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Last Updated: 11 September 2020

V.a.450: Cookery book of Lettice Pudsey [manuscript], ca. 1675.

back outside cover || front outside cover

EJ
E Jackson

front inside cover || back inside cover

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To make Meade
not her hand
Eliz
Jackson

front outside cover

front inside cover

front endleaf 1 recto

front endleaf 1 verso

front endleaf 2 recto

front endleaf 2 verso
for A Gammon of Bacon

First parboyle your vensen with Bay leaues and let the water drayne from it and then put it into a vesell that yow may put vineger and wine to it and then let it stand tell it be could and if yow will lard it yow may and when yow haue soc done then seasen your venson with Cloues Ginger peper and Salt and then close it in course past and when it baked put in vineger all the vent hole and then stope it close and shake the past and turne the Bottom vpward and let it stand soc tell it bee almost could and then turne it againe ---

To Boyle a Capon in whit Broth

first take your Capon and boyle him in faier water & salt then take the best of the broth and as much white wine and let them boyle togeather and put to your Mace and let your Currans and pruans boyle in faier watter and when the Capon is ready to send in blanch your Almons and stamp them and straine them in the broth and put your pruans and Curans in the broth and lay them vpon the Capon yow must not let the broth boyle after the Almons be in if yow haue any oringe pils slise them & put them on if they be to hard take them and lay them in water xxiii houers and boyle them in faier water tell they bee tender then slise them and cast them on the Capon with the Broth

To make a Pudding in a Breast of Mutton

Take grated bread and Ship suet finly shred Marigold peneriall Margerum and a littell time all well shred temper therwith noe other liquor but 3 whole eggs mixe with them some Mace Cloues Nutmege and Suger & peper and put itt into the brest and rost itt
To make A Pudding Pie

Take white bread finly grated and fine wheat flourer
3 eggs whits and all a few Cloues Mace peper and
salt a handfull of Curranc temper these together
with sweet Craime noe thicker then maybe
stirred with a spoune then put itt into a coffine
or platter let itt bake an howe then serue itt

To make a fine Dish of Eggs

Take viii yolks of Eggs beate them with a littell
rosewater set them on a chafin dish of Colls with
a littell butter to keepe them from burninge and
when itt is thicke put to itt the iuce of two
oringes and season itt with Suger remember to
skin itt with a spone tell itt be thicke enough

To make a sallot of Spinnage

first Boyle itt and chope itt smale put therto
a peece of Butter and a hanfull of Curranc
and let itt boyle season itt with Suger and
a littell vergis in

To make Pease pottage

Take peascods beate them and straine them a good many
take some persle time Mariorum Sauery and Burrage
and other herbes set on your pott and let your water seeth
and then put in the herbes and Straine pease and
straine a good quantitie of Bread into itt and put
in a good many of whole pease and let them seeth
and sease them with Cloues Mase peper and Salt
and a good peece of Butter and if yow will Sinammon ginger & suger

To make A Curious Sheeps Puddings

Take bigge Oatmeale and peake itt well and steepe
itt in good Cramme or milke 3 howers then put to itt
a quantitie of Suet minned also Time and parsle
Margerum and Sauery finly Minsed also peper &
Salt with as much Ships Blud as will cutter itt
read and noe moore and soe make your puddings
your Suet in quantitie must be as much as all
the rest of your Stufe
Broth for Ani that is Brought low.

Take a younge Cocke rutth him in pieces and bruse him then take the end of a knuckell of veale brused reasons of the sunne stoned one hanfull Damusk pruans stoned xx french Barly a hanfull a quantitie of Annis Seed then take 4 suckry roots a younge fenell roote two parsle roots 4 Burrag roots all picked and cutt in pieces a quantety of Safforn vialett leaues and Strawberry leaues a hanfull bind them togeather and seeth them in half a pint of white wine me and season it withall

folio 2 verso

A good Broth for potchd Eggs

Take time and Margerum a littell one onion and a pece of sweet Butter and a littell Suger half a hanfull of Curranc shred and pare all these things and put them into i pint of whit wine boyle itt as itt aught then put the potched Eggs upon the broth;

To make a mans appetite to his Meet.

Take fennell Mints persle Centery Bitony Sorrell of each alike whitbread powder of aquauite vergis seeth all these together in good alle and drinke itt of warme;

A made Dish

Take Carret roots pare them boyle them & chop them smale and put therto 2 or three yolks of Eggs and a good quantie of Currant and Dates well minsed with any handfull of grated bread season itt with Sinamon xi Suger and ginger bake itt with an hole open and when itt is to be sent in put therto a good quantity of sweet Butter Melted;

Fittars of Eggs and herbes

Take persle peneriall and Margerum the quantity of a handfull finly chopped put to them vi egges a littell grated Bread and three or fouer sponfull of Melted Butter beate them all togeather and season itt with Salt and Suger Cloues and Mace
beaten then frye itt as yow doe a tansy & soe serue itt

To purge Malincoly without grife

Take half a handful of Sene on sponfull of Sinamon & suger bruised a quantity of Burrage flouers infuse all this into a pinte of whit wine 12 howeres then boyle and straine itt and Drinke itt in warme fastinge.

A potion against poysininge

Take Sentery Rue Read fenell wormwood and Tansy a like seeth them in stale ale with Meth or Treacle giue the patient to drinke therof hoott, first procure him to vomitt with warme water or the like or with a feather put Downe to his Troate

An Exceeding restoratiue for one that is brought lowe

Take an owld Cocke and pull of his Skine quarter him and breake his Bones put him into an Erthen pott putinge theerto the Marrow of any Oxe and Rosmary Time and keepe a handfull of all thes bound together then Safron Sinamun garingall Long peper and round peper of thes ii ounces a handfull of pruans smal reasons half an ounce Dats skined 2 or 3 3 ounces of great reasens stoned boyle all thes together iii pints and half of white wine and then administer itt

A good Drinke for one that is horse

Take half an ounce of Metredate half an ounce of Suger Candy half an ounce of peper grosly beaten make a hole in a great white onion after the head is cutt of and put thes said things then put on the head againe and winde itt vp in a paper and rost itt wett soe done stamp and straine is through with ii pints of stronge ale and drinke is mornitg and euininge hott

To cause one to make water
Take parsle and seeth is in runninge water tell itt
be half consumed then put to itt 2 or 3 sponfulls
of aquauite and giue the sike of the liquor moor
then luke warme and make a plaster of the
parsle in a linnen bagge and lay itt to the
smale of the Belly as hott as itt can be sufferrd
and against the heate be gone of the plaster
prepare a smale wooden dish and in the bottom
thereof som Bay leaves and vpon that lay embers
and vpon that wormwood then couer itt and bind
the linen cloth vnder the dish and let the
sickie hould the dish as hoott to his belly
as hee can suffer itt

folio 4 recto

for the weaknes of the Stomake and Dolenes of the Braine

Take 2 hanfulls of Rosmary i ounce of dried Nutmegs ij
ounces of Bittony ij ounces of Cloues cutt very smale
and put therto xv pints of good rennish wine then let
them stand together 2 or 3 dayes drinke a good draft
in the begininge of thy meate, for your head at the latter end

for Blered Eyes

Take an Egge Shell that is cleane takinge awaye
the Skine within itt and put therto a littell fine Coppris
and sett itt in hott imbers and then itt will melt then
skime itt cleane and wash the Eys therwith;&nbsp;

For Hearing

Take 3 Drops of your owne watter and dropt into your eare

For the Redd and Watory Eyes

Take the white of an Egge and beate itt tell itt bee
cleare then let itt stand a night and Settell
likewise take the iuice of wormwood and let itt
Stand and Settell then take the clearist of
them both beinge mixt togeather and drope
itt into your Eye

For an ach and pain of the Side.

