X.d.24: Cookbook of Mary Cruso and Timothy Cruso, 1689 September 5: manuscript

front outside cover

front inside cover || front endleaf 1r

Mary Cruso.
Septem.5.1689

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1. To preserve Apricocks.

Take your Apricocks, when they bee ripe, & pare them, & thrust out the stones; then take their weight of double refined sugar, beaten & sifted; lay them in it all night, till the sugar bee melted; then set them on the fire, let them boil quick till they look clear; shake them, & scum them, then set them by till next day; then set them on again, boil them, & scum them, take them up, & put them in your Glasses; put Ielly of Codlings to them.

2. To make Ielly of Codlings.

Pare your Codlings, & cut them; boil them in as much water, as will cover them; boil them quick, & to a pint of that put a pound of double refined sugar.

3. To preserve Damsins.
To every pound of Damsins, take a pound of sugar; take some of the Damsins, & boil them in water, then take half a pint of that Liquour, & put to your sugar; then put half a pound of more sugar to answer the Liquour; then boil it & scum it clear; when it is cold, then cut your Damsins on the side, & put them in; let them boil leisurely, scum them a little; then set them by till next day, then set them on again; let them boil a little, shake them & scum them, till they look clear; then put them in the pots, & boil your Jelly, & put it to them.

4. To preserve Wallnuts.

Take green Wallnuts before they bee shell'd, (before midsummer) prick them full of holes, lay them in water 4 or 5 dayes, shift them twice or thrice a day, then put them in a skillet of water, set them on the fire, till the water is boiling hot; then put them out, & put them in more water when tis warm; so shift them, till it colours no more; boil them a little the last time, then take them up, & wipe them with a coarse cloth till the skin is off; then take to a pound of wallnuts 2 pound of sugar, & a Quart of water, then make it into syrup; then prick your wallnuts with a stick of Cinnamon & a Clove; let them boil leisurely for an hour, then set them by for a week, & then you must make a fresh syrup of good sugar.

5. To preserve Barberries.

Take the fairest Barberries in clusters, & stone them with the point of a square needle, take twice the weight in double refined sugar; to half a pound of Barberries put a pint of Liquor which you must make by boiling some Barberries in a little water, then run it through a sieve; to a pint of that take half a pound of sugar, besides the other sugar which was the weight of the Barberries; put your sugar & liquour together, boil it & set it by, & scum it when it is almost cold; then put in your Barberries, give them 3 or 4 warmes, shake them & scum them; when they look clear, take them up into a basin, & then lay them in your

To Green Codlings

Scald them and pill them put them in cold water set them on a cool fire till they tvrn green take them and keep them -

To make a Pudding

Take bread scald it with a pint of creame beat small a quarter of a pound of Aldmonds with Rose water - Season it with nutmeg eggs a quarter of a pound of dates shred small Currants and marrow then bake it --

To make a Carret Pudding
Take 2 naples biskakes a pint of Cream one nvtmeg
4 eggs 2 whites and a Little rose water some sack a piece
of sweet butter and some Sugar take a fine young Carret and
wash it very clean and Scrape it fine stir it well together.
- put puffe paste about the dish

To make Creame Pudding

Take a pennyworth of manchet cut of the top and bottom and
slice it thin put to it a quart of Creame boiling hot put in
6 eggs and Leave out the whites of 4 put in one nutmeg some
rose water half a pound of raisons a quarter of a pound of
Sugar beat it weell together bake it in a dish with puffe
paste about it with some marrow in it

To pickle Barberries

Boile some of the loose barberries Steep them in Salt and
water not too much Salt and when it is cold put them in it

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Glasses; boil your Ielly a little more, till it is very clear, & then scum it
after it is cold, & put it to them.

6. To Conserve Barberries.

Take some Barberries, pick them & put them in a Lugg, stop it close, put in a little
water; let them boil on the fire till they bee very tender; then strain it out, & rub the pulp through
a sieve; put it together with the weight of double refined sugar; set it on the fire, make it
just ready to boil, scum it, then put it in your pots, & keep it for your use.

