upon your meat and some pickled oysters

#### To make a Cabbage pudding

Take halfe a leg of veal and a good quantity of beef suet shread them small together with some cabbage stalks that are boyled tender and pilled, when your meat is shread season it with peper, and salt and grated nuttmeg and 6 yolks of eggs then have large cabbage leaves boyled a little tender, and lay your meat upon the leaves and tie it up round pretty close in a napkin and when the water boyl put it in and let it boyle an hour and halfe

## To Stew a pigg

Cut your pigg down the middle and then into little peices but keep the Head whole, wash it and put it into your stew pan with water and some salt let it boyle and scum it well, put in some whole white peper 2 nuttmegs in quarters, some cloves and mace, whole when the liquour is wasted to less then a pint put in a pint of white wine, and 2 or 3 spoonfull of capers so let it stew very softly till it is enough then put in 2 or 3 yolks of eggs, beat with some cold liquor and a good peice of butter shake it well together, and serve it in

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## To Stew Mushrooms:

When they are pilled and washed boyle them in a very little water, & salt, some whole pepper a bunch of sweet hearbs & an onion, when they are tender take them out of their liquor and take some gravie, a spoonfull or two of the liquor they was boiled in, an Anchovie, a few of the boyled hearbs shread small, and 2 or 3 spoonfulls of thick cream 2 spoonfulls of wine vinegar, put all these things to the mushrooms while they are hot, stir them very well together over a fire, till they be very hit & thick, then serve them up with sippits

## To make a frigasea of Chickins

Take 3 chickins, flea them and cut them in peices & set them a frying with as much water as will cover them & some salt let allmost all the water boyle away then put in a good peice of buttr and let it stew a good while and put in halfe a pint of white wine, and let it stew till there is iust liquor enough for sauce, when it is quite enough, put in the yolks of 3 eggs, well beaten with the iuce of a lemmon, (if you have no lemmon put in some vinegar) let it have a warme or two shaking it well together, then serve it up

## To hash a Shoulder of Mutton

Cut your mutton in peices and let it stew some small time in a little water (scuming it well) some salt & a bunch of sweet hearbs, then put to it gravie and what quantity of french wine you please an onion cut small, some whole pepper & 2 or 3 cloves, some lemmon pill shread, some whole mace, and let it stew softly till it

is enough (a little before which time put in 2 or 3 anchoves)  
then put to it 2 or 3 eggs well beaten with some gravie & some  
oysters, shake it well together & serve it up

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To make Metheglin

Take what quantity you please of spring water and  
make it so strong with honey that it will bear an egg  
put to it a good quantity of Cloves, ginger and guinea pepper  
all a little bruised a good many hops, some green rosemary  
and a little Balm, and let it boyle allmost an hour then strain  
it into some sweet vessell, and be sure nothing of brass comes not  
near it, when it is allmost cold put to it a very little yeast  
and beat it well together, let it stand 2 or 3 days then scum it  
clean, and put it into a strong <sup>water</sup> caske that it will fill but 3 parts  
full, and leave out all the settlings (which you may put  
in your worte when you brew) let it stand very close stoped  
from the aire 5 or 6 moneths, the longer the better, then bottle it

A Custard pudding

Take a quart of cream, put to it 8 eggs well beaten with a  
little sack and season it to your tast with sugar, take one  
handfull of Allmonds blanched and beaten fine, one handfull of  
courance 3 quarters of a penny loaf sliced very thin one nuttmeg  
grated, some marrow, half a pound of butter, some candied cittrone  
cut in thin bits, lay these things into your dish by roes, then pour  
your cream and eggs upon them, and bake it in apretty quick  
oven

To make Spanish Cream

Sett one gallon of new milk on the fire with 3 blades of mace and  
as it boyls putt into it a quarter of a pint of cream, do so by times till  
you have put in a quart, then stir it till it be perfectly cold, and  
set itt in pancheons to cream for 12 hours, skim it and put to it  
orange=flower=water, sack & sugar to your taste and whip it till it be  
as thick as butter, then heap it into your glass or dish with 2  
spoons, in little puffs

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To make Allmond Cream

Boyle a quart of cream with some whole mace, nuttmeg,  
cinnamon and lemmon pill, take a quarter of a pound of

Almonds, blanched and beaten fine with some sack, put them to the cream and let it boyle till it be thick, then strain it throw a thin strainer being wetted, then season it with sugar, sack and orange flower water to your taste, when it is cold lay blanched Almonds on the top (this cream is best not strained att all but season it on the fire and when it is allmost boyled enough put in the whites of 8 eggs beaten to a froth, be sure to keep it stirring, & let it have one or 2 boyles more

#### Almond Butter

Take a pint of cream and boyle it, put to it 9 yolks of eggs, well beaten, set it on the fire and keep it with stiring, but let it boyle till it runs all of curds then take it off and let the whay run clean from it threw a strainer that done season it with sugar and Rose water, take allmost a quarter of a pound of Almonds, beaten very fine, amd mix them with the rest of the stuff & work them together with a spoon a good while, so serve them up

#### A Quaking Pudding

Take a pint of cream 6 eggs, 4 spoonfulls of flower, beat them well together and season it with Orange flower water, sack, nuttmeg, sugar, and salt.

To make Shrub.

Take 4 quarts of brandy, slice into it 15 of the largest thick rind lemmons as thin as you can cut them, tye it close down in an Earthen pot very close and let it steep a fortnight and then run through a seive all night, put to it 4 quarts of white wine and so much spring water, and 4 pound of fine sugar, and run it through a gelly bag, then bottle it up close, and let it stand half a year before you drink it the longer the better.

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#### The Best way to Butter eggs

Take 12 eggs and but 6 whites, beat them very well, allmost to an oyle then put to them what butter and salt, you please, and searce half an Anchovie and doe them over a soft fire.

#### A Ielley Sack Posset

Take a quart of cream and slice a nuttmeg into it, and boyle it and while that is on the fire take 12 eggs (being well beaten and run threw a strainer) and put them to a pint of sack & set it over a charcole fire, keep it with constant stirring till it be as thick as a

caudle, sweeten it to your tast, then pour the cream in boyling hot holding it as high as possibly you can run it, let it be kept with stirring all the while the cream is pouring in, but when the cream is in it must not be stired at all, but stand covered upon the fire so as to keep very hot (but take great care it do not boyle or simber in the least) till it be of a fine Ielley on top and clear drink at the bottom to your liking.

#### Raspberry Cream.

Take a pint of Rasperrys or more and stamp them small in a mortar Mix them with apint of white wine, a spoonfull or 2 of orange flower= water, and sweeten it well and strain it into your cream dish, or glass then boyle a quart of cream, and when tis cold as new milk spurt it to the wine & Raspberry iuce, with a dry cow

#### Syrrup of Violets

Take 2 pound of lump sugar and put thereto a pint of spring water and boyle the same to an ordinary thin syrrup, take the leave of about a peck of violets (being well picked and cut from the whites) and bruise them and put them to the syrrup iust when you take it off the fire, stir it well together, cover it close and let them steep 24 hours then boyle them about halfe an hour, so strain them an put it in a dry glass bottle to keep

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#### To Dress a Leg of Mutton.

Take a good large leg of mutton, cutt the flesh all out, leaving the skin, and ffat whole, beat it with a Roleing pin as much as for sossages when it is allmost beat enough, take about a pound and halfe of beef suet (or about the quantity of your meat) and beat <sup>^ with</sup> it till it be well mixed, then season it with a grated nuttmeg and allmost halfe an ounce of beaten cloves, and mace, and put in the yolks of three or 4 eggs or more according to the quantity of your meat, there must be so much as to make it hang together beat your eggs with some salt, stuff it into the skin as close as you can possibly tye of sew it fast up in a cloath and boyle it 2 hours or more, you must not take out the sinewey part.

#### Potted Veal

Cutt off all the fat and skins of a leg of veal, then if you have 5 pound of veal, put to it a little more then a pound of bacon that is fat, chop them together very well, beat it in a mortar till itt is very well mash't, season it with ~~a few~~ <sup>^ two</sup> nuttmegs and a few cloves, & as much mace as will make up them two ~~halfe~~ <sup>^ a quarter of</sup> an ounce of white pepper, with a little ginger, & some salt mix all well together

and putt it down in a pot, and lay upon it the skins and fat of the veal, then paste it up and bake it with bro<sup>w<sup>n</sup></sup>h..d bread, when you take it out of the oven let it coole a little, take it out of the pot and with your hands press from it as much fat as you can then put it down hard in to another pott, and press it with weights one night and the next day pour allmost a pound of clarified butter upon it

#### ffried Toasts

Take a penny loafe and chip it, and cut ut the round way in thin slices, soake them in cream, then dip them in beaten eggs, and have a good peice of butter in your frying pan hot, and lay your toasts in fry them a little there pour what eggs is left upon them, fry them a little more and turn them when they are fryed eat them with melted butter, vinegar, and sugar

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#### Sauce ffor fish.