Take Camomile and bruse itt then take new wheaten
brann mixe them and put itt into a pewter dish on a
Chafindish of Colls put them in a quilted bagge
and aplie it to the painfull place

To kepe the Eys cleare and coule from readnes

Take ij handfuls of plantine i hanfull of housleek
stamp itt and straine itt and lett itt Settell then
powre out the cleare iuce from the drose
and put therto half as much Read Rosewater
and a quarter of a sponfull of white Suger candy
in powder then take Lapis Caluminaus as bigg
as your thumb and slak itt xij times in the
same water and put ij or iij drops ther of into
your Eys Morninge and Eueninge

For the wind Collike

Take Sacke and Aquauite ij ounces put therto
a peece of Suger and let the partie drinke itt of

To breake the Stone

Take A Cocke of An Eare owld and open him
and yow shall find in his Maw Smale white
stones take them and beate them in A Brasen
Morter very fine put itt in good whit wine & drinke

For one that Consumeth

Take a new Laid Egge let itt be reare rosted
and put therto a Cake of Manus Christi and
lett itt desolue in itt and eate the same
morninge and Eueninge

Against the Dropsye

Take the flowers of Elder any water creses
hart strange and Rosmary alike still all those
togeather with stale Ale and drinke therof

To Cure sore bruses and all plane sores

Take a pecke of Ashes made of Ashen wood
and make there of iiij quarts of lye with ij gallons of runninge watter, then put to that lye iiij quarts of Cleare and stronge Tan house that was neu vsed with Leather then ad of Aluime and Madder made in smale powder half a pinte boylinge it together in a large vesell for runninge out vntell half be wasted awaye stire it continually and then lett itt stand ix dayse a settlinge then powre out the thinest and saue itt in glasses to wash sores with warme and to aple ye with duble linen cloths and dresse itt iiij or iii times in the daye this is good for Rebellions Vlcers

To Stope a haske

Take an Ege and rost itt with Aquauite and then cate the Ege with sinamond powder and Suger

folio 5 verso

folio 6 recto

a resete of alle

Lignam: vity - 2 ounces: cartix: 2 ounces: salsar 2 ounnes: hermiodeach:lis 2 ounnes sein 2 ounnes camamill flowers: 2 ounnes: Sticcadus 2 ounnes: annell seedes 2 ounnes: licoris i ounnes: a pound and a halfe of reasones of the sunne bruse the same and let it be boilde with the best worte halfe an hour: with violet leaues: water cresset strabry leaues or each one handful: a branch or tow of Rosemary: put all into a linning bagge into the drinke when you tounne it vp into the Barrill and there let it lie in the barill you may drinke thereof after it bee 3 dayes olde

a resepte for a fellen

Take lauender a handful: a white lily roote the white of a egge a spoonefull of english honny and a sponfull of wheat of flower: beate theese in a mortar well together: and then a plye to the sore yff it breeke put in a little turpityne

for a parfume

Take of beniamind iiij oz and a halfe bruse it a little
and lay it in steepe iij or iiiij dayes in damask rose
water then take halfe a pound of rose leaues
beaten as small as any Consarue then put in the
beniamind and halfe a quart of an ounce of
muske and as much sevet and beat them all together
and make them vp in little peeces: and with a
seele prese them betwixt tow rose leaues

folio 6 verso

An: oyntment for the fase that is trubled
with heath primples or any rednes that
shall afend the same

Take 3 ounces of oyle of violetes and put into it
one ounce of flower of brimstone: halfe a ounce
of Camfeare: halfe a ounce of Cynamon finely
beaten: and searcde: one ounce of the finest
whitest sorte of musterd seede beeing well ground
with whit wine vinegere and the joyce of a good
lemone put all this into a cleane woodne dish to
gether: with a ounce of Capone greese and halfe
a nonce of white Suger Candey worke all these
in a the wooden dish: with a wooden pestelle tell
it Come to bee a parfite fine oyntment and
then with a little spunge a noynte the face or
other plase that is offended ether with heath
pimples or rednes this will Cuer it probatome
take halfe a pinte of milke: and halfe a
pinte of sacke and make a possite and
straine it throughge a cleane cloth: and
in the moving wash of the oyntement
with the possite

folio 7 recto

for a egge pye

take six egges and boyle them very harde: and then shred
them as smalle as you can then take 2 spoonfull of sinomand
shearched and a quarter of a pound of red currendes
and some beefe showit and some suger and a little
Cromes and some nutmeag and soe blend it together
like a Bay puding and put it in a Cauffin and
bake it

folio 7 verso

Lettice Pudsey, her Booke
of recipts, these following
are written with my own hand /
your hand & draw it throwro a strianer in to a pott: boyle it with a ounce of cimamone & ginger finely pound: one ounce of nutmeggs grosser pond: & haffe a pound of sugar: stirring it well: for growing to the pott: if hee bee a old deare the pies must stand eight howers att the least: the ouen close: stoppt:

For a ffridays Dish of meat :

tack turnipes whit & cleane washed; & if you pleas a carriot or tow amongst them ffinely minced: putt them into a dish with butter uppone a Chaffing dish of coles: then beatt seauen or eight Egges together very well: & stire them with the turnipes untill the beegin to harden: & therto putt uniger & peper :

To Sowse a barbell pick or Samone :

putt in to your watter 2 or 3 handfull of salt: being ready to boyle then putt in the Samone butt before you put him in putt in a bundell of persley baye leaues rosemary tyme: margerome: seeth it til it be very well boyled & well scoured then putt in a lemon pill & a pint of whit wine: when you thinck it is boyled enough: tack it of the ffire: then putt in halfe a pint of whit wine uniger solett it stand & keepe it in the same liquore for your use:

To feed chickings geecses or duckes:

keepe them in a pen & giue them ground malt & milcke mingled togethers: butt noe watter at all: & thay will: bee so ffatt: that if you tack them not in time thay will dye with fatt: lett not your malt bee groune to small nor you milck sower: for that will not feede :

To mack scurburgease ale:

ffirst adde to your ordinary bruining of strick of good mault: & of the first runing: tack 3 glannelns of wort: these herbes are for summer: a hand full of water cresses: a handfull of bruck lime: a handfull of sage red or greene: a handfull of suckrey: a handfull of femitery
till may putt in a handful of dock rootes & a handful
of butter dock rootes: after may you must putt in noo
dock rootes till michalmas: these must all bee boyled
togther with one handful of hopes: and a handful of
scruburygrase: a hower & a halfe :/

To mack fretters:

ffrist tack some stroung ale & som sake: than breake
in 6 eggs the wites & all: & 6 yolks more without
wits: then putt in a lettet salt: & pret y dell of
cloues & mace: then putt in your ffower &:

beat it well & mack it well & thick: then to boyle them:
you must haue a flatt pan: or skellett: then putt in your
lard & lett it boyle; but as loung as it popels in the pan:
you must not put them in: butt after as fast as you can:
so lett them boyle & stor them: thay will bee enough quickly /

To mack rise pudings:&nbsp;

tack sweet creame & rise boyle them togather: till thay
bee as thick as for porrigh: then put into it 3 or 4 eggs with
the whits and tack out the threads: then season it with sugar
&amp; nutmegs: & your marrow finely minct: so fill your pud
dings & lett them boyle well :/

To mack surrupe of lemons:&nbsp;

tack of the iuce of lemons one pint: of the finest
loafe sugar you can gett a pound & a halfe: boyle them
gently opon a soft ffire : / sceeing it untill it come to the
consistence of a surrupe so keepe it for your use :/

To mack surrupe of uioletts

tack of uioletts one pound weel pickt putt them into
a earthen pott uery cleane: with 3 pints of water : lett
your water bee pretty hott: & stop the pot close : sett them
opon a few smale coals 24 hours to keepe them in
a moderate heat: but not to seeth: then strane:

of uery well: & putt to eueire pint: 2 pound of the
best sugar: then putt it a pipkin: set it in a kettel:
of seething water: when the surrup is ready to boyle
scume it cleane & then lett it sember a quarter of a
hower: so obserueing this quantity you may mack
more o'lese as you please :/

To mack another surrup of uioletts of
the best manner to keep couler all yeare :/

/ tack 2 ounces of uioletts very cleane pickt: then
bruse them in a stone morter: then putt them in a
galley pot close couered with iiij ounces of running
watter: sett the galley pot in a skellet of watter: that
is ready to boyle & there lett it stand for 12 howers:
somtimes stirring it with a seluer spone once in 2
howers: couering it close againe: when it is stepe
d the 12 howers: tack it out & prese it very hard: then
put into it halfe a pound of fine loafe sugar: beaten
to fine pouder: mixe them together in a putter or
seluer dish over a chafindish of choales untill the
sugar bee dissouled: then tack it of & lett it settel;
then scume it: & putt it in a glase bottel close;

follio 10 recto

couered: be sure you lett it not boyle with the sugar:
if you doe it will lose the clouer :/