7. To preserve ripe Peaches.

Pare them, & slit them, take out the stones; take weight for weight of double refined sugar,
& a pint of water; put in the peaches, let them boil apace, till they bee enough; take them off, let
them stand 12 hours in the liquour, then lay them out one by one, put them in a stove; when they
bee pretty dry, put them in pans; dry them as fast as you can; shift them on glasse plates pretty often

8. To preserve Grapes.

Take your Grapes before they bee too ripe, pick them off, or do them on the bunches, stone them,
then heat some water scalding hot, put them in, cover them, & set them by till they are
cold; then put them in a sieve; then put them on the fire again with some fresh water, a
little sugar, & a slow fire; cover them close, & they will turn green; set them by a little,
then set them on again 2 or 3 times. Weigh them first, before you stone them; to a pound of Grapes put a pound of sugar, & half a pint of water; make it into syrup, scum it, put in your Grapes when tis pretty cold; then set them on, & give them a warme; scum them, till they look clear; then take them up, & put them in your Glasses; boil your syrup, & put it to them, when they are cold.

9. To preserve Plums in Syrup.

Take your plums, & wipe them, prick them full of holes; to a pound of plums put a pound of sugar, & a wine pint of water; put it together, boil it & scum it; let it coole, then put in your plums, & turn them in it; put them on the fire, let them have a warm or two, & set them by till the next day, then pill off the skins, & set them on again, boil them quick, then set them by again till the next day, then boil them again & put them in your Pots; boil your syrup, & put it to them; when they are cold, wet some paper, & lay it close to them, & another at the top prickt full of holes.

10. To preserve Bullices green.

Take them fresh gatherd, coddle them, pill them, put them in cold water with a little sugar, cover them, set them on a cool fire, & they will turn green; then take to a pint a pound of double refined sugar; make it into syrup, scum it, & let it boil, set it by, then drain the Bullices, & when it is pretty cool, put them in; set them over the fire, warm them 2 or 3 times & set them by; then set them on again, & give them one warm; then take them up in your glasses, & boil the syrup thick, & when it is almost cold, put it to them; cover them with papers prickt full of holes. You may preserve them, as you do Damsins, if you please.

To Make Cheescakes

Take a quart of Creame boile it with Nutmeg and larg mace thicken it with 12 eggs half whites when it is cold grate in 2 naples biskakes sweeten it to your taste with fine Sugar and half a pound of currants then fill the cheescak

To pot Venison

Take your Venison and bone it and skin it very well and so mix the fat and Leane together then Season it with nutmegg pepper mace and a few cloves and Salt according as you would have it and so put it in an earthen pot and presse it down as close as you can then put in a pinte of Claret and cover it a pretty thickness with butter then if your pot be deep enough lay 2 or 3 stickes crosse the pot and a wet browne paper over them and so past it over the paper with a course past then let it stand 5 or 6 hours in a hot oven when it is baked let it stand till it is pretty coole and not quite cold then turn it out of the pot and let your Licqvor stand
Till it is cold then take of the butter from the liquor and melt it with fresh -

To Make a Rice Florandine

Take a quarter of a pound of rice wash it pick it boile it in milk cover it up to Swell then put to it some Creame and butter nutmegg and Cinnamon a Little salt 3 eggs one white a glass of Sack an other of Rose water and Sweeten it to your tast beat it well together bake it in a dish with puffe past under it and over it

An Almond Florandine

Take a pound of Almonds lay them in water and blanch them then - beat them in a morter with a Little rose water fine then put to them yolks of 6 eggs 2 whites a quart of milk or Cream some rose water and Sack and nutmegg and beaten Cinnamon some sweet butter and grated bread and Sugar beat it alltogether and fill your florandine with puffe past under and over it

11. To preserve Cherries in Jelly.

Take a pound of marmalade Cherries, stone them carefully; to a pound of Cherries put a pound of sugar

12. To make marmalade of Cherries.

Take 4 pound of Cherries, stone & boil them in their own Liquour for half an hour, pour away the Juice, put to them a pint or more of Juice of Currants; take 1 pound and half of double refined sugar, and boyle it to a Candy height; then put the Cherries and Currant juice to it, & let it boil very fast, till it bee ready to put into glasses.