Take 2 spoonfulls of the liquor the fish was boyled in, half a pint of clarret, a quarter of a pint of gravie, 2 spoonfull of vinegar, 3 Anchovies, 2 Nuttmeggs sliced, a little mace, and a shalott when these are well stewed together strain it through a hair sieve, then beat it well, with a good quantity of butter till it be very thick.

#### A liver Pudding

Take a Calves øf or hogs liver, boyle it well and mash it well, with a knife, a little sweet marioram, thyme, penny-royall, winter savory, pick the hearbs very well wash them clean, & shread them very small, put these to a pint and half of cream and a penny loafe grated, 5 eggs and but 3 whites about 3 quarters of a pound of more of beef suet shread small 5 or 6 large spoonfulls of flower, something more then half a pound of courance, mix these well together and season it well with salt, sugar, nuttmeg, Cloves, & mace if you putt this into *the* gutts you must put in some cinnamon, and beat the hearbs and strain them to the creams.

#### To keep fruit all the year for Tarts

Gather Goosberrys when they are at their full growth top and tail them, and put them into wide mouter bottles corke them very close, put some hay in the bottom of a kettle of water and sett the bottles upon it, set them on

a fire and lett them stand till the colour of the goosberrys be changed to look like scalded ones, then take the kettle off the fire and lett the bottles remain in itt till the water be cold so take them out and close the corks well with soft wax and sett the bottles in sand in a seller till you use them.

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To kepp black pear plumbs, put them in a iugg or some narrow mouthed vessell, pour into them boyling water so much as will cover them, then clarifie butter or suet, or both together, and pour upon them enough to be an inch thick.

If you bake a pot with halfe their weight in sugar, when they are cold put the like upon them

#### Baked Custards

Boyle a quart of cream with a good quantity of spice, strain it and put to it 6 yolks of eggs well beaten and wone white season it with sugar and a little sack (or if you please you may then give it a little heat over the fire againe) then put it in potts (or crust) and bake them, in potts a quarter of an hour bakes them

A Caudle for a Sweet pye.

Take a quarter of a pint variuice or white wine ~~vinegar~~ and make it very sweet, boyle it a little, add the yolks of 6 3 eggs well beaten and some melted butter, stir it well till it thickens then take of the lid of your pye and put it in, iust before it goes to the table

#### Almond Tarts

Take half a pound of Almond paste 6 yolks of eggs half a penny loafe grated 3 quarters of a pint of cream, half a pound of melted butter, half a pound of sugar & a spoonfull of Rose water, put a thin crust in a tinn pan and bake this in it, in a quick oven without any lid

#### Syrup of Elderberries

Gather your berries dry, when they are ripe, pick them and put them in a pitcher, and set them a boyling in a pan or pot of water, take all the iuice that will run from them and put 2

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pounds of sugar to every pint of this iuice, stir it every

day till the sugar be dissolved, then bottle it without boyling if you if you boyle it (which if I think is the best way) you need not put much aboue half this quantity of sugar in it

ffrench broth without meat

Take 2 quarts of water half a pound of butter, a handfull of salt, with a good quantity of cloves and mace, let these boyle some time together, then put in lettice, spinage, sorrell, borragge each half a handfull, let it boyle till the hearbs be tender, put in a quarter of a pound of butter more, and let it boyle still, *then* take 6 yolks of eggs beat them with a spoonfull or 2 of vinegar. 3 or 4 spoon=fulls of cream and a little of the broth slice bread into your dish and put a little butter upon each slice, let it stand upon a few coals sometime, & putt a little of the broth to it (letting it be on the coals still) put 2 Anchoves to the other broth, then put in the eggs with a good many Marigold flowers, let the broth boyle (keeping it stirred) till it thickens, put it to the other in the dish. break the hearbs with your hands befor you put them in, in winter you may make with cabbage instead of hearbs, putting in some pepper.

Winter Pease Pottage without meat

Pulp your pease and put a good quantity thereof to water let it stew a good while, putt in green tender hearbs, being iust broke with your hand, & a bunch of sweet hearbs (which must be taken out at the last) and a pretty many parsley roots cut in little bits, some whole pepper and 2 blades of mace, some salt then cover it close, and let it stew a great while *then* put in some longer, cutt white bread in little Dice, and crisp them before the fire, and put them in with 2 or 3 anchoves let it iust have one good boyle, then put itt into your Dish, laying a ffrench loaf in the middle thereof.

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To make fflompey

Take 2 quarts of new milke, boyle it and put in 3 spoon fulls of grits beaten and sifted, and as much pearl barley, (being first boyled in water and well drained) with 4 spoonfulls of grated bread, and 2 blades of mace, let these boyle till it be well thickned, then beat the yolks of 3 eggs with a little sack and a little orange flower water, and a very little salt, put them to the milk off the fire, take out the mace and sweeten it to your tast, then set it on againe, keep it stirring till the eggs be thickned then make 4 or 5 white toasts very brown, and crispe lay them in your dish and pour the flompey on them, so serve them up.

An Excellent ielley fine for entertainments

and allso very good for weak or consumptive people

Take 2 quarts of clear strong calves foot ielley when tis cold, lay it in a silver bason when it boyles put to it a pint of white or Rhenish wine, the iuice of 4 lemmons and the pills of 2 with a pretty deal of nuttmegs quartered whole mace and cinnamon, as much double refined sugar as will make it sweet enough, stir it with a silver spoon till the sugar be allmost dissolved, then sett it on a fire and stir it till all be dissolved, then cover it till it be ready to boyle, and take the whites of 6 or 8 eggs beaten to a froth, and when the ielley iust simpers put them in, stir them well together and let them stand on the fire 2 or 3 minutes, that is, till the egg be gathered to the top and the liquor very clear underneath, put it into a gelley bag or any thick flannell strainer being dry, hang it upon a pegg and let it drop into sweet meat glasses, and it will clarifie the second or third time. the pill must be taken out before the eggs are put in. and you may lay long thin slices of fresh pill in the glasses before the Ielley drops in you ma Take 3 quarters of a pound Hartshorn and a gallon of spring water and it makes a ielley in 24 hours being boyld 3 or 4 hours

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Surfitt Water

Take a gallon of brandy & infuse <sup>^</sup>in it these ingredients following (viz) one ounce of mace, of cloves, & cinnamon <sup>^</sup>each an ounce, all of them being well bruised halfe a pound of Dates sliced, a pound and halfe of Raisins of the sun stoned, one pint of poppy water one pint of Damask Rose water, and 7 or 8 handfulls of poppys cut from the blacks, tye these close down in a well leaded pot, let it stand 10 days stirring it once a day then straine it through a hair sieve & sweeten it with very fine sugar or white sugar candy the ingredients you may after wards distill with brandy, if in an Alembek the dregs of strong beer will doe, adding there to Carduus, Angellico, mint, Balm, ffennell, penny Royall, woermwood, Rosemary, Celandine, if you draw it off through a cold still, paste the head and keep it cold with wett Cloaths

Whipt Sillibubs

Take the same quantity of wine as you do of cream, steep some lemmon pill in it an hour or more, as you have time then put to it the cream, and sweeten it, put some iuce of lemmon in and

froth it up with a squirt instead of hoigs, steep lemmon pill in the liquor for the bottoms of your glasses, and put in iuice of lemmons allso if you will you may put in halfe wine and halfe water into both, and be sure as much cream as liquor.

To make Barley Cream

Take pearl barley boyle it in 2 waters till it look pure white then drain it and boyle itt in cream, with some whole mace and cinnamon till it be thick as puddin, then set it by a little and put in raw cream, till it be of convenient thickness, season it to your tast

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Stewed Mutton an Excellent way

put into your stew pan, a quart of mild ale, and halfe a pint of water, a bunch of sweet hearbs, 2 onions, a nuttmeg slitt, whole pepper, cloves, mace, lemmon pill, 2 Anchoves, and some salt let these stew a while, then cut your meat into small steaks, flower it, and put it to the liquor, cover it and let it stew softly all most an hour, then take up the meat, and strain the liquor and shake in a good peice of butter, and 2 spoonfull of venigar. Beef steaks done this way is very good, and any sort of cold meat heat againe on this manner

To preserve fresh Salmon

Cut your Salmon in fiue large peices and boyle it well, putting in a handfull of salt into the kettle, when it is well boyled take it out, and lay it peice by peice upon a clean table untill it be cold (whatever vessell or cask it is put into it must be well cleansed then get some white salt, pepper, mace, cloves, & bay leaves, and upon every row of the fish, as you lay it in the cask, strew a little of the salt, and these spices with a few of the bay leaves in every row, the mace and cloves must be whole the pepper pounded, and when it is all laid in so, fill the vessell or cask with white wine vinegar, and so it will be preserved, in ten days you may eat of it.