To mack conserue of red roses:/

tack red rosebuds: & cutt all the wite from the leues
& part one leafe from another: so that there hangs noe
seeds amouge them: then weigh them & putt to euerie
pound of roese a pound of scared sugar: then putt the roses
in a fare stone morter; & beate them being euer by times
casting in some sugar: beating them very well together:
till you find the roses very smale: & perfectly fine enough
tack it out & putt it in a glase or som galley pot: when it
is quarter old it is good & not to be used before :/

To mack gouseberrys caks:/&nbsp;

tack of the greenest gooseberrys: & pick them; putt them
in a posnit with a lettel watter to shusk them: when they
are scalded soft: then straine them through a cotten st
rainer: keep your stuf wrame one a fiw ember still
you haue candid your sugar: to a pint of stuf putt a
pound of sugar: & when your sugar is candid putt in the
goosberry stufe: lett it stand a lettel & scume it butt
tack heede it doe not boyle: then putt them out:

follio 10 verso

into glase saucers or putters ones: & sett them in a
wrame plase: & when they are candid one the top
turne them out with your knife one a pie plate doe
somwhat one them: ether letters or what you please
& lett them stand till thay be dry: then box them :/

To preserue cherries:

tack of the bigest & fairest cheris you can without spots
& stone them putting 2 cheris opon one stalk: to a pound
of cheris a pound of scarced sugar: straw a lettel sugar
one the bottom of your pan: then lay a row of cheris
one by one: couer them ouer with sugar: then lay another
row of cheris & couer them with sugar: till you haue layd
them all: then put in a spoonefull of fare watter so
sett them one a quick ffier: & boyle them as fast as you
can close couered: & as you percieu the scum to rise
tack of the dish & scum it very well: & when there
tender tack them up: & putt one those cheris that
are boyled of: & lay them up round in sum dish: then
boyle the surrip againe & cume it: then power it opon
the cheris: & when thay are cold putt them: leaue
a lettel of the surrip of in the bottom of the dish to couer
them one the top when thay are in the glases :/

folio 11 recto

To mack mackeromes:

take good allmones a quarter of a pound & blanch them in
cold watter: then to these tack 3 quarters of a pound of fine
scarced sugar: beat them in a stone mouter with a wite of
a egge & rose watter: till it bee a lettel thicker then batter,
for fitters: then drop it one waffers & so back them :/

To mack conserue of barberryes:

tack your Barberries full ripe the redest & cleane pickt: as
many as well serue your turne: putt them in a deepe earthen
pot close couered: & sett the pot into a pot with seething
watter: & lett them boyle till thay bee soft enough: so stire
them well togather: & strane them so that non of the seeds
come through: then tack to a pint of that: 2 pound of sugar
then putt the stuf to the sugar & stir it togather: sett it opon
the fier & lett it but boyle to tack of the scum cleane: then
when it is cold putt it in your glases :/

To preferue orringes or lemons:

tack of the bigest & fairest thick rined orringes you can
gett: & finely pare them the out most skinn as thinne
as possibell: then slice them in medell crushing all
the iuce of them forth: then putt in a pan of fare
running watter: as you pare them: letting the stand

for 3 days shifting the water twice a day: then
tack a pan with water & boyle them till you can
thrust a straw through them: but before you must
tack out all the meat cleane out: & when you tack
them up lay them one a fare cloth & couer them:
then mack your surrip ready: to the weight of them
as much sugar; so boyle them till you thinck thay
are enough: then put them up: leauing surrip to couer
them :/

To mack wite marmalett of quinces:/&nbsp;

take you quinces unpared & uncored: parboyl them in
fare watter: till you come to some tenderness then pare
them: & tack the purest part of the quince: cleane cut
from the core: beat them in a stone mortar till it be
reasonabell smale: & that you percieve noe hard lompes in
it: then tack it out of the mortar & lay it one a fare sheet
of paper: weight it & tack to euere 3 pound of quince
2 pound of sugar finely beaten: mixt the sugar & the
quinces well togheter: put them in a fare posnit or
pan: so boyle it keeping it well with stirring & when
you find it stick to the side of the pan dry: set som
a cooleing in a spoone: that you may gesse when it
is enough: to box it: you may add to it lettel thinne:

sliced preserue orringe when it is boyled enough: then tack it
of the ffire: stirring it till it bee almost coole: then box it :/

To mack a gooseberry foole:/
tack a pint of gooseberrys putt them in a skellet: & put to
them water to couer them: boyle them tender as paper then
pouer it into a cullinder & rub it through with a spoone: that
the meat may onely goe through & the skins only stay: putt the
meat againe: into the skellet & put there to the yelkes of 6 eggs
well beaten with rose watter: & lett it boyle a walme or tow:
sweten it with suger to you licking: if you thinck it be to thicke
mack it thinner with creame: which you must so beate in with
a spoone: that it may not be descerned: while it is hott pouer
it into the dish you will serue it in: lett it stand till it bee
coolle before it bee eaten :/
To preserve Apricoks:

ffirst pare them & stone them: then straw sugar in a dish & put them in: then couer them ouer with sugar: & lett them stand all night: & thay will bee full of surrip in the morning: & then boyle them up: add one or tow more of them to a pound: then a pound of sugar: boyle your surrip well: & remember to leaue som to couer them affer thay are but up in glases:

folio 12 verso

To preserve greene walnutts:

tack them when you can thrust a nedell thrue them then lay them in cold watter all night & a day: then scald them in watter: & pill them: & then scald them in watter againe till thay bee soft: tack to a pound of them a pound & a half of sugar: then mack a sirrip & so putt them in: & boyle them till you thinck thay are tender: boyle the surrip after & put them up as you doe other preserves:

To mack lipe saulfe:

tack of the whitest lard & slice it in long thinne peeces: & lay it in rose watter 2 days: then rost it opon a wooden spite: & lett it drop in rose watter: as long as the dropping looks whit: & beat it in that rose watter till it bee very whit: then put away that watter: & putt to it fresh rose watter: so lett it stand all night: the next day beat it againe in a fresh rose watter: so lett it stand 2 days: then tack it cleane from the watter: & put it in a glase it most not be to close stopt: nou keept in a hot plase it will last good half a yeare:

folio 13 recto

For bleared & blodshoten eies:

Beat the whit of a egge to oyle: & then beat it againe: nuw with the loyce of wormewood: & dipe fine flaxe in it: & so to bedwavds lay it to the eie & it helpeth:

To draw away a humor:

tack a toast of rie Bread: steeped in reed wine & when you goe to bed lay it to your eies & it heelpeth:
For the humor in the eies a fine plaster

ffirst seth milke & put to it leauened whit bread: comin seeds Beaton[y: & the claye of the stoping of beare: of each a lick quantity: boyle them to the thicknes of a poltes & lay it betwene tow cloths plasterwise: to the temples of your head: a shot as you can soffer it: so dres it euening & morning & it will help you in short time:

An Excellent watter for
the eies:

tack the destilled watter of eie bright hearbagrase sala
dine browne fennell of each 2 onncs: whit rose watter 8 onnces: of greeke wine i8:onces: of tutia one onnce:
& a haffe: cloues beaten grose one onnce & a haffe: whit sugar candy one drame: campher & a lose of each haffe a drame:

prepare your tutia in this manner: mack it red hot in the ffier 6 times: & quench it euery time in a prey quantity of whit rose watter & the wine mixt together: casting it still away & tacking fresh: then pond the tutia as fine as meale & so putt it into the watters & wine beeing mixt together: then prepare the a loes: in thes sort: but a lettel of the sade watter & wine with the aloes into a morter: & work it well till the aloes bee dissolved: dissolved your campher: then putt all togather into a doubell glase that is a third part bigger then to containe the whole: stop it close with a cork & opone it a parchement: with a past made of wheat fflower & the whit of a egge worked well to gather: & layd one: that noe strentgh come forth: this done sett it in the sunne forty days & nights at the least: shakeing it well 3 or 4 times a day: a smale drop at a time droped out of a spoone is enough: night & morning when you use it: the water & wine that the tutia is quenched in: must bee non of the quanti tes: mentioned in the compotione: the ingreidience must not be put from the watters in the glase: & it will keepe perfetly good many yeares:
/A sarffiereine: watter deuised by Doctor Stewene:
to my lord arshbissop of canteberry did with
it many great cures: keept it a secrett untill
hee lay upon his death bed: at which time the:
Bishop gott it of him in wrighting as this:/