13. To dry Cherries.

Take 13 pound of Cherries, stone them; take 2 pound of sugar wet with a quarter of a pint of water; boil them in it till they bee clear; let them stand all night, draw them out, & lay them upon a sieve in an Oven hot enough for whitebread.
14. To preserve Rasberries in Jelly.

Take half a pound of Rasberries, & half a pound of double refined sugar, put it to half a pint of Currant-Jelly, with some juice of Rasberries, & Jelly of Gooseberries in it; put it all together in a Preserving pan, & set it over the fire; let it melt the sugar, then put them in & let them boil pretty fast, and scum it clear; then strew in other halfpound of sugar which belongs to the half pint of Jelly; put it in by degrees, & shake the pan, & take off the scum; when they bee soft & clear, take them up and put them into your glasses; then boil your Jelly, and when it is pretty cool, put it to your Rasberryes; when they bee cold, cover them with a paper prickt full of holes.

15. To make Gooseberry Liquour for Jelly.

Take a quart of Gooseberries, & put to them a pint and half of water, when they are pickt & washt, & boil it quick, & run it through a Jelly-bag. This Liquor you may put in any jelly --

16. To make Liquour of Damsins or Currants.

Pick them, & put them in your pan. with as much water as will cover them; boil them a little, run it through a sieve, & take the liquour to wet your sugar with. the same way do Barberries.

17. To make a Quiddeny of Currants or Rasberries.

When you have strain'd the juice, to a pint of Currants, put a 4th part of gooseberry Jelly, and a pound of double refined sugar; put them on the fire together, and when it boils, set it by, & scum it; set it on again, till it bee clear & thick; then put it in your glasses, and when they are cold, put on papers prickt full of holes.

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A Lumber Pye

Mince 2 pound of the meat of the kidnyes and fat of Veale when it is roasted take a penny Loaf and grate it, sweet hearbs, halfe a pound of Currants 6 ounces of Oranges, a pinte of Cream, 3 eggs mix it well together make it into Litle balls put in a piece of marrow into each of them then take 2 or 4 chickens cut them in qarters then season them with cloues mace nutmeg and Salt lay the them in the bottom with the balls ouer them then put them in a pye with a pound and half of butter and 6 blades of mace, Shread Lemon - with some barberries and halfe a pound of Sugar bake it an hour then put in a Caudle of white wine Sweet butter and Sugar beat well together with the yolks of 2 eggs strew Sugar upon it and serve
To hash a Calves head

Take a Calues head wash it and halfe boile it then take it up and cut it in two cut one halfe in slices take some of the broth and larg mace nutmeg sliced. some whole pepper and cloues some sweet hearbs and sweet butter set it on the fire when it is warm put in your meat let it stew half an hour then put in ox pallets - blanched and sliced Coxcombs little slices of lean bacon take the other halfe of head sliced cros set it before the fire to broile then take some Oysters stew them in their own licqvoir fry some forced meat balls and some slices of bacon. shred an anchouye, put it into the meat a Stewing with a little grauy then garnish your dish put it into the meat a stewing with a Little grauy then put your hash in lay the halfe head on the top of the meat then put a piece of butter in the Licqvoir put the Licqvoir in the dish upon the meat lay Slices of Lemon and bacon up and down upon it with stewed and fryed - Oysters and forced meat balls Laid up and down upon the hash serue in to the Table thicken the Sauce with 3 or 4 yolks of eggs and put it in the dish

18. To preserve whole oranges in lelly.

Take a dozen of good oranges, prick them, & cut an hole in the top, to scoop out the meat, lay them in water 2 dayes, shifting them twice a day; boil them in 2 waters in a cloth, till they bee tender, then take them up, make a syrup of 3 Quarts of water, & 5 pound of sugar; set it on the fire; when the sugar is melted, beat the white of an Egg, & put in; stirr it all together, let it boil, set it by, & scum it; then set it on again, & put in the oranges; let them boil leisurely, till they bee enough, which will bee in an hour; then set them by all night, then take half an hundred of Pippins, & cut them into 3 Quarts of water, let them boil quick a quarter of an hour; run it through a lelly bag of flannell; to a pint of that, put a pound of double refined sugar, then set it on the fire, boil it & scum it very clear; then give your Oranges a warm in it; the put them in your Glasses, & put your lelly to them; when they are cold, cover them with a paper prict full of holes. squeeze in a Lemon into the lelly, as tis boiling, & let it boil quick, or else it will turn red.