Steaks of mutton or veal stew'd in their own Liquor

Cut your steaks extream thin, and beat them very flat with the flat side of the cleaver, then shread some thyme, and Parsley, & put put to it some nuttmeg, & pepper finely powder'd, there must be as much more nuttmeg, as pepper, and as much salt as will season them mix these together, and beat 2 eggs & lay the meat upon a dresser one by one, then doe the egg all over them with a bunch of feathers, and strew on halfe your seasoning on the top of that, some grated bread, then butter

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your stewpan, and lay the steaks in, the seasoned side downwards and doe the upper side as the other, set it on a very soft fire as big as your pan let them stew or broil softly till they be brown, then turn them and let them stew till they are enough, half an hour does them, lay them in you dish, and your savery sauce upon them

To Pott Sallmon.

To 4 pound of salmon take an ounce and halfe of salt a quarter of an ounce of cloves, and Mace, a quarter of an ounce of pepper, beat these small and grate them, 2 nuttmegs Mix them well. then rub them into the salmon, and pour on 4 spoonfulls of white wine vinegar, and let it stand an hour, then take the pot you design to bake it in, and spread att the bottom a pound of butter, and stew over it halfe an ounce of whole pep<sup>^</sup>Per, then lay in the salmon, and upon that a whole onion stuck about all a pound and halfe of butter, two hours bakes it, & as soon as it is out of the oven, take it clean from the fat & loose seasoning and let it drain an hour, then put it in a clean pot, & lay on and when thorough cold pour œf on Clarified butter.

To Stew Cowcubmers

Pare them then slice them thin and put to them some vinegar, water, whole pepper, mace, & a little salt, stew them till they are tender. this is good sauce for boyled chickens, or for roast or boyled mutton.

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To pott Eels.&nbsp;nbsp;

Take your Eells and strip them, and cut off their heads, and slit them down the middle, & bone them, and make them very clean with a cloath, then take your seasoning which must be, Cloves mace, pepper, and a little ginger, & some salt, mingle these together, take some Anchoves boned, and shread small, and put them one the Eells, and rub them on, then the spice and rub it on upon the insides of the Eells, (when you use Anchovie less salt will doe) then take the pot you bake them in, and lay some butter in the bottom, & role up the Eells and lay them in, stick some 4 or 5 bay leaves round the pot sides, & lay a bunch of hearbs, and one or two onions, on the Eels, & put in 3 or 4 spoonfulls of white wine, then cover *them* well with butter & set them in a prety hott oven, they must stand in an hour and halfe, then take the oven stone away, and let them stand half an hour longer till they are † well soaked, then take them clean from the fat and loose seasoning, and let it drain half an

hour, then lay them in a clean pot, and the bay leaves on them, & pour a good deal of clarified butter on them, & set them in the oven again for half an hour, let them stand till they are cold, and they will keep a month or 6 weeks.

To stew beef to eat like Venison

Take the rand peice of p buttock beef, lard it thick with bacon dipt in pepper, lay it whole in a stew pan, and put to it a few cloves, some bay leaves, and a peice of orange pill, and some salt put no liquor to it (the oven liquor <sup>gravis</sup> will stew it) cover it close and let it stew on a soft fire half a day turn it sometimes, and when tis enough set it by, and when you use it cut it in thin slices, & warme it in a dish with some of the gravie, or if you want you may add some savery liquor to it as it heats. this is counted a fine dish

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Trifle Custards

Boyle your cream well with spice, then sweeten it to your tast, and put in some Rose water, or orange flower water, stir it till allmost cold, then put in a little Runnet to a quart of cream, stir it well together, & put it in your pots, let them stand without stiring till they be quite cold, and they will keep 2 or 3 days.

To Dry a goose

Salt it with common salt, inside & outside, (but most of the inside) once every 2 or 3 days for a week or nine days, and every time you salt it, rub on after the white salt on both sides, as much salt peter as will lie on a shilling, then hang it in a chimney till it is thorough dry, boyle it and eat it cold.

A ffrigasee of Tripe

Take 3 or 4 large peices of lean tripe cut them in square bitts like dice then take a quarter of a pound of butter brown it, then flower your tripe and put itt in the pan, stir it about till it is all brown, then powr it into a flat sauce pan, rinceing out the panh, with fresh broth out of the pot, or any gravie of pottage you have by you or for want of that you may make shift with fair water cover them with liquor and put to them a large onyon chopt small with a little thyme, savory, & parsley, & as much beaten cloves, & mace (or Iamaica pepper) as will lie on a shilling, a little other pepper & some salt when above halfe of the liquor is stewed away take it off the fire, and scum of all the fat, then have ready the yolks of 2 eggs beat with 2 spoonfulls of veriuice, 6 spoonfulls of thick melted butter, & half as spoonfull of mustard pour all these to the meat and keep it stiring till 'tis thick enough, serve it up with slices of lemmon, pickled barberries and sippets.

To Dress tame Ducks to eat like wild ones

Smother your ducks and let them hang 3 days with the guts in them and when you lay them to the fire, drip them with clarret till they begin to wreek, then dredge them and drip them as you do other fowles doe not wash them befor you lay them down (nor any other fowl that is not scalded) doe not roast them too much, and make gravie sauce to them, and they will eat as well as wild fowl.

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To pickle Barberries

Boyle Damsons in a good deal of water and some salt till it looks deep red, the strain it through a sieve, & when cold pick your barberries and put them in lay a peice of flannell close to them and a threncher, tie the pot up close with paper or leather.

To Coller Beef Mrs Bridge s way

Take the thin part of a breast pf beef, bone it and rub on the inside of it 2 ounces of salt peter, and let it lit 3 or 4 hours, then put it into a brine made with bay salt & water, let it lie 3 days turning it night and morning, hang it to drain 12 hours, then season it with cloves, and mace, pepper & nuttmeg, & some shread sage, parsley, & Rosemary, role it up hard, & bake it with a pint of claret, and a pint of pump water, paste up the pot and bake it with household bread, when 'tis cold put it in a pickle. see page

To Candy Oranges

Squees out the iuce and lay them in water 2 or 3 days shifting it every day boyle them in a fresh water till they are tender, then take out the meat, make a thin syrup of ordinary sugar, when 'tis cold put them in, and every day warm them over the fire for a fortnight, be sure they doe not boyle till the last time, then boyle them gently for half an hour, when they are tender enough, wash them in warm water, & set them in an oven a very little warmed to dry, then boyle some loaf sugar to a candy, put in your pills and boyle them a little, then take them out with a slice and lay them on sieves, and set them in some warm place to dry.

Lemmon Brandy

Take a quart of brandy and steep the pills of 6 lemmons in it 3 days then take a pint of water, or if you would have it strong a pint of sack, & half a pound of double refined sugar, boyle *the* water

(or sack) and sugar a quarter of an hour, scum it all the time, it is boyling then pour it to the brandy your pills was steeped in, let it stand till 'tis cold, then strain it threw a flannel bag 2 or 3 times.

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To make Darby Cakes

Take a peck of flower a pound of courance 2 pound & a quarter of sugar, an ounce of sinnamonm and a little Ginger both beaten small, mix all these in the flower dry together, then melt 5 pounds of butter & a pint of stronge thick ale barm, & 10 spoonfulls of sack, mix all these <sup>in</sup> together flower, when the butter is hot, butt dont handle it too much. it must be pretty stiff paste, halfe an hour bakes them in a quick oven, this quantity will make 3 Dousen of cakes, they must be made into cakes immediately after it is mixed before it cools, dice them with a clean comb.

To make Elder water

Take 2 bushels of berries full ripe, & clean pickt put them in a tub with as much water as will cover them, slice amongst them 4 lemmons *then* put in 2 quarts of ale yeast, let it stand 8 days & stir it every day then draw it off in a Limbeck, this is an Excellent cordiall.

To make A Welch Sack posset

Take a quart of cream (or if it be half new milk it will do very well) put thereto almost half a penny loaf grated 4 eggs beaten very well, 8 spoonfulls of sack, & <sup>half a pint</sup> of Ale, season it with nuttmeg, & sugar, then set it on a clear fire, & keep it with constant stirring all one way till it iust begins to simber, then take it off quick and pour it into your cold bason, stir it 2 or 3 times round, the same way it was stirred before, then serve it up.

To make vinegar

Take 6 gallons of spring water and put it into a 8 or 9 gallon vessell, then take i8 pounds of Malaga raisins, wash them a little in one water, put them with all the stalks into the rundlet, put a course cloath over the bung hole, & paste it over with yeast & set it in the sun 3 moneths. (May Iune Iuly

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Syrup of Marigolds

Take a pint of sack & a pint of Burrage water, put to them a good handfull of marigold flowers picked, let them infuse (being close stoped) 12 hours, then strain it and put in fresh flowers: doe this 9 times *then* boyle it up to a syrup with better then two pound of sugar, when 'tis allmost boyled enough put in it a little bag with 3 penny worth of saffron, and as much white Amber beaten very small; this is a very high Cordiall being mixed with any stilled waters

The best way to salt a ham to eat like Westphalia .