Tack ginger: gallingallio: cinamon: cordind: cloues: any
seeds: caraway seeds: fenell seeds: of each a quarter of
a onnce: then tack sage: mintee: red rosees: time: pelletory
rosemary: wild time: camamile: lauender: of each a
handfull: beat the spices finelly: & bruse the hearbs: smale
put them all into a gallone of whit or red wine: &
lett them stand so infused: the space of i2 howers oft
times stirring them: then still them all in a limbreke
ouver a soft ffier: keep the first watter by it selfe it is
the best: the second is good but not so good: this water
prescructhelth: causeth long life: & is good against
many desseases: it is much better if it stand all the
summer in the sunn: it is good against the shaking
of the palsey: it cureth the contractione of senews:
it helpeth the conception: of wemmen that bee:
barron: it killleth wormes in the belley: it cureth the
cold & cough: it helpeth the tooth ach: helpeth

the dropsy: it helpeth the stone: & rines of the
back: it cureth the stinking breath: & macketh
one loock young :/

To aswage any swelling:

taxx whitbread & milk: & lett it seeth till it bee:
ucry thick: then putt to it a spoonfull of bolearmo
lick: & so lay it to the plase pained as as warm as the can
suffer it:

for a sore breast:

taxx a quart of new milk: & new oatmeal: aquauiti
sheeps suewett: line seeds: pond a good quantity of slam
ledg: boyle all this togather till it bee thick as a has
ty pudding: & lay it to the breast as hot as you can ssofer

To onointe the stommack

taxx oile of nutmegggs & oile of mace: this proued:
a watter to heale a canker in mouth
or throath:/
tack a pint of ale: & boyle it & scem it: then putt in a
peece of rooch allome: & a quantity of life hunny as
will season it: & a sprige of rose mary: then boyle them
all togather a good while: scem it uery clean:

this is a excelent mediscen: that hath bing trid for the canker:/

To mack a excelent ointment ether
for bruse or sprane: /
tack sage: lauender: lauender cotten: srosemary: baisl: wor
mwood: hearbgrase: camamile: of each a good handfull: sred
them: & boyle them in 3 pound of sheeps sewett: deares suewt
capons grece: of each what you please: clous & mace: nuttmegg
& sinamon: brused uery smale of each a like quantity: when
all these are halfe boyled: putt in a pint of brused sneales: &
a good hanfoll of hensdung: boyle all these togather: till thay bee
as greene as the hearbs will mack it: then tack it of the ffier:
& strane it in to a galley pot: & keepe it for your use: when you:
use it: warme it & aniont the plase pained: rubing it in uery
well: before the ffier:: thes is my lady wendys : ointment /&nbsp;

/To mack a sceare cloth that is good to lay
apon the plase when it is a ointted:/
tack a pound of sheeps suwett: one pound of bees waxe: halfe
a pound of rossing: & a lettel frankcomsence: & melt them all
in a skellet: & when thay are all incorperated togather: dipe
in your lining cloth: & when it is cold: role up the seare
cloth: & keep it for your use: this is allso my lady wendys :/

/ pills for the stone: / this is Mrs Risleys :/
tack the wieght of eagh pence: of the best uenes
turpetine: & wash it in uery good whit wine: till it
look whit: then pouer the wine away: then tack whit
sugar candy: finely beaten: & role up the washed
turpetine in it: made into pills as big as you may
swalloe them with ease: tack all these pills: fasting
in a morning: & fast a hower after: then you may eate:
your ordinary diatte: it may be thay will work: if not
thay will doe noe harme:/ you may mack after this
weight & manner: as many as will sarue you to tack
tow or 3 months togather: once a month: for preuention
if you sett those you do not tuck in a ouen after a back
of bread is drawne: to harden the out sids a lettel of them
after they are roled up in pills in the sugar candy: so
you may keepe them better for your use :/

/The surfet or plague watter: good against any
infections: deases & to drye any thing from
the hart: it is to be made in may or iune: /

Tack sage: saladine: rosemary: wormwood: Balme:
rosasoles: mugwort: pympernell: scabious: Egrimonye:
rue = mint =

scordium: cardus; Betonye: Dragon: cowslips flowers:
marigolds flowers: of each a larg hanfull: tormentell roots;
angilico: alycompane: pyonye: zyduary: lycorich: of each one:
once: & a lettel safron: streed the herbs well & smale: alltoger:
& bruse the roots: steepel them all in a gallon of whit wince: or sake
sack is better for 2 days & 2 nights: stiring them once a day: putt
them in a earthen pot: & bee sure to stop it close: you may mack 2
stillfull of thes quantetie if you please: or else one: destill it in a
ordinary still: tack of the first running one pint: of the second
running one quart: of the last one pint: which is the fittest for
childeringe: of the first 2 spoonfull will sarue: of the second 4:
of the last for children: 2 or 3 spoonfull: you may giue it at
any time: when you see ocatione: warme it a lettel: & sweeten
with sugar: when you use it: or with surrip of gillefflours: or
uioletts: this is my lady shirleys : recipete: /

/ To mack an excelent watter for
the Stone & wind collice: /

Tack halfe a peck of mother of time: halfe a peck of saxe
fridge: halfe a peck of pelletory of the wale: halfe a peck
of philopendelay: halfe a peck of gronmile: a quarter of
a peck of betonye: a quarter of a peck of persley: a quarter
of a peck of reddish leues & roots: a quarter of a peck of
marshmallow berrys: shred all these togather: & putt them

in to a very cleane earthen pot; & putt to them 3 quarts:
of new milk of a red cow: then destill it: drink a lettel
draught of it in a morning fasting: sweeten with sugar: /
/this is my lady shirleys recipete:

/ an aproued pouder: for the stone: /

Tack a peck of hawes: when they haue had a frost: pick
them from the stalks: sett them in a oven: & dry them
till they will poud to pouder: then pond them very
smale: & siift them: then dry them againe: & siift them
till stons and all be siifted cleane through the siife:
then tack a good spoonfull once a weeke: in the mor-
ning fasting: & drink 2 or 3 spoonfull after it: of
whit wine: or this watter warmed: & fast 2 howers
after it: this is my lady shirley s receipte:/

/ A receipet for a stich or bruse
in the body: proued:

tack a quart of beere or samle ale: boyle
it: then put in a spoonfull of fennell seed
or anni seed: & 3 or 4 rasers of ginger
sliced: & a bunch of time: when these
are well boyled in tack it of the fier.

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and tack a prety deale of stoned hogs dung and
straind it into that liquor: that it may tast well
of it & looke greene: & giue thereof 3 or 4 spoonful
wrane at a time: euening & morning ;/

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/ Mrs Okeouer 's Receipt of Balsom: /

Tack fiue pints of the best sallett oile: one pint
of the best venise turpentine: halfe a pound of the
best & finest yellow wax: & eight ounces of red :=
sanders eueri ounce putt in a paper by it selfe: in
fine powder beeing siifted: first putt the fiue pints
of oile into a: posnet with a quarter of a pinte of:-
Red rose watter: & lett it boyle till the rose watter bee =
consumed: then tack it of the fier: & lett it stand till
it haue left bubbling: then putt to it your wax and the =
turpentine: which must bee thus prepared: cutt your
wax in thinn slises: wash your turpentine in a qua= 
ter of a pint of red rose watter: & beate it till it looke
upyter whit: then putt your wax & turpentine: togather
& beeing well meltted: putt them to your oile: & lett
them all boyle togather a quarter of a hower: then =
putt in all the sanders: ounce aftter ounce very :=
sofily: stiring it continually least it rune ouer :=
then lett it boyle another quarter of a hower: then
straine it through a new cloath: beeing cleane :=
washed: so putt it into a galley pot as you please to keepe it in: the best way is to tack it of the fier when you putt in the sanders: till it bee all stired well in the oile: least it rune ouer: & therefore be sure your vesell you boyle it in be bigg enough :=/