19. To make Orange Marmalade.

Take sevill oranges, pare them thin, boil the parings in severall waters to take away the bitternesse; then drain them, & beat them in a stone mortar; then take the meat out of the Oranges, & pick out all the strings, & put the meat to the pill, & beat them together; then weigh them,
to half a pound of that, put a pound of the best Sugar, & half a pint of Pippin Ielly; put all together in a Preserving pan, and set them on the fire, & let them boil leisurely a quarter of an hour, then put them in your glasses, and keep them for your use.

20. To Candy Orange pill.

Take Orange chips, lay them in water 2 or 3 dayes, shifting them twice a day, then boil them in 2 waters, till they bee tender; then make a syrup of a Quart of water & a pound of sugar, & let it boil, then scum it, & put in your Orange chips, & let them boil tender; then let them stand all night; then take weight for weight of double re-fined Sugar, & boil it to candy, then give them a turn or 2, then lay them on plates to dry; put in the oranges thus 2 or 3 times, & then dry them. you may let them lye in the Syrup as long as thou please; then drain the Syrup from them, when you candy them.

21. To preserve whole Quinces clear.

Pare and core them; to 2 pound of Quinces put 2 pound of sugar; then boil the parings and cores, take a Quart of that Liquour, then put it to the Quinces with half the Sugar; let them boil leisurely 2 hours, then put the other part of sugar, & half a pound more, with the kernells in a rag (as you did before) let them boil an hour longer, till it is enough; then take them up & put them in your glasses, with the Ielly upon them.

22. To make white Marmalade.

Take the best Apples, Quinces, core them, then boil them in water till they are soft, then take off the parings, cut them in large pieces; then take some Iohn-Apples, pare and core them, cut them in cold water, boil as much as will cover them; boil it quick, & run it through a Ielly-bag; to a pound of Quince put a pint of that Liquour, & 2 pound of double refined Sugar, beaten & sifted; put it all together in a preserving pan; boil it quick a quarter of an hour, it and scum it clear; break it a little with your spoon in the boiling; when it looks clear, take it up, and put it in your Glasses. If you cannot get Iohn-Apples, you may take Pippins

23. To make red Marmalade.

Take your Quinces, pare and core them, boil your parings and cores in water; save the kernells in a rag, cut your Quinces in round pieces; take to a pound of Quinces a pint of Liquour, a pound & 3 quarters of sugar; put them all together with half the sugar, let them boil 2 hours leisurely then scum them, put in the rest of the sugar with the kernells in a rag; then your Quinces, keep it stirring, let it boyl till it is pretty thick; then take it off, break it very well, if you
24. To dry Apricocks.

Take half a pound of sugar to a pound of Apricocks; pare them, thrust out the stones, lay them in sugar all night, then boil them in the syrup till they be clear, then set them by 2 or 3 dayes, turn them in the syrup, then take them out, lay them on Glasse plates in the stove to dry, turn them every day, till the syrup bee dryed off from them, then in boiling water, & strew dust sugar upon them; set them in the stove again, till they bee dry.

25. To make Rasberry Cakes.

Bruise 2 Quarts of Rasberries, strain out the juice as much as you can; to a Quart of that liquor take half a pint of Gooseberry Ielly, & a pint of Currant Ielly; put it all together, & put in half of the Rasberry seeds, & stir it all together, & set it on the fire, & boil & Scum it half an hour, & then take it off, & weigh it against so much double refined sugar, put it all together, & set it on the fire, & keep it stirring all one way, till it is jist ready to boil, then take it off, & set it by 2 or 3 dayes, & then put it in your moulds, & dry the cakes either in the stove or the sun.

26. To Candy Angelica.

Take it in April, when tis young, cut it in lengths nail long, lay it in water a day & night, then boil it tender, shift it once in a boiling; then take it up & strain it, then put it in your Preserving pan with a little sugar, & as much water as will cover it; set it on a slow fire, and it will turn green; then take it out & drayne it; to a pound of Angelica take a pound of double refined sugar; then take half the sugar, & a little water, & preserve it in it; let it lye in that syrup a week; drayn it from that syrup, put the other half pound to candy, then put your Angelica to it; let it boil a little till it is canyed, then lay it out upon your sieve to dry.