Take a quarter of a pound of salt peter and 3 good spoonfulls of sugar. mix them with as much ordinary salt as will be sufficient to keep it: dry your salt well and rub the better halfe of it as hot as you can well, upon your ham, keep the remaining part of the salt dry, and every 3 or 4 days, as you see the salt wast, rub some more on hot, let it lie 16 or 18 days in salt, then hang it in a chimley where wood is burnt, till it is so dry as to be stiffened, then lay it in new ale when it is ready to be tunned let it lie  
& turn it once. then take it out and rub it all over with beef or veal blood, and hang it in wood smoak again for a month, *then* use it

To salt ordinary bacon

you must cut it up hot and salt it with common salt as hot as it can be made then 5 or 6 days after salt it well with bay salt well dryed and beaten if it be young bacon it needs to lie but a fortnight in salt, at the weeks end the fitches must be turned the undermost to be uppermost, dry it well in a chimney where wood is burned.

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To make Ashly Cakes

Take seven quarts of fine flower, one ounce of seeds half Carraway & half coriander beat small, mix them in *the* flower, then melt 2 pound of Butter in a pint of cream let it stand till it be cold, put a pint of the yeast in to *the* flower & then *your* cre<sup>a</sup>m & butter, make <sup>^</sup>it in to a past & lay it before *the* Fire to rise, have ready 3: pound of currans well rubed & picked, some mace finely powdered, 3: quarters of a pound of fine sugar beaten, mix *the* mace, & half a pound of *the* sugar in *the* currans, when they are rubed to be pritty Dry, break *your* past in to 4: dusen little Loafes put half a spoonfull of currans in every one &, & role *them*, in round in *your* hands, & flat them with *your* hand, & cut *them* in

& out a bought *the* Edges with a pen knife, *the* deeper you cut them *the* more they will rise, mark *them* with a scuer cross 3 times, but strew a little Dry sugar, of *them* first, prick *them* with a pin, you must lay half as much sugar of *the* top of them, as you mix in *the* currans.

#### The Countess of Donegall 's Receipt for Elder Wine

Let your spring water boyle an hour, and to every gallon of water putt 5 pounds of Malaga Raisins, picked and shread small the water must be blood warme when you put in the Raisins, cover it close with a blankett and lett it stand 14 days, stiring it twice a day well, then squeeze the Raisins well with your hands and strain it with a hair sieve, putt a pint and a quarter of the iuice of elderberries to a gallon of water, you must draw the iuice as you doe ielley, work it up with a little ale yeast a day or to, fill your barrel that it may spurge, stop it close let it stand 4 moneths then bottle it off. this is a better receipt then that which is sett down before

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To make a Tansie better then the two Receips before

Take a pint ad halfe of cream, halfe a pint of the iuice of spinnage with a little Tansie in it, sett it on the fire with Nuttmeg grated, lett it boyle a quarter of an hour, beat in 15 eggs 8 whites, beat them with 2 spoonfulls of Rosewater a little salt, then strain them out, then take the cream, let it cool then stir in the eggs with a little naples biskett, halfe a pound of sugar, sett it on the fire, keep it stiring one way lett it thicken on a slor fire, halfe an hour, then butter a pewter dish put it in: sett it on a charcole fire lett it bake till it is hard then turn it on a plate buttered, let the whay run from it set the plate on a dish scrape some sugar, serve it in with oriange about it some on it

To make Elder flower wine

Take 2 gallons of spring water, put to it 3 pounds and halfe of powder sugar, stir it over a fire till it be quite dissolved boyle and scum it well, take 2 handfulls of dryed elder flowers lay them in the pott you work it in, pare 2 lemmons and lay the pill upon the flowers and slice in the lemmons and put the water and sugar scalding hot, lett it stand 2 hours close covered, then strain it through a har sieve, and lett it stand to settle, then clear it off; when it is iust warme toast 2 or 3 toasts of white bread and spread barme of both sides, and putt them in, work it two day barrel it up, and lett it stand 6 weeks or two moneths and then bottle

it, and sett it in a cool place; it shall drink like frontiniack

To make chees cakes

Take 3 quarts of milk and a quart of cream putt runnett to it to make the curd, drain the whay well from it, forse the curd with half a pound of butter through a hair sieve, take 10 eggs leave out halfe the whites, beat them well and strain them putt them into *the*

curd with a little cream, some sack, & nuttmeg grated sweeten it with white sugar mix halfe a pound of courance into the curd bake them in pans, with very good crust

Sage Wine

Take 25 pounds of Malago Raisins picked very well, 2 pecks of young Red sage, chop the Raisins and the sage together, take 25 quarts of spring water boyle it halfe an hour and scum it very well, when it is iust warme pour it upon the Raisins and sage into a tub, and stir it every day for 10 days, then barrell it up for 2 moneths, melt half an ounce of isinglass in a pint of the wine and put it in it when you tun it up to fine it bottle it off, and keep it close stoped and in a cool place, it drinks best when it is a year old strane the Raisins out when you barrell it

Raspberry cakes

Take the seeds of Rasperrys when the iuce is got for ielly to a pound of seeds take a pound of sugar, boyle your sugar to a candy, then put 2 or 3 spoonfulls of the iuice to the seeds, and put it into the sugar over the fire, lett it boyle a little then drop them on a plate strowed with sugar sett them in a hott place or in the sun to dry, and turn them, afterwards they must not be kept in a place too hott it will make them lose their colour

To make fflummery.&nbsp;

Take a pint of groats beaten very fine, and put it to a little better then a quart of water put it in to steep over night and lett it stand till afternoon next day, straine it through a sieve sett it over a clear fire and keep it stiring all the while; it will be thick when it boyle first and clear and smooth like starch when it is enough, if you boyle it after it is clear it will be clammy

## Broyl,d pigions

slitt *them* down *the* back wash *them* and dry *them* very well put a peice of butter into a flat tinn and set it over a charcoal fire, till *the* butter boyle *then* lay *the* pigions in flat strew some salt over *them* what will season *them* keep *them* with turning *that* neither sides burn a little time will do *them* have and Butter sauce: as much butter as will prevent their burning is Enough. a neck or loyn of mutton cutt in steaks and beat with a roling pin do not cut *them* very thin shred some sweet herbs small and grate a little nutmeg trew over *them* with a little salt and broyle *them* as above Rabits don thus Eat very well they must be cut in peicis: you way shake a little grated Bread on *the* mutton if you will

## to mix wafers

to a pint of cream take six Eggs but three whights 5 spoon fulls of sack a little orang flower water a little perfume if you will mix it into a batter not very thin put in some greated nut meg and Beaten cinomon and make *them* pritty sweet if you would have *them* couled you may couler *the* batter after it is mixed with what you pleas: for chockalet you must boyle some chockalet in your cream as much as will make it very Brown and let it stand to be cold *then* mix *them* as *the* other only leve out *the* sack and spice

## To make White Mead

Take of sweet Mariorum, sweet Bryer, Rosemary, Balm of each one handfull and six gallons of water, boyne it 3 quarters of a hour, then strain it out into a Tub, put in the hony stir it about till it be Dissolved. then put in one egg and if the Liquor bear it up soe that yœu it swim about the breadth of a 2 pence it will be of a good strength, if it doe not put in more hony till your egg rise to what height you please, then put it into your Kettle againe, and beat 5 or 6 eggs shells and all and stir them into the liquor, hang it over a clear fire, stir it gently from the bottom lett the scum gather on the Top. when it begins to boyle scum till it is clear, then put in Nuttmegs and ginger halfe an ounce of each, Cinamon and Cloves a quarter of an ounce of each, and lett it boyle att least halfe an hour, then pour it into the Tub; when it is cool put in half a pint of yeast, lett it work 2 days, then take of the top of the yeast. Tun the liquor put some spice into a bag, lett it hang in the vessell, put in some yeast upon it, lett it stand with the paper upon the bung hole

### To make Iockolet Pufs

take a pound of lofe suger beat it & sift it then put to it as much Iocklet as will couler it to *your* likeing then beat some whites of Eggs very well skim of *the* froth of *the* Eggs then mix it with *your* suger & Iocholet in to a stif Past & you may put in a grain of musk & Ambergreese beat *them* well together till it be very light, drop *them* upon wafer paper & bake *them* upon tin sheets

### To make white Lemon Pufs

take a pound of double refined suger beat it & sift it grate into it a Peele of a Lemon very fine & squeeze in *the* iuyce of a bout half *the* Lemon mix it into a Past with *the* froth of whites of Eggs *then* beat *them* well all together drop *them* upon wafer paper & bake *them* upon tin sheets

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### To salt a Ham Bettys Way

take of salt Peter and bay salt of Each an ounce a quarter of a pound of Comon-salt if a Larg ham half a pound of Comon salt a quarter of a pound of Browen suger beat *your* ham well a both sides with a roaling Pin make *your* Comon salt hot rub all these hings in very well an hour by them selfs Let it Lye six weeks turning it often and rub *the* pickle in with *your* hands most days then send it to be dry'd

### to mak Coffe Cakes

take three pound of flower three qarters of a pound of sugger a few Caraway seeds. mix these together then take half a pound of butter melt it in some new milk then putt two it three sonfulls of Ale yest mix *them* into a past make them into Cakes put them upon tins sheets a sla'k oven bakes them