The Vertues of it/ Which hath bing found by Experience to haue helped & done much good in all these paines & /Deaseses as following/

For the running of the reines as much as a small walnutt: i4 days together fasting: for any conseulsion inward or outward: for you may both anoint with it & tack it inwardly: for the paine in the head anoint the tempells & within the ν-nosrills for an old sore: or a greene wound beeing aplied warme: for ani wind in the stomack tucken inwardly or anoint it: for to gett the fier out of any burne or scalde: anoint it with it :=

I haue allso found it most Excellent for sore breast & for swellings: & stopings in the stomack: anoint the plase & tack it inwardly: besides it is very good for biles to anoint them: & to give inwardly the quantity of a nuttmegg att a time: there is noe feare of tacking to much: & it is very good for an inward := bruse: & to drink a draught of sack possett drink affer it at ani time: when yor tack it inwardly: lastly := it hath helped Divers of the cough of the lunges & one that had it twenty yeares: by tacking of it inwardly :=

A singuler good searcloth for old or green sores/

Take halfe a pond of weather shewett of the best: & sreed it very smale & render it but haue a care you doe not burne it in the rendering of it: then strane it = throwe a cloth: then take halfe a pint of oile of roses: of the best: &

& halfe a pond of red lead: & pond it smale and scarce it thorow a hare siue: then putt it all in a skellet & boyle it: & keepe it with stirring with a moderate fier &
let it boyle till it come to the couler of a nuttmeg: then take yours clothes & dippe them in it & hang them up to coole then cutt your peeces according to your sores this is my cousens Rugley s receipt

/ for a sore swelling or a sore breast /

Tack halfe a ounce of Balsom a penny measure of oile ollife one penny worth of red lead: one penny worth of Boularminicke boyle them togethers till they will stick one a cloth: but tack heed of ouer boyleing it: for then it will:

bee as hard as a stone: for if it bee a lettel ouer boyled: it will teare the cloth all to peeces: wett the cloth in it when you think it is boyled enough: & lay it one a paper to coole: this style all the while it is boyleing must bee well stired :/

A Receipt to kill a tetterworme

Tack vinegar & oile of violettes of each a lick quantitie: & beate them togethers with a knife: & then put in as much bay salt finely pond: as you can tack upon yours knifes point: & as much brimstone finely pond: & beat them all togethers & then putt in as much parsely finely pond: as will mack it thick: then apliy it all night to the tatter: & in the mor ning wash it of with som bay salt: put into water: & so lett it goe till night /

& then apliy it as neede shall require :/

/to mack oyntment of roses

Tack some hoggs lard lett it bee uery whit & sweet: then wash it in halfe a dossen seuerall faire watters: affer you haue done so: beate out the water as cleane as you can: then tack som
red rose budes cutt of the whit ends 
& bruse them a lettel in your morter 
& then putt your roses & lard all to 
gather in a glase or pott stoping the 
glase close: then sett it in a pot of 
seathing water & so lett it stand 3 or 
4 howers one the fire: but lett not the 
water seath after you haue putt in the 
glase of ointment: then strane out the 
roses & throw them away: you must 
shift them with roses in this manner 
6 or 7 times at the last time strane it 
throw a fine strainer: & beate it till it bee 
cold, & lett your roses bee dry gotten :/

To mack the laxatiue whey/

Tack of seney 3 ounces of uiolett leaues or 
flowers sorrel seabious borage femetory 
baulme strawberrye leaues of each one a 
handfull: of licorish brused a quarter of 
a ounce: of any seeds & sweet fennell 
seeds of each tow drames: putt all to 
3 pints of new milk whey: & sett it 
one the fire: & so soone as it boyles 
tack it & sett it close couered in wrame 
ashes twellue howers: then strane it out 
hard: & clarifie it with the whit of a 
egge: & tack it euer morning you must 
putt in one handfull of plantan leaues 
one ounce of poliporium of the oake 
and 2 drames of creame a tartar /

/to mack hipocris/

Tack 3 pints of whit wine & putt to it 
one pint of well coulered sacke: a pond 
of sugar a quarter of a ounce of sliced 
nutmeggs: 3 quarters of a ounce of 
sinoment broken: halfe a ounce of ginger 
sliced: halfe a halfe quarter of graines 
halfe a halfe quarter of coriander feels 
& a few clouses: loose all this a lettel: 
putt them into the wine in a stoue 
juce or pot stop it uery close: for 
12 howers shaking it offten: then put
to it halfe a pint of heten milk & stir
it well togather: & so lett it stand a
hower or more: then pouver it out gently

through a gelly bagg: with a spoute to it
doe it offten till you see it run cleare :/

/To mack another plauge water /

Tack of rue: betenny: egremony: scidious:
fetherfw: sesendine: browne may weede.
Bawme: auers augellico: cardus: burnett:
sorrell: wormmood: mugwort: pimpernell:
sage: plantane: dragon: marigolds the greene
leaues: allicompane roots: scrap & sliced
of each of these 3 pounds: but of rosemarie
6 pounds: chap them very smale & put
them into 8 gallands of the best whit
wine: & couer them very close all a night
& a day: & then destill them in an ordia
ty: still: keep the frist runing which is
the strongest by it self: & the second by
it selfe: béeing weaker / when

you giue of it warme it & put suger
in it: some 3 or 4 sponefull at a time
is a nough /

How to mack gousberry cakes

Tack your gousberrys when they bee uery
greene & pick them then putt in to
a skellett with a lettel fare water: &
keepe them with shaking till thay
bee soft: then strane them & to
a pound of suger: a pint of this
stufe: you must candie your suger
uery hard: then putt in your stofe
& lett it stand one the fire till the
suger bee melted: & then scum it
bee carefull it stand not on to long
for macking it yellow: then

/ A Receipt to mack bottel watter
Tack 3 gallonds of spring water & putt to it
3 pound of suger of 6 pence a pound 3
ounces of ginger halfe a ounce of nutmegs
thin sliced: some mace & a few cloves
beaten: as many as you see or think good
boyle all these in the spring water untill
a quart bee boyled away: then add to it halfe
a ounce of corroander seeds diped in uniger
& dried before the fire againe: & beat them
& when it is almost cold putt in some
ale barme: to this liquor into a vessel that hath
a tap at the bottom & when it hath worked
enough to your mind that you thinke it is settled
enough drawe it forth into your bottels through
a sripus bagg that it may run cleare from the
yeast & thees spicess: when they are corked

up so soone as they are filled you must
tye downe the corke or else they will
fiue out all this you may mack ether
summer or winter: & when you power
it out drink it with suger

To mack a fine silleybub/

Tack a quart of whit wine & tow quarts of
sweet creame & mingell them togethe
with some fine suger: then putt it into
a glase churne & so churne it till you see
it bee thicke & frotehy: then putt it out into
what silleybub glases or pott as you please /
now what quantitie of whit wine you please to
tack at any time ether more or less: to mack
one of: allowaise tack twise as much creame /
butt putt noe suger on the top of it: butt
mack it sweet to your licking before /

To Mack the best sort of beskett/

Tack halfe a pound of the whit & finest
wheate flower you can gett; as much fine
scarced suger: mingell them togethe: then
tack 4 whole egges & the youks of 2 more
& putt to them a uery lettel salt: & 2 sponfull of rose watter: putt these to your suger & fflower: then stir it all togethers: & then beat it in analeyblaster morter: with a wooden pestell: a hauer or more: till you see it look whit & uery light & puffey: then when it is allmost beaten enough: putt in ether some anie seeds or carayways seeds as you like: & when it is enough: sif some fine suger in the bottomes of your tinn coffins: so fill them & sett them in the ouen: lett it not bee to hott: for feare of coulering them: to much: if

folio 25 verso

if you would haue them with a crisp thinn shell one the top: sif with a fine searcce a lettel fine suger one them when thay goe into the ouen: when thay are baked haue a care of breaking it off: & lousen them out with a knife :/

a ointment
tack loine Bucel marrow & whit vergins wax: a like quantitie as you see good and a lomp of fine hard suger putt these alltogether in a skellett with a sponfull of rose watter so boyle them till it bee all throwroly welded: cutt the wax in thinn slices: putt it in to a pot it is very fine for sores lipes: or chapes manywhere /