27. To make Angelica Cakes.

Take the stalks of Angelica that are left, when you preserve it, shred them small, & beat them in a mortar; then put it to the Syrup, which is left when you candy; give it one warm, drop it in the glasses, & set it to dry.
To Pickle Cucumbers Mrs Lockwood's way.

Take Conduit water and seazn it with bay salt till it will bear an egg when it boils throw in the Cucumbers let then just have a warm and take them off and put them in a pot and let them stand 24 hours then boil the pickle of half whitewine Vinegar and half beer Vinegar and put it hot to the Cucumbers (the water being first taken from them and Cover them close);

To Pickle Cucumbers

Take the Cucumbers when very dry lay them with a small quantity of shred Ginger then a lay of dill and fennell then boil some Grape Vinegar Seazned as high as will almost bear an egg let it just boil vp and then put it to the Cucumbers covering them afterwards very close So let them stand 3 or 4 days boylng the liqvor twice more at the same disstans after and putting it in agn hot to the Cucumbers as before --

For Mouth Water

Take 1/2 pint of Veriuice a proportionable Quantity of honey abt the Qvantity of an egg Some Roche Allome to the Quantity of a nvtmeg and some Sage Leaves abt 1/2 handfull - Simmerd all together in an earthen pipkin and Scvmd well

Orang Water

Take the pills of 12 oranges and put them in Steep 3 dayes in 3 pints of brandy then pour your brandy from them and put 3 pints of Spring water and let them Steep 3 dayes longer then throw away your pills and put your brandy and water together and add as much double refin'd Sugar to it as will sweeten it to your tast then Strain it out and bottle it Cut your pills very thin - you may do the Same to Lemons

To Make a Leg of Pork Like a West phalia ham

Take a quarter of a pound of Sallow prvnello rub the ham well with it and let it lye an hour then take a quart of bay
Salt and beat it very fine and put vpon the ham and a qvarter of a povnd of brown Sugar and a pinte of claret and put vpon it and turn it every three dayes for a fortnight or three weeks According as the weather is then hang it up to dry in wood - Smoake when it is dry enough then boyle it in pump water - and a whisp of hay

To Make Ginger Breade

Take a povnde of Almonds and blanch them and beat them very fine put a little rose water to them to keepe them from Oyleing then take a povnd of dvble refind suger beaten fine and so put the svger and the allmonds upon paper and knead it till it bee a perfect past and mix a little ginger with it and so put it into prints and Stowe them

For A Consumption

Take a Calves Gather fresh and unwash't, cut it with pipes and milt into little bits. take 3 qvarts of red Cow's milk 6 ovnces of Maiden hair the greenest is the best 4 ounces of Licorish 1 ounce and 1/2 of Anniseeds 1/2 a peck of Iervsalem Sage or Lung wort pvt all these things mixed together into a Still and when it is Stilled - Take every morning a Glasse of it with a spoonfull of red rose - water Sweeten it with white Sugar Candy and take the same Qvantity at 4 of the clock in the afternoone

To make the white Drink

Take 2 pints of Spring water and 1 ounce of bvrnt hartshorn finely powdred and the bottome of a white penny loaf let it boyle a 3d pt away then pvt in 2 ovnces of the best Small cinnamon water and sweeten it with - double refin'd Sugar

Red Surfet Water

Take a peck of Corn Poppys clean pick'd 1/2 a pound of raysons of the Sun stoned 1/2 a povnd of figgs sliced Licorish and anniseeds - of Each an Ounce bruis'd Cinnamon and nvtmegs Each 1/2 an Ounce - Cloves and mace of Each 1/4 of an Ovnce Dates 2 Ounces Cardimvm seeds and Cvbibbs of Each 1/2 an ounce Saffron 1/2 a 1/4 of an Ovnce Steep all - these in a gallon of the best brandy for 8 or 10 days Stirring it Once a day then Strain it and bottle it up
Milk Water