### to make wiggs

Take 7 pound of flower a pound & quarter of butter rubed into it a pound of suger a nutmeg grated little ginger & salt 2 ounces of Carraw seeds a pint & half of barm

three pints of new milk warmed mix *them* with warm Ale  
and suger prik *them* half an hour in a quick oven  
bakes them

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To make a Seed Cake

take two pound of flower dried rub 3 quarters of a  
pound of butter into it 2 ounces of white suger  
A nutmeg grated a little ginger little salt 6 Eggs  
3 whites half a pint of Ale yest a quarter of a pint  
of sack half a pint of Cream warmed a bought  
half an hour befor *the* oven is ready mix it  
together & set it before *the* fire to rise when *the* oven  
is fitt strow in a pound of Curran Comfits Comfits  
must be backed in a quick oven

Rice panCakes

take a quarter of a pound of rice boyle it tinder & as  
thick as it will boyle in watter, & when it is Cold  
make it very fine *with* the back of a spoon, then put  
to it half a pint of milk & four Eggs & with fine  
flower make it as thick as batter, then put to  
it a quarter of a pound of butter melted & let it stand  
12 hours if you can befor you fry *them* you must  
fry *them* with butter in a small frying Pan

To Preserve Berberrys

weigh them with there stalks & take Double *the* weight  
in suger lay a Layre of Barberys & a layre of Sugar  
put what Suger remains on *the* Top, let it be a large  
pott & tye *them* up they will be ready in a fortnight  
& have a fine syrrip

Pancakes

To a Pint of Cream take 3 Eggs Leave out one of *the*  
whites one good spoonfull of flore & a little Clarified  
butter & a little sugger

To Make Little Cakes

Take a pound of butter 3 Quarters of a pound of sugar

Beat *them with the* Hand to a Cream, beat 4 Eggs Leave out one of *the* whites 2 spoonfull of Barm 2 spoonfull of Rosewatter one Nutmeg beat *them* well in Put in one pound of Corrands mix it with flower till it be of a Right stiffness to make up Vp beat *the* white of one Egg a spoonfull of Rosewatter a little Duple Refined sugar together & doe it over *them* iust befor they goe in *the* oven

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#### A Receipt against the plague

take of Rue sage mint Rosemary wormwood and Lavender a Handfull of each infuse them Together in a Gallon of White wine Vineger put *the* whole in to a ~~ston~~<sup>stone</sup> a Stone pot Closely covered up and pasted over *the*, cover Set *the* Pot thus Closed up upon warm wood Ashes for Eight Days After which Draw off or Strain through fine Flannel: the Liquid and put it into Bottles Well Corked And into Every Quart Bottle put a Quarter of an Ounce of Camphire With this Preparation wash your mouth and Rub Your Loins and you Temples Every Day Snuff a little up Your Nostrills When you go into *the* Are and Carry about you a bit of Sponge Dipped in *the* Same in order to Smell to in all ~~but~~ of Occasions especially when you are near any place or person that is Infected

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Mrs Marshall's Method of preparing Yeast.

Put 1 oz. of Hops into 4 quarts of <sup>^</sup> cold water, & let them boil slowly for 10 minutes. Then take out one pint of this liquor, & strain it through a hair sieve, & then cool this in 1/2 a lb of fine flour. When the remaining hops & water have boiled 10 minutes more, take them off & strain them, & while hot mix the two quantities together in a large basin. When cold as liquor ought to be for setting on yeast, put in 2 tablespoon-fuls of good fresh yeast & place the mixture before a fire. Keep it covered till it iust begins to ferment (which will be in a few hours) & then immediately put it into a very dry & sweat stone or earthen bottle which will hold 6 quarts. Fit it close with a good Cork, one which tis a piece of bladder to exclude all air. Keep this bottle in a moderately warm place, & when it has stood 2 or 3 days you may begin to make yeast. It is not necessary to empty the bottle, but when about a pint remains make fresh liquor as at first; only instead of two spoonfuls of yeast you may use the same quantity of the following preparation; or the pint of hop liquor alone will answer the purpose.

To make Yeast.

Boil or strain some very mealy potatoes with the skins on (if boiled dry them well in the pan) peel & bruise them down to a fine powder. To

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2.&nbsp;nbsp;

every tin cup full of the potatoes put a tea cup full of fine flour, & when then are will mixed together shake up the bottle of hop liquor & add to them a tea cup full of it. Mix the whole well, & it will be about the consistencie of hartz pudding. Put it into a large iug, which must be covered & placed near a fire for 24 hours. If night the yeast will rise very light & high. Thus prepared it may be used immediately, but is better for being kept a day in the Cellar closely covered, & will continue good a week.

To make fine or coarse Bread or Rolls with this Yeast .

One tea cup full makes 3 lbs of fine flour into very light bread. To 10 lbs of coarse flour use about 3 cups full of yeast.

To make Rolls mix the flour with milk instead of water, & to 6 lbs of flour put 2 1/2 cups of yeast, as the milk being heavier requires more yeast. In each of these cases a little experience will shew how much yeast is necessary. The Dough rises best if it be made the last thing at night & placed before the fire on account of the even up of the warmth. In no case will it rise in less than 6 hours.

This yeast is simple in the preparation

3.

& superior in quality & wholesomeness: for the bread made with it is always light, is improved in whiteness, & keeps moist. It is free from all bitterness, & is more increased in quantity than bread made with common yeast.

Hare Soup. Mrs Marshall

Take an old Hare. Skin, draw & wipe it clean. If by accident the bag is burst you

must wash it well: Then split the Head, & cut the bloody part of the neck in pieces. Put them into a frying pan with 12 onions sliced, 4 Carrots sliced, 2 Turnipps sliced, & 2 slices of Bacon. Fry them all very brown, & put them into your soup pan with 9 quarts of soft water, adding a bunch of Parsley, a bunch of Celery tops, a bunch of sweet herbs, & the Hare's liver. Simmer these quick 4 or 5 hours; then strain the gravy through a sieve. Thus far do the night before you want the soup. The day following put all your Hair cut in rice-sized pieces into the Pan, with 2 Carrots sliced, 6 small onions, a teaspoonfull of Pepper, the same of Allspice, & the same of salt, all beaten

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4.

very fine; a few whole Cloves thrown in is a great improvement. The Hare's Liver must be well pounded in a Morter, & then mixed very smooth with the back of a spoon (as if you were making Mustard) with some of the hot Gravy, a slice of Bacon & a table spoonfull of flour. Then add it to the rest of your Gravy in the Pan, which when strained from the Head Mortr &c, will be reduced to between 3 & 4 Quarts let them all simmer quick together near 3 hours, when the soup will be very rich, & the Hare quite tender. Be very careful not to do it so quick as to part from the bones, but it cannot be too much stewed provided you can but take up the pieces whole. Put it very carefully into the Turin, pouring the soup over.

To make Crisp Paste.

6 Ozs. of Flour, 2 Ozs. of Butter, run the Butter into the Flour, 2 Teaspoonfuls of fine sugar and 3 spoonfuls of white of Eggs beaten to a froth, and as much water as will make it

5.

very stiff. Roll it very thin, brush it over with white of Egg and sift it with sugar very thick.

To make Nayau.

To one pint of English Gin, put 2 Ozs. of bitter Almonds blanched and cut in pieces and the rind of 2 Lemons; let these ingredients stand three days before the fire, shaking the Bottle two or three times during the day - then add to the above one Pound of Loaf Sugar pounded; let it stand till the Sugar is dissolved, frequent=ly shaking the bottle. - Filter the Nayau through blotting paper and it will be fit for use, but it - will be much for keeping.

To clear Wines Mr Miller

To 1 Oz of Isinglass put 1 Pint of Wine; boil them together till they are of the consistency of warm Starch. - Of this Liquid put about 1/2 Pint into a wooden Pail which must be scalded and well dried, and let so much of the Wine to be refined be poured upon it as will fill the Pail about two thirds flogging it together with the Isinglass, with a stiff Birch Rod, as the Wine runs from the Tap into the Pail, until it is well mixed and of a froth. - Then pour the whole

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6.

in this state at the Bung Hole into the Pipe of Wine to be refined, and mix it well with a Broom in the Cask. - If the wine should not be perfectly bright at the end of fourteen Days, it should be racked into a clean Pipe, and the same operation should be repeated. The clean Pipe should have a little of the best Brandy put into it and then be well rolled about; then add the wine to it. It is also advisable to rinse the Pail in which this is done with Brandy as it prevents the Wine being chill=ed by the Pail being damp.-

To make English White Wine / Lady Colvile /

To every Gallon of Water (Wine Measure) put three Pounds of Powder Sugar and boil it half an hour. Then work it in a Tub with a little Yeast for two or three days. Strain

it - through a Cloth into a Cask, and let it stand about a Week. Then to each Gallon of the Liquor add one pound of Sun raisins and when it has done working, put to every seven Gallons two Ounces of Almonds, two thirds sweet, and the other bitter, blanched and pounded in a Mortar with a little of the Liquor. Add one Ounce of Isinglass dissolved and whisked up to a Froth.