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To mack fine suger cakes/
tack a pound of fine whit wheat fflower & lett it bee dryed beefore the fier: then tack a pound of new sweet butter: & putt it in lettel bettes to the flower: & halfe a pound of fine suger searced & a lettel pound mace: as you see good to glue them a tast: so mingell these alltogether: to a past: & then roll them out not very thinn into lettel cakes upon papers: & haue a care that your ouen is not to hott to burne them: for thay should look but a lettel yellow

folio 26 verso
to mack methegling mis/ Kinnersley s/:  

tack 040 & fore quarts of faire water  
the 4 quarts are to alow for the boyling  
away then putt therein: a handful full of  
parsley roots: a handful of fennell roots  
pith them & wash them & tie them  
up severall: a handful of rosemary tied  
up: 3 nutmegs clised: halfe a handful  
of ginger clised: & 2 pennyworth of  
licourich clised: putt these pieces in a  
thinn bag: then putt all these things  
into the water & boyle them till you  
find it is strong enough of them to your  
licking: then tack them out: & put to  
this liquor: 10 quarts of good honny

then boyle it againe till you see it  
break like unto wort: then tack it  
of the fier: & cold some of the wort  
then bring it vp with Barne, as you  
doe Drinke, then putt it into a ferking  
when it hath done working, stop it  
close, & let it stand a month or 3 weeks  
Draw it out in bottells, putting into  
Euerie bottell a lomp or to of suger  
cork them very well, the longer it lys  
the better, remember to runn the  
wort throwe a siue before you pot  
it to the Barne/

to mack Damsons wine/  

take your damson when thay bee  
foll ripe, putt them into a strong  
ferking or barell, whole as thay are  
fill yovr vesell, 3 parts foll of damsons  
& then make it up full with boyling  
watter, which done, stop the usevsell up  
close, & lett it stand 3 weeks, then draw  
it out in bottells, & potting a lomp of faire  
suger, in Euerie bottell, the longer it  
lies the better, when you drink it  
Drink it with suger /
how to keep any plumes for
tarts all the yeare /

take your plumes when they bee
ripe, & boyle as much faire water
as you see will couer them, when it
tis boyled putt in your plumes, let
them ly in the watter till the break
the skin, then runn them throwe a
siue, sett the watter by till it bee
cold, & the plumes cold, then putt
them up in a earthen pott, with that
watter, then take some sweet mutton
or beeuefe suett, & melte it, & pouer it
opon, the plumes, when the suett is
cold opon them, tie a paper on it /

/The Sweete greene ointment/

Take sage: & rue of each one pond:
bay leaues & worwood of each halfe a
pond: melilot herbe: flowers of camomile:
flowers of spike: rosemary: red rose leaues
St Iohn : wort of each one good handfull:
march mallowes 2 good handfull: choppe
all these herbs as small as can bee: then
weigh them & putt to them: theire weight
of the best Deers suett: them choppe the
suett very small: & stampe it & the hearbes
togather till it looke all greene: then putt
it & fiate pints of sallett oile: into a pott:
mix them well: & couer it close with leather
& past: the sides that noe aire gett in: so
lett it stand seauen days: then sett it on
a gentel fier: & lett it boyle stirring it
all wayes:

till the hearbs looke somewhat drye: then
straine it very hard: sett it one the fier
againe: & putt in these oiles: camomile:
roses: white lillies: spike: violets: turpintine
of each one ounce: mixe all very well togheter
& lett it boyle 2 or 3 heates: then putt to
it: gume ladanum: one ounce & halfe:
Beniamin: three Drames: gume storax:
calimas three quarters of an ounce: & all
in fine powder: mix it all very well togeth
&r strane it againe: then keepe it in pots
close stoped for your use:/ this Ointment :/
cured the dead palsey: & is admirable good for
sore bruses: or any paine preceding of a cold
cause: anytning the plase pained & rubing
it with a hott hand: it is good for aches &
stiches: lameness: shrinking of sneues:
plurisey in the sides: & aches in the back:

To Make Apricok wine

take 3 pound of aprickos - beeing stoned & pared
when they are ripe Enough to preserue -
then take 2 pound of suger - & 2 quarts &
a halfe of spring watter & lett them boyle a hower
or more over a soft fier - till thay bee as tender
as when thay are preserued & when thay
are Enough poure them into a haire scie
& lett them stand till all the lickur bee cleare
runn from them - tast the lickour & if you doe
find it to bee to sweet or to thick - you may put
som more watter - as you see fitt & boyle it
a lettel - then when it is throwro cold - putt
it in a vessel - that is somwhat to big for it -
& couer it - but so that it may take som aire
so lett it stand to work & settel - it days
then draw it out into bottels - & stop them
close - butt fill them not to full - for fere
they break -

then lett it stand i4 Days or more before you
Drink of it - it will keepe all the yeare -
you may either Dry the apricoks - or make
tarts of them afterwards - & then you
heed not pare them -
in this same manner wine of cherries rasberrys
or currons or strawberrys which is Excilent
wine & the friut is as yousfull as the apricoks /
for gousberrys wine the watter raw not
boyled & the berrys not to ripe & bruse them
to mack lemum creame/

take 4 faire new Lemons- chip them uery thinn-cutt the chops uery smale & putt to them the luce of the lemons- & lett them stand all night next morning putt to them 6 or 7 whits of eggs & 3 youks beat them uery well- & put to them the lemon luce- with pill & all- & a poringer & a halfe of faire watter- a quarter of a poringer of rose watter - stir them uery well togather- then straine it throwre a cotton strainer- & sweeten it with fine sugar & musk if you please- sett it on a chafindish of cools untill it bee as think as the thickest creame & it must butt scald not boyle- so putt it out into a whet dish- when it is cold it is ffit to Eate /

folio 32 verso

To make Gooseberry wine.

Take 24 Quarts of the fruit got dry, pick them and bruise them, take spring water and boil it 2 hours, when Cold, put i3 quarts to the Berrys, let it stand 12 or i4 hours then draw it off, let it run through a sciue, and to euery quart of liquor when again measured put 3 quarters of a pound of powder and loaf sugar mixt. Take out one pound of the sugar to put into the barrel, and put one penny worth of barm to it, stop it up close for half a year and when you bottle it put a piece of sugar into Each Bottle.

folio 33 recto

to make surrup of Elderberreys/

gather your berrys when thay bee full ripe, pick them, & bruse them then straine them, & to what quantity you please to make, take 3 pound of fine suger, to a quart of that luce mixe your suger & luce, together in a fine skellet, & so lett it opon the fier - but not to hot a fier, for you must bee sure, that it neither boyle nor simber, but onely to Dissolve the suger & to make it throughro hot, softly
stiring it, to bring up the scom, &
skim it uery cleane, cold it & bottel it/

How

How to make the Black Searecloth/

Take a pint of sallet oyle, half a pound of red
lead boyle them togethertill they are black,
keeping them with constant stiring, then put in
a quarter of a pound of rozen, & 2 ounce of
red soft wax, & let them boyle alltogether about
a quarter of an hourer, then bake it of the fier
& let it coole a while, & so put it into cold
watter, till it is hard enough to role, then make
it into roles, rubing your hands with butter or
oyle, that it may not stick to them //
this is a very good salve for a boyle
or any sore //

to make a fine sort of plume
suger cakes/ Mis Venables receipt/

Take a pound of fine wheat filower
dry it uery well, a pound of curence
well washt & dryed, a pound of fine
suger scearced, a pound of sweet butter
then take 8 eggs, & beat them well, then
tak an Earthen milk pan, & warme it well
putt the butter in to it, & work it, & beat it
with your hand till you make it all thick
& whit, then putt in a lettell of the flower
& still work it with your hand till all
the things bee in, put in a lettell pound
mace, to your liking, still keeping it
with working, till your ouen bee ready
which most bee noe hotter then for

manchett, which beeing ready, you must
haue some lettell round coffins made
of double broune paper, of what sise
you will haue the caks, & pinn them
open sheets of the same paper which
done butter the coffins about, & so putt
in euery coffin a spoonfull of the style
straw a lettil fine suger open the
top of euery one & flat them doune
with the back of a spone, when they are
in the coffins, so sett them in the  
on, thay will rise much in the ouen  
haue a great care of burning them  
halfe an houer will bake them, while  
thay bee hot take them of the papers /  