Take of Cardvus 6 handfulls of mint 3 handfulls of wormwood - 1 handfull and 1/2 of Rhve 1 handfull and 1/2 of bawm 1 handfull and 1/2 of goats rhue 1 handfull and 1/2 beat this in a mortar so as to bruise them well and put it with 5 qvarts of new milk into a cold still 3 qvarts and a pint or Somtimes but 3 quarts according as your hearbs are whither full of icve or not is enough to draw of if you past yovr - lipps of your still and keep wet Cloaths at the top yovr water will be the better and Stronger

Take Mint Penyroyall Rosemary Angellica Iuly flowers and when fresh and in their prime cvt 'em a little grossly and let them infuse 12 hovrs in fair water so as to be Exceeding full of water then pvt water and herbs into a cold still and with a pritty brisk fire Still of about half the water which you put into the still and throw away the remainder and still more till you have double the quantity of water you intend to make then put this distilled water by still - fulls upon fresh hearbs and still of half as before and so keep it for your use to every quart of this last Stilling add a little double refind Suger and when tis dissolv'd put to it. 1/2 a pint of the best spirit of wine and when tis well mixt and straind bottle it up for use if you still Iulyflowers of all sorts and put 3 or 4 cloves into them at most it will tast like clove Iulyflowers

A purg

Take of polypody of the oak and of the Sharp Leaf Dock root of each An ounce of Sena leaves an Ounce and half Rhubarb half an Ovnce of turbith Nechoaca Dodder of Time each an Ounce of yellow Savnders of Seeds of Fennell and wild Carrot each 2 drachms Infuse all for a Night in a Quart of good whitewine and drink near a qvarter of a pint of it every morning fasting

Take of Dryed Fvmitory 6 handfulls brooklime 2 handfvlls of the Sharp Leaf Dock Root dryed 6 ounces of Polypody of the Oak 3 ounces of dryed mint 1 handfull of leaves of maiden hair Colts foot Ground luy Each 2 handfulls 3 Nutmegs cut hang these ingredients in a thin flannell bag in a barrell of 9 Shillings drink or small ale of 4 Gallons and after 6 days drink it for your ordinary Drink
To make Surfeit Water.

Take Betony, Scabiose, Carduus, Agrimony, Pennyroyall, Avens, Rosemary, Sage, Mint, Balm, Celandine, Rhue, Wormwood, Vervain, Featherfue, Pimpernell, Dragons, Scordium, Angelica, Mugwort, Marigolds, Poppies, Zedoary, of each of these 2 handfuls, of Gentian, 1 ounce; of Anniseeds 1/2 an Ounce; of Licorish, 2 ounces. Pick & shred the Herbs, Slice the roots, bruise the seeds; then steep them all in 6 Gallons of New Ale for 12 hours; & to each still full of them, add 2 Quarts of sack, or very good Lees. when it is all still'd off, mingle it together, & if you please, put a little white Sugar - candy, in the bottling of it.
Will laid the egg altho he did not cackle
To save himselfe from fatall Hemp and Shackle
But when the wicked Cocks lay eggs I trow
Their necks shovld off as well as hens that Crow --
The Giants Angle was a Sturdy Oak
His Line a Cable which no storms ere broke
His hook was baited with a Dragons tail
Thus on a Rock he sat and bobbd for whale
Beauty like time and Dialls moves so Slow
That they who allways gaze Scarce see them go. Sir Ro Howard

Delivered up to a pulpit among other bills fast day 17 June 91

Good people fast
for what is past
And not for what's to come
That God will bring
Our Lawfull King
From Exile once more home

If Children fight
For Parents right
And we to God do pray
That he would blesse
Them with Successe
We are full as bad as they
A mans best fortyne or his worst a wife
That makes an happy or a wretched Life
Probatum est Prov 12.4.

A Drvnkard -when he is well Liqvord stamers most elegantly and
then Spews most fluently and at last Sleeps most profoundly and
snores most irrefragably - not of the same spent with the sober company
which he rejected as so many dule dry fellowes to betake himselfe
to the dear Society of the wits ---- Kendall vol 2 pt i p 72 -
France totters now beneath 3 Royall names
Great Lewis greater William little Iames
Lewis yet braves it an anointed King
James does in vain his emty title Sing
For William Fate preserves both name and thing