7

To make Primrose Vinegar./ Lady Colvile

To six Gallons of Water put 8 lbs of Sugar. If for common use coarse, dry Sugar, if for Table lump Sugar. To this quantity 1/2 Peck of Primroses with the Stalks. Boil your Sugar and Water well, and skim it clear, then let it stand till cold, and put in the primroses and three large spoonsful of Yeast on a toast. Let it stand three days, put it into the barrel with the spigot and Faucet. Let it remain six Months in a moderately warm place. In two Months draw out a little, it will help to sour it better. Put the primroses into the barrel when you tun the Vinegar Do not bung it up.

To make welsh Nectar/ Lady Colvile

1 lb. raisins cut very small 2 lbs. white sugar. The iuice of three Lemons with the peel cut thin and 2 Gallons of Water Let this stand four days, stirring it every day, and then run it thro' a Jelly bag. - The water must be boiled and put to the other ingredients when quite cold. This beverage will be fit to drink in ten days.

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To make Ginger Wine&nbsp;

Four Gallons of water, to six Pounds of Loaf Sugar, let it nearly boil, then take it off, and

whisk into it the white of two Eggs; skim it - well take three Ounces & a half of shred Ginger, tied loosely in a bit-of thin Muslin, put it into the liquor, and let it boil twenty minutes, strain it hot upon the rinds of four large, or five small Lemons; before it is quite cold, put it into a dry cask, with two spoonful of Yeast, the iuice of the Lemons, and a part of the peel, and not quite half an Ounce of Isinglass. stir it all into the cask, which must be kept quite full, that the froth in working may fall over, and not into it. Close the cask the next day Bottle it in a month, and it will be fit to drink in a fortnight afterwards. If you soak the Ginger, in hot water over night, it will cut easily with a knife, but the water in which it is soaked should be part of the four Gallons Dissolve the Isinglass in hot water before you put it in the Cask, and let the Yeast be put on the liquor after it is in the Cask, and not strained in with the other Ingredients.

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#### Directions for the management of Ale

When you mash up your Malt, be certain that the water boils, and likewise that the Malt is all wet. Let it stand an hour and a half: then drain it off gently & pour the Wort on the Grains again, adding one pailful of boiling water let it stand an hour longer then put your hops into the cooler and run the wort off gently to them put by as much boiling water as you will want to make your quantity of Ale, and let it boil an hour and a half then strain it into the Tubs to cool.

When about milk warm put three pails =ful of wort into a Tub with a pint of good Yeast stirring it well together. Let it stand three hours; then add two pails =ful more wort, stirring all well together & let it stand till Morning; then add half the remaining wort stirring it up as before at twelve a'Clock add the other wort & let it stand till seven then barrel it

Rack it the seventh way after brewing adding half a Pound of hot Hops. Stop it up in a day or two afterwards. Mrs Hanmar

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To make white Catchup: Mrs Marshall

Take a pound of Anchovies, boil them in a quart of the best vinegar very gently for a quarter of an hour and then strain them through a fine sieve. Peel a pound of shallots, and boil them in a quart of Madeira, with a quarter of an Ounce of Mace, a quarter of an Ounce of whole white pepper & put them to the Vinegar the Anchovies were boiled in. Let it stand all night, then bottle it with the shallots & spices. Cork it close. When you use it put a table-spoonful or two according to the quantity of sauce you wish to make into some cream thicken'd with flour and butter, melt it in a sauce-pan, the same as if you were melting butter only instead of water add Cream it should be done on a slow fire. This is a good sauce for Turkey Fowls & Veal

Oyster Catchup Mrs Carter

100 large Oysters with their liquor, 1 lb of Anchovies, 3 pints of white Wine Vinegar, a Lemon sliced, half the peel, boil these 1/2 an hour, then strain it. Mace & Cloves of each a 1/4 of an ounce & one Nutmeg sliced Boil it a 1/4 an hour when cold bottle it

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and add 12 Shalots. The Oysters must not be put in till the liquor is strained from the Anchovies, after the first ingredients are boiled.

To cure Hams Mrs Carter

Rub them well with Salt petre, and hang them up for three days: then put them into a pan, and take 1 lb. of common Salt, 1 lb of Bay Salt, 1 lb. of brown Sugar.- One quart

of strong Beer and boil it till all is dissolved then pour it boiling on the Hams; turn them every day and rub them well with the Liquor Let them remain in this pickle 3 Weeks Hang them up to dry first shaking Bran over them.- The above quantity will only do for one Ham, or for two small ones

To make Arrow Root Monthly Magazine

1818

Take some clean Potatoes, peel them, and grate them into a Hair Sieve, laid over a vessel into which it may drain. After all the potatoes are grated, pour cold water into the Sieve, and rinse the pulp well Let the water that passes through settle for a few minutes. Pour it off and wash the dregs from the bottom of the Sieve, two or three times. Then after thoroughly

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12.

draining, dry it, before the fire. It will be difficult to distinguish it from foreign Arrow Root. This Arrow Root which may be procured in half an hour will make a cheap & excellent pudding far preferable to rice & at not above one third of the expense

Apple Paste. Mrs Moss

Pare some Apples & put them into a Jar, put the Jar into a Pan of boiling water for 2 hours, then strain them through a sieve, take some of the Juice, and boil it with some Isinglass; add Sugar to your taste, boil the whole for 2 hours in a pie serving pan, then put it into Moulds

Lemon Cheesecakes Mrs Marshalls

To a quarter of a Pound of Butter add 1lb of loaf Sugar, broken up in small pieces; six Eggs the grated rind of two Lemons & the juice of three. Put all these into a pan over a slow fire, gently stirring it till it is as thick as good cream Then pour it into pans, and cover them with paper. Keep it in a dry place

and it will keep for a year.

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To preserve Lemons red

Take six fresh spring Lemons rasp off the yellow Rind, take a small bit off the Top to take iuice & pulp clean out, then put the Lemons in cold water, set them on the fire to boil a little, then change the water, and let them boil a quarter of an hour; then drain the water from them, and put them in a Jar, with one quart of cold spring Water, with three or four large spoonsful of the colouring. Let them stand all night, then take them out & put to the Water one pound & half of Loaf Sugar, with the white of an Egg well beaten, and boil it till it looks quite clear scumming it well, then pour it upon the Lemons, and cover them close. You may stick on the end of the Lemon again.

To make the Colouring

Cochineal, Allum, Cream of Tartar, each half an ounce, pounded fine, put them in a Sauce pan with two thirds of a Pint of Water; let it boil to half the quantity, then strain it through Muslin and keep it close corked and bottled for use.  
Mrs Kennedy

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To make Lemonade. Mrs Kennedy

Pare the rinds of 8 Lemons very thin, pour two quarts of boiling Water upon them, sweeten it to your taste with Loaf Sugar; let it stand all night, then squeeze the iuice of the Lemons and mix all well together, then pour over it a pint of boiling Milk, let it stand a few minutes to break, then run it through a Jelly Bag, several times, till it is quite clear and bright. N. B. put more sugar than enough for the water, as the Iuice of the Lemons is to be added to it afterwards.

This is an excellent Beverage for Invalids as the Milk corrects the Acid and makes it more safe and nourishing.

#### Vegetable Soup. Mrs Marshall

Take nearly 1/2 lb. of Butter, add to it pepper and salt, simmer these over the fire until brown, take three Cabbage Lettuces cut small 3 large Cucumbers sliced, and some spinach stew them all quite tender close covered, boil a peck of Peas, with a bunch of Celery and Mint, 2 or 3 Onions, rub the Mint and Peas through a Colander with a lump of Butter well worked together in the Water the Vegetables were boiled in, and let them

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boil half an hour; have some young Peas separated from the old ones ready boiled to put in.

#### Fish Sauce /Pike/ Mrs Marshall

Half a Pint of good Cream, two Anchovies with the bones taken out and chopt small a tablespoonful of Anchovy liquor, the same of Mushroom and Walnut Ketchup, half a glass of Sherry, a little Lemon Pickle a quarter of a Pound of butter with Flour sufficient to thicken it, mix them all together and let it boil well, stir it all the time it boils and then strain it.

#### Lemon White Sauce Lady Colvile

Put the peel of a small Lemon cut very thin into a Pint of Cream, with a sprig of Lemon Thyme, and ten white pepper Corns. Simmer it gently till it tastes well of the Lemon. Then strain it & thicken it, and thicken it, with a quarter of a Pound of Butter & a table spoonful of flour rubbed in it. Boil it up then pour the Juice of the Lemon strained into it, stirring it well. Dish the Chickens and mix a little white Gravy quite hot with the Cream, but do not boil them together Add Salt to your taste

## Solid Syllabubs - / Lady Colvile

Take a Tea cup full of White Wine and sweeten it to your taste, first rubbing the sugar till sufficiently flavoured with the rind of Lemon washed clean - Put a table spoonful of Brandy to this and add to it a Pint of the thickest Cream. Froth this well, with a Chocolate Mill or Whisk, and when well done lay it with a spoon on a Sieve to drain. It will be better it left there a day and night. Then sweeten some more white Wine and flavour it with a little Lemon Juice. With this fill your Glasses about half, or one third full and fill them with the Cream. These Syllabubs will keep some days.