To make Damsons caks,  

take your Damsons, & coddle them in fare  
water, then pill them, & straine the meat  
of them, then sett it on the fier, & lett  
it boyle vp, & scum it, then weigh your  
suger, & take waite, for waite, candy your  
suger to the heigth, & when you see it is  
thick Enough, Lay them out in caks, 

/for an Egge Pye,  

take six Eggs, & boyle them uery hard  
& then sread them as smale as you can, then  
take some scauced cinimon, & 3 quarters  
of a pound of currens, & some smale beeufe  
suett, & some suger, & alettil creame &  
some Nuttmeg, so blend it all togather Like  
a pudding, then putt in some sack, & so put  
it in Either, a pye, or fine past in a Dish /  

/To mack a neats toung Pye/  

Take a neats tounge, & boyle it 3 parts  
& then sread it uery smale, then take  
a good quantitie of marrow, & for want  
of marrow take beeufe suett, finely sreed  
some reasons of the suun, some currence, &  
cinimon, & cloues & mace, & suger & a lettil  
rose watter, season it with a lettil salt, when  
your pye, cometh out of the ouen putt in  
3 or 4, sponfull of sack, so serve it up /  

/to Prueserue wht quinces:  

take one pound of quinces to a pound of  
suger, which suger must bee of the whitest,  
& halfe a pint of watter, make your surrup  
boyle, & that while, pare your quinces &  
core them, then putt them in & lett
helpe any impostume, in the head, for the sight, & hearing, or any humer in the body, or any old sore or new, and also good to helpe any ache in the bones, Probatum/

/the ordinary blacke salue,

Take a pound of oyle of roses, or for of it, good sallet oyle, halfe a pound of red lead, put your oyle in an Earthen pot & sett it opon the fier, & when it is very hot, pot in your red Lead, finely beaten without any Lumps, & Lett them seeth togerther, but beeefore you take it of, put in an ounce of wax, finely sreed & Lett them boyle it to gather, stirring them very well, vntill such time you think it will make vp into Roles/

To make a orange pvding/

Take half a povnd of good bytter, & melt it as for savce, & then pvt into it, halfe a povnd of whit suger, or somthing less, as you please, beat these together, & then pvt in 6 eggs, not all the whits - when its well beaten, take 2 ounce of cand'y'd orange pills, & slice them very thinn, & then have a dish that youle bake it in, & lay in the bottom of it, a fine thinn past, then pvt in the batter, & lay the slice'd orange, in all over it, diping it in the batter, then have a nother fine peece of past, & lay over it, so let it in the oven, abovt 3 quarters of an houer will bake it //

the Black Salue, the Lady Shirley

Take a quart of the best Sallett oyle & put it 40 a skyllet, that will hold 3 pints, for the oyle will boyle high, take care that it boyle not ouer put a pound of red Lead finely beaten, into the oile, & stir it with a stick a quarter of an houer togerther, then sett it on a charckcole fier butt Lett noe flame been then putt in an nounce of good pitch, the oldest you can gett, then putt in
an ounc of pure wax, put the pitch & wax into the 
oyle, when tis ouer the fier, stir it well, allwais
one way & Lett it boyle a pace, when it gotten a 
couler, Dipe a cloath into it, if it stick well one 
the cloath, & not cleaue to your fingers, tis enough
then haue a board a Lettle hollow, with Leggs like a 
Stoole, oile it very well, then put the salue into it,
& haue 2 knives well oiled, & stir it vp & downe
till it bee cold Enough, to take into yoor hands,
then take as much as will make a ball, & pull it
Extremely till the couler of it bee bright, then

mack it vp, there must bee 2 at the macking
it, you must oyle your hands very well, & so
mack it vp into Rolls, it is good for greene wonds
Spraines, Brvises, & any
Swellings, beeing syrad opon
Lining cloath,

the oyle of charitie, the lady Shirley s

take Red Sage, Lauender, rosemary, wormwood
camomile, of each 4, ounces, chop them smale
& putt them into a glas, with a wid tope, then
putt in 3 pints of good sallet oyle, & so Sett
it in the sunn, for a month, then straine it
hard out, & then put in as many of the same
herbs, againe, with 4 onces, of the smale,
Velerion, so sunn it a gaine for a weeke,
then gently boyle it on a soft fier, haue a
care it burne not, so straine it & keepe it a
glas, for your vse, it is good for all sorts
of aches, burns & wonds /

& inwardly taken, a sponfull at a time, for
wemem in childbed, that are brused & to take
away the great paine, of affter throes, /

/the Eie watter, Mis Lettice okefouer s

Take of Plantaine, & red rose watter of
each a pint, mingle them togather, then
take the stone of Lapis-calaminarius, & the
stone, Lapistuticia, putt these stones into the
fier, till they bee red hott, then squeue them
in these watters, 9 times, then straine it, then
take the stone, of Roman-Vitirall-& putt
it into the watter, till it couler it blewish
& noe more, so put the water into a glas bottle
when it is 9-days old you may vse it, putting
into the Eie- that is greiued -3 drops at the first
then 4 - drops - the next time -5- drops- dress it
so twice a day, & every time Lett the patience
ly one there back an houer after - in 3 days
it will cuer, either-pin-web-pearle-or fleame/
in the Eie- prooued,

folio 38 verso

A Backed Tarsy /

Take Ten eggs, ∧ 4 whits, half , a nutmeg three biskets grated
as much Iuce of spinage, with thick crom, a pint
beat the eggs well, mix the eggs, biskets c Cream,
a Little Tansy Iuce, of thesee Iuces as much as
will make it Look green, sweeten it to your Tast
then butter your dish very well, set it in the oven
no hotter then for custard,

To make a mutton pye

Season your mutton steaks with savory spice
fill the pye, Lay on butter, & close the pye,
when it is backed, Tos up som choped capers cucumbers, & oysters, in gravy, & anchovy
& drawn buter,

A white Fricasy of Chikens /

Cut them in pieces wash them well, then put
them into a stew pan, put in as much fair
watter as will cover them, season them with
nutmegs & salt, 2 anchovies, & stew them
till enough, six eggs, a glas of white wine
4 spoonfull of c Cream, som butter,

folio 39 recto

the Blast saule or oieament

take a pound of may butter, when it is
new churned, beefore it bee washt, then
take a handfull of houndstongue, a handfull
of parsley, halfe a handfull of mallows, halfe
a handfull of plantaine, halfe a handfull of
mariegold Leaues, sread & bruse the herbs in
a mortar, put thereto, 2 ounces of Deare suett
boyle alltogather on a soft fier, till the war
A Lemon pudding

Grate the piel of 2 lemons, the juice of one Lemon, well role d with your hand, before it is cut, then squeeze of the juice, & put to the piel, grate near a penney lofe, make half a pint of white whine hot, & pour it upon the bread, stir it well together to soak, beat the yolks of five eggs, half the whits, mix all well together, & suger to your Likeing,

A Dyett drink, Lady Shirley s/

/take to 6 galons of Alle, 6 hanfulls - of Liuerwort, 6 hanfulls of brocklime - & 6 handfulls of clivers, Boyle these herbs in the wort, a Little while not in all the wort, butt a Lettle of it, Lett it runn, throw - a siue, & then putt it vp to the rest, / then putt in a bagg, 6 handfulls of maiden haire, i2 ounces of senea - io = ounces of polipodyum - 5 ounces of bay berrys - 2 pound of stoned reasons - 4 ounces, of sweet fenell, seeds - 2 ounces of any seeds - 4 ounces of duacus - seeds - putt these in a bagg, with some peeces of stck tyed to the bagg, so Lett it Ly in, the drink til it bee all gone - drink it for i0 days, or more or less, Low you pleas sssssss, a full pint or more, att a time