## Siberian Crab Cheese / Lady Colvile

Fill a Jar with Siberian Crabs, tie it down with bladder, and stew them in Water till they are sufficiently tender to press through a fine hair Sieve. To a Pound of pulp add a Pound of raw white Sugar, and boil them together till they are the consistency the pulp was before the Sugar was added.

## Milk Punch - / Mrs Marshall /

To a quart of new Milk, put cloves and sugar to your taste, let it boil gently, then add the yolks of three Eggs well beaten with half a Nutmeg grated, stir it till it boils then pour it out and add a quarter of a Pint of Rum. Take great care it does not curdle, and don't drink too much.

## To make an Omelette ./ Mrs Gore /

Take five Eggs- beat them lightly together a very small quantity of shallot chopped fine-parsley and a few Mushrooms. To be fried without turning When done add a little Sauce.

## Scouring Drops / Lady Moorsom

One ounce of pure Essence of Lemon, two Ounces of fine and strong spirits of Wine, mixed together rub the spot with a piece of Flannel dipped in the Liquid

## A very strengthening Medicine

1 Oz. of Bark & 1 Oz. of Snake root put into a Bottle of Port Wine. Shake it well, then put it to stand upon the Hob by the fire for 24 Hours Take 2 Wine Glasses a day for some time, one at Eleven or twelve, the other at 4 in the Evening You may begin with half a Wine Glass full at first.

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## To make Lemon Cheese Cakes. Mrs Miller /

Grate the rind of 8 Large Lemons, and squeeze the Juice of one, and add to them 1/2 lb. of fine sugar, 12 Yolks of Eggs, and three Whites well beaten. Dissolve 1/2 lb. Butter in 4 or 5 spoons =ful of Cream; mix all together and set it over the fire stirring it till it is pretty thick; then take it off.- Put a thin Paste into your Patty Pans, and when the Cream is cold fill the pans about half full. Half an hour with a quick oven will bake the Cheese Cakes.

## To make Ink&nbsp;

1 Pint of soft Water - 2 Ozs. of Nutgalls bruised pretty small. 1 Oz. Gum Arabic 1/4 Oz. Roch Allum. 1 Oz. of Copperas, clear, rocky, and green. Put them together in a large stone Bottle or earthen Pot with a narrow Mouth to keep it from Dust. Shake or stir it once a day, and add a large Spoonful of Brandy to keep it from Mould.

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## French Soup&nbsp;

A Sheep's Head and Pluck to a Gallon of Water- boil it till reduced to half the quantity. a small tea cup full of Pearl Barley 6 large Onions = one Turnip one Carrot a bunch of sweet herbs and a few Cloves. Strain it off and let it stand till the next day Season it to your taste add Mushroom Ketchup and thicken it with Flour and Butter. Cut the Head into thin slices the same as for Calf's Head Hash. Forcemeat and Egg Balls with white Wine will make it little inferior to Mock Turtle

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Fondu

Grate 1/2 lb. mild cheese, put in a bit of butter into a stew-pan, when melted add a few spoons=ful of Cream, put the cheese in, whisk it on the fire, and keep stirring it till it is melted; then take it off the fire, and put in six yolks of eggs, one at a time, stirring it all the while. Put in two spoonful of Mustard, a little pepper and salt. beat it up well till it becomes like a thick cream then beat up well the whites of three Eggs, and add them to it. Put it into a case, and bake it ten minutes.

To cure Hams. / Mary Pryce /

To a Ham weighing 25 lbs. put one Pound of Salt- 1 Di of Sugar 1 Do of Bay Salt and four Ounces salt Petre- Rub ~~them~~<sup>it</sup> well for one hour and baste it with the Pickle for a Month or five weeks.

To cure Hams. Carlton House /

Rub the Ham with 3 Ounce of Salt Petre, and let it lie 24 hours. Boil a quart of strong old beer, with 1/2 lb. of Bay salt, 1/2 lb. of coarse brown sugar, and a Pound of common salt. Pour this

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on the Ham boiling hot, and rub and turn it every day for a fortnight, and baste it fre=

quently with the pickle Either smoke or dry  
it - as you like best - The above is only suffi-  
cient for one Ham of fourteen Pounds.  
If it lies rather longer in Pickle it will  
keep better unless wanted to dress in three or  
four Months.

A strong Cement / Mr Ted.<sup>he</sup>Strutt

Take 1/2 an Oz of Isinglass and steep it in 1/2  
a Pint of white Wine Vinegar for 8 or 10 hours  
by this Time it will become a thick Jelly,  
then add half a Glass of French Brandy

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White Soup Mrs Eoans Allestree

Take four Heads of Celery two Turnips (or six  
Ierusalem Artichokes) and Onions: cut them  
all small. Take two ounces of pearl or scotch  
Barley wash it well in two or three Waters to take  
off the earthy taste. Put the Vegetables and Barley  
into a stew Pan with good Veal Broth iust  
sufficient to cover them all, and a slice of Ham  
or Bacon, and a small piece of Butter. Let this  
stew altogether till the Barley is tender. Add  
then more Broth Alspice and Nutmeg. let it Boil  
five minutes. Rub the Soup through a Sieve.  
Have ready a Pint of very good Cream; boil it and  
and put it into the Soup iust before sending it to  
Table. The Soup must not be put over the Fire  
after the Cream is put into it. The Soup should  
be about the thickness of Pea Soup. If any  
is left you may make it into a Curri Soup the  
next Day in the following manner. Rub two table  
Spoonfuls of Curri Powder with four spoonfuls of  
cream and one of Lemon Pickle well mixed

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together upon a Plate. Take some cold Foul or  
veal or Game and cut it into bits the size of  
Walnuts; slice an Onion, or two shalots. Fry the  
meat and Vegetables in Butter till the Vegetables  
are tender and all a pretty brown colour, then rub  
the pieces of meat on both sides with the  
prepared Currie. Put all into your Soup, and  
boil it half an hour. Do not rub it through a  
Sieve. Add a pint of Milk and a quart or  
two of Broth if your Soup is too small a

quantity.

### Bakewell thin Biscuits D

Take half a Pint Cream a little salt and as much fine Flour as will make a pretty stiff Paste Knead it thoroughly and roll it well with a rolling Pin till it is as thin as Wafer. Do not cut out the Cakes, but break it into pieces and roll it a moment into Cakes. as large as fat Cakes or <sup>as</sup> a small Plate. Bake on Tins in a quick Oven. These Biscuits are very wholesome and a pleasant Food.

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To keep Apples from a Rot  
of Lady Londonderry 's gardiner / David hills ,  
at North Cray Reat . 1827.

gather apples when fully grown; but a very little before they are fully ripe on a dry Day. Place them in carrying to the fruit Room in shallow Baskets & handle them as carefully as if they were Eggs. In reaching the fruit Room, take them ont singly & place them in shelves a very little apart from each other.

Take care first of all, to air the Room well & the shelves, which must be delicately clean & quite dry.

In Winter in clean frosty Weather open the Windows of the fruit Room each Day. for several Hours, but in damp Weather keep them quite shut: No fire ever to be used in the fruit Room.

After March the first the Windows.

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must be kept closely shut or the fruit will shrivel. Observe that in frosty Weather no artificial Means must be used to thaw the Apples. Handle the fruit as little as possible, after March 1<sup>st</sup> especially. Never wipe the apples after they are first placed in the fruit Room, till you

bring them down for use, or else  
they will not keep nearly so well,  
or retain their colour or flavour.  
In this Way all codlins & soft bakings  
Apples may be kept till Iune,  
& pippins & many sorts of desert  
apples till October quite fresh & good.  
Apples always contract a Taste from  
whatever they are covered with. In  
paper they keep as long, but lose  
colour & shrivel. Apples picked like  
potatoes Keep colour, but lose flavour  
apples from old Trees keep better then from  
young Trees.

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#### Lemon Pickle

Take two dozen Lemons, grate off the Rinds  
very thin, cut them in four, but leave the  
bottoms whole, rub on them equally half a  
pound of Bay salt, spread them on a Pewter  
Dish and dry them in a cool oven or before  
the Fire till the iuice has all dried up  
into the Peels, then put them into a well glazed  
Jar, with one ounce of mace, half an Oz. of Cloves  
beaten fine, one Oz. of Nutmege cut in thin  
slices 1/4 lb of Garlick peeled and half a pint  
of Mustard seed a littled bruised and tied  
up in a muslin Bag. Pour upon them  
two Quarts Warter boiling hot close the  
Jar well up, and let it stand five or six  
Days by the fire side, shaking it well every  
Day, then tie it up and let it stand three  
months. Then strain it through a linen  
Bag and bottle it. It will keep for years if well  
corked.

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Proportion of Alum to be taken for the  
Whooping Cough MrsTedh Strutt

12 Years old begin with 8 grams increase <sup>^to</sup> 10 & 12

9 years and three quarters 6 years increase to 8. grams

8 years 3/4 Do D

7 years 1/2 5 years ounces

6 years 4 years

Baby one year old 1 year

The Alum to be pounded, and weighed out so many grains, according to the age of the Child.

It is to be taken three times a Day in a little cold

Water upon an empty stomach, the first thing in the morning, an hour before Dinner, and the last thing at night. Great attention should be paid to the Bowels.

No Milk should be taken

plain boild Rice, very little Butter. Grewel, Beef Tea, Sage, Coffee without Milk. Meat and Vegetables as usual. Meat should be given at Breakfast to those who are reduced. In the

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first stage they should be kept in the same temperature, and great care taken not to expose them to the air, should the Cough return after it appeared to be gone the Alum must be given again, and it will subdue it.

For chapped Hands or Lips

Thirty Grains of common Turpentine, four ounces of Oil of sweet Almonds. four drams of spermaciti two drams of Flowers of Zinc four Ounces of white Wax, six Ounces of Rose Water. To be well mixed up together. A Druggist must do it, being very troublesome to mix.

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Gingerbread DWS Iuly 8<sup>th</sup> 1838

Two pounds of flour

one of butter

one of raw sugar

one ounce of ginger

a rid of a lemon grated; make them into a stiff paste with warm treacle; put the paste into a iar, and bake some of it when wanted

The above mixture will keep six months.

It should be kept in a dry place with a paper tied over it

## Gingerbread

half a lb. of Butter rubb'd in  
1 lb. of Flour  
1 Oz. of Ginger  
1/2 oz. of Caraway seeds  
1/2 lb. of brown Sugar  
Candied lemon

## Rock Biscuits

2 lbs. of flour  
12 oz. of Sugar  
12 oz. of butter  
1. lb. of Currants  
6 Eggs, a little Essence of lemon. Beat the Batter to cream

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## Stainsby Fish Sauce

Two spoonfulls of white wine, & rather more of vinegar, two blades of mace a little nutmeg grated, two anchovies, one shallot boil till reduced to two spoonfulls add to it cream, thicken it with butter & flour

## Hollow Biscuits *November 26<sup>th</sup> DWS*

3lb of flour make a dam with it on the board half lb of good butter the water being well pressed out put it into the dam of flour & pour about 3 quarters of a pint of hot water into it, so that it is all melted then add half a pint of yeast & mix them all up; & work the dough well. pull them the size you wish, mould them round, roll them out, & lay them on a board so that they iust press against each other cover them with flannel, & when they rise up they will be light - bake them in a quick oven - the cakes should be marked with 9 holes this [ square of 9 dots ]

## Veal cake to eat cold - - Stainsby

Take a large fat breast of veal, & bone it, some lean ham cut in slices, boil 6 eggs hard, chop 3 yolkes with a handful of parsley

very fine, cut the veal into three pieces, take

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a large earthen bowl/ on account of it's shape/  
put the fattest part of the veal at the bottom  
season it with pepper salt & a little cayenne  
lay some chopped parsley eggs & slices  
of ham, then put another piece of veal & so  
on to the top; put in a coffee cup of water  
& cover the veal over with the bones; let it  
bake 2 or 3 hours in a quick oven till well  
done, then take out the bones, & put over it a  
plate with a small weight & as it gets cool  
a larger

To boil rice

Take the largest pot you have, fill it with  
water, a table spoonful of salt in it, let the  
water boil, then put in the rice to boil  
ten minutes, pour off the water, & let the rice  
simmer in the pot on the fire. occasionally  
shaking it-

sauce to roasted lamb

melted butter, pepper, lemon juice, & water

Water Sponge Cakedunstall

Three eggs - half a lb of lump sugar, one table  
spoonful of water beat 20 minutes with the hand  
(There should be a little salt).  
Six oz of flour & a little grated lemon peel added  
The last thing

33.

Meringoes Milford

Beat up the whites of 4 eggs new laid with  
half a pound of fine sugar very finely sifted  
beat it till it becomes quite thick, put a sheet of  
writing paper upon a baking sheet with a table  
spoon; drop the batter in the shape of an egg  
sift a little powdered sugar over them before you  
put them in the oven which should be moderate  
heat, when done take them off with a knife;

put a little sweetmeat or whipt cream in them  
& put them together they will keep many weekes  
before the sweetmeats are added

#### Stone cream Milford

To a full pint of cream put a quarter of an  
ounce of isinglass & a little sugar, keep it stirring  
on the fire till melted; when it is about new milke  
warm pour it thro' a tea pot into a dish that has in  
it 3 spoonfuls of lemon or orange syrup & some  
peel grated with a little apricot sweetened that is  
not small & a spoonful of wine this should be  
made some hours before it is used & the cream  
should be stirred when taken off the fire lite put  
into the tea pot

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sugar Iumbles dws

12 ounces of good flour & half a pound of good  
butter the water being well pressed out, mix  
it with the flour - make a dam of the butter, &  
flour, then put half a pound of loaf sugar  
beat fine into the dam of the flour & mix them up  
with three eggs well beat - you can put currants  
with them if you like - this should be baked  
after the head is drawn out of the oven

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#### Currie Powder

Cardamum Seed - one & half Ounce  
Coriander Seed - Six Ounces  
Black Pepper - 3 Ounces  
Cayenne D<sup>o</sup> - 2 Ounces  
Fenegreek - One Ounce  
Cummin Seed - One Ounce & half  
Pale Turmerick - 3 Ounces  
Cloves - - - 2 Ounces  
Cinnamon - One Ounce

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How to make a Madras Curry.

Slice 4 or 6 sized Onions & brown them in a Frying pan - then add your curry powder stir up for a short-time over the fire - take this out of the frying pan & put in your meat cut into small pieces (or joints if Fowl) and fry a nice brown - add your onions & stir over a slow fire till quite done & well mixed.

or

Put the above into a Sauce pan with a little good gravy - shake some flour into it and let it stew gently (near the fire) until required to be served up - Dish up in a Hot water cover dish - the uce in a separate one.

13. Rice should be boiled in plenty of water until iust done, then put into a Colender to drain & dry before the fire. You may put a little salt to your curry & a squeeze of lemon gives an aprecable acid.

Madras Curry Powder I.Gillitford

25<sup>th</sup> Nov. 1857

1lb - Coriander seed 1/2 oz Ginger

2 oz Turmeric 1/4 oz Cardamum

1/2 oz Cayenne 1/4 oz of Fenigriek if liked.

1/2 oz Black pepper 2 or 3 cloves may be pounded & added to the curry whilst making

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*Receipt* for making Marmelade.

To every Dozen of Seville Oranges add the Iuice of six Lemons. The Peel of the Oranges to be taken off in quarters, then to be put in water with some Salt not too much, and to remain in the Salt and Water till the next day; then the Peel to be taken out of the Salt & Water & put into cold spring Water - to remain till the following day. Then to be taken out & put into fresh spring Water, & boiled till the Peel becomes clear & tender. Then to be cut into thin slices. The Pips must be carefully taken out of the

oranges, & the internal skin, which holds the Pulp, must be put away altogether.

To every pound of the Peel, Pulp & Juice of the Lemons, add a pound & half of fine Lump Sugar pounded: then pour boiling Water upon the Pips and stir them about well. Let them remain in the Water till the next day, often stirring them. Then strain them through a coarse Hair Sieve. You may then add to the Pips, thus strained off, more boiling water, stirring them about as before, & letting them remain till they are cold. Then strain them through a sieve as before. By this means you obtain a clear jelly from the Pips. To every Pint of Jelly add one pound of powdered Lump Sugar. All these Ingredients must be boiled till they are perfectly clear, taking off the scum as it rises in boiling.

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Sauces.

Tomato sauce a l'Italienne. ( Cuisinier Royal )

Cut up four or five onions & put them in a sauce pan with some thyme, a laurel leaf and eight or ten tomatoes, a piece of butter, a good pinch of Cayenne, a pinch of curry powder and nearly a tea cup full of good stock: Take care not to let the tomatoes burn. Rub through a wire sieve. Take care the sauce is not too thin.

Black Butter - For fish. ( Cuisinier Royal )

Half a wineglass of vinegar, salt & pepper - let this simmer put a piece of butter in a sauce pan & let it boil till it is quite a dark colour - then pour it on to the vinegar & keep it hot till it is required.

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Rumpsteak the French Way.

Time, half an hour.

A rumpsteak; three spoonfuls of gravy; a glass of port wine; pepper and salt; a slice or two of shallot; one teaspoonful of vinegar.

Broil a rumpsteak till half done: then. while the steak is cooking, put into a stew pan three or four spoonfuls of gravy, a glass of portwine, a spoonful of vinegar, a slice or two of shallot, and a seasoning of pepper & salt. Cut the steak into square pieces, put them into the stewpan with the gravy, and let the whole simmer slowly, covered closely over. Serve with the gravy poured over it

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**back outside cover**

**spine**

**head**

**fore-edge**

**tail**