A receit how to dress trout

Take your trout, wash & dry him with a clean napkin, then open him, & hauing taken out his guts, & all the blood, mixe him very clean within, but wash
him not, & giue & giue him three scotches with a knife to the bone on one side onely. after which take a clean kete, & put in as much hard stale beer (but it must not be dead) vinegar, & a little white wine, & water, as will couer the fish you intend to boyl; then throw into the Liquer a good quantity of salt, the rind of a Lemon, a handfull of slic't Horse Radish root, with a handsom little fagot of Rosemary, Time, & winter saury, then set your kete upon a quick fire of wood, & let your Liquor boyl up to the height before you put in your fish, & then, if there be many, put them in one by one, that they may not so cool the Liquor, as to make it fall; & whilst your fish is boyling, bouts the butter for your sawce with a Ladle full or two of the Liquor it is boyling in, & being boyld eno ugh, immediately pour the Liquor from the fish, & being laid in a dish, pour your butter vpon it, & strewing it plentifully ouer with shaued Horse Radish & a little poun ded ginger garnish the sides of your dish & the fish with

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A receit how to dress a carp

Take a carp (aliue is possible) scour him, & rubb him clean with water & salt, but scale him not, then open him, & put him with his blood & his liuer (which you must saue when you open him) into a small pot or kete; then take sweet marioram, time & parsley, of each half a handfull, a sprig of Rosemary & another of saury, bind them in two or three small bundles & put them to your carp, with four or five whole onyons, twen ty pickled oysters, & three Anchouies; then pour vpon your carp as much claret wine as will eower only couer him; & season your claret with salt, cloues & mace, & the rinds of oran'ges & Lemons, that done, couer your pot & set it on a quick fire till it be suffi'cently boyled; then take out the carp & lay it with the broth into the dish, & pour vpon it a quarter of a pound of the best fresh butter melted & beaten with halfe a dozen spoonefuls of the broth, & the yolks of of two or three eggs, & some of the herbs shred; garn ish your dish with Lemons, & soe serue it vp

folios 42 verso

To make a Syrup for a consumption,

take three sheeps hearts three pounds of brown
suger candy & a handfull of rosemary slitt, then
 take a lettel of the rosmary, & one quarter of the
 suger candey, & one heart, & put it into a lettel
 pan, or any other thing that is fit, & so lay it
till all is in, then power upon it two penny
worth of pimpernell watter, & bake it in an
oven after household bread is drawn, three
or four houres, then strane it, & when it is
cold, take of the fatt, & it is fitt for use ;=

how to take this syrup,

take one spoonfull every morning fasting
& at foure in the afternoone, & the last thing
going to bed, & bee shuer to fast 2 houres
after it

folio 43 recto

to make orange water,

take 4 oranges & 2 lemons, & pare them
& put the parings into a quart of brandy
& lett it stand 9 or 10 days, close covered
in a gally pott, then take a quart of
spring water, & boyle it, & when it is
cold, putt it to the oranges & brandy, &
stire it all together, then runn it all
throwe a cotton straner, then take a -
pound of refined suger, & lett it melt
all in this licqour, with out any fier,
& when the suger is all dissouled then
putt it vp into bottles, close couered
& drinke it as a cordiall for the stomach -

folio 43 verso

To make Biskett's

Take a pound of fine wheat flower sett it to the fire
to drye take 10: Eggs leaue out 3 whites add 3 spoonfull
of sack & 3 spoonfull of orange flower or rose
water, beat them together with a whisk till the froth
very well, then put in a pound & quarter of dubble -
refined suggar or fine white powder sugger If you use
refined sugger it must bee finely beaten & sifted,
keep it constantly stirring, Iust when the oven is hott take
up the flower stirr it into the Eggs & suger stirring it all one
way till it bee all in, beginn to heat the oven when you
begin to beat the Eggs & when the oven is hott the Bisketts are
beaten enough, fold your papers 4 folds & butter them & soe
putt them Bisketts upon them Iust when you putt them into the
oven sift sugger & flower upon them when they are
Baked take of them of the Papers Immediately & turne them
hollow over a Rolling pinn or any other round stick
W Oldfeld =
His writing -

The receit for Snail watter /

Take snals ether with or without shells totwo pounds
leaves of ground Ivy four handfulls, of spotted Langwort
& coltsfoot each two handfulls, Raisons of the sun ston'd
half a povnd, figgs four ounces, Liquorice two ounces,
Aniseds one ounce, nutmeggs a quarter of non ounce,
safron, one dram, infuse these in 4 quarts of new
milk, & a pint of sack, all night, the next day -
disstill them in a commom still

the Ladys folliot s Salve/

take halfe a pound of clarified motton
shewit, a pint of sallett oyle, too ounces
of red Lead sifted fine, a Letle bitt of
beess wax, stir all very well together -
& boyle it over a gentle fier, & now &
then drop a drope on a plate, to coole
& when tis hard Enough to sprade, pouer
it in a gally pott, & keep it from the
dust; it is Extream good for any
burne or scald, proued, or a greene
wound or sore -

This is exseeding good
For the cholick, or faintnes,

Gum acum chips, an ounce -
Elicampane Roots, an ounce -
Liquarice sliced, an ounce -
Coriander seeds bruisd, an ounce
prepaird senna of Alixandria -
an ounce
infuse all these in 3 pints of
Anissed watter, Ten days, then
power the clear into bottles,
Tak three spoonfulls in a pitt
it may be taken twice a day
if the fitt Last's
ade half a quarter of pound of Raisins of the
sun stoned

how to make Lemon Brandy

take 8 Lemons & pare them very thinn -
then take a quart of brandy & steepe the
thinn pillings in the Brandy for a week
of 10 days, in an Earthen pott, string it
somtimes, then take a pint of faire
watter, & putt thereto, halfe a pound
of refined suger, & boyle it, up & scum
it, cleane, & when tis cold, mingle the brandy
& lemons & this surripe all togethers, &
then straine it throwro a cotton bagg
& bottle it, & keepe it for your use -

for Ebbylon /

to 4 measors broing of malt -
take halfe that measer of ripe
Elderberries stript, boyle them in
the wort with the hops - so cleanse
it, & order it, as other alc - putt
in ginger orang other spice, as
much in quantietie as you think
fitt /

to make ginger bread /

Take a pond of good treacle, an ounce
of ginger, finely searced, an ounce of
candyd orange pill - cutt smale an ounce
of Lemon candyed pill - cutt smale, & a
nounce of candyed sictren cutt smale
putt the ginger, & these sweetmeats, all
into the treacle, & mixt it up with your
hand, with some fine wheat flower -
till it come to a perfect past, then
role it with your hand in smale roles or biger
roles - as you please = the roles Like the
Lenth of your finger = or shorter-
Lay them on tinn, plats, & dust a
Lettil fflower, under thems - Bake them
in an ouen as hott as for manchett -
not to scorch them, but to harden them
that they ractle, together - when you

take them of the plats
doe not keepe them in a moyst place
for they will goe soffter of them
scloes =

To make crackneyles =

Take one pound suger & one pound of flower, half
a pound of butter, 4 eggs, but 2 whits, a spoonfull
or more of careways seeds, mix all these
into a pest, butter pye plats & beat the
past on them with your hand, as thenn as you
can, when you put them into the ouen, wash
them over with the yoalk of an egg, when the are
baked th take of the plats as soon as
ever you can, & torn them hollow

To make Lemon Ielley //

Take Lemons & rost them then sques ovt the Iuse &
then take the full weight of it, in duble refined
suger, set them on a chafing dish of coles, there
let it scald till it well Ielly, & looks clear

To make orange wine

Take 6 gallons of spring watter, & 12 povnd of
the best powdered sugar, & the whits of 4 eggs
well beaton, put them in the watter & suger, then:
boyl them all three quarters of a hower, & when
it is cold not in 6 spoonfulls of yest, then
take the fuce & rine of 25: oranges & let this
work 2 days & 2 nights, then add if you please
2 quarts of rennesk wine or white wine, so
tun it up in a vessell stoped very close, in
six weeks you may drink it, it is best without:
the full quantity of the peel;

To make quines pudding -

take 2 or 3 quinces & parboyle them till the be tender
then pare them & core them beat them in a morter
with: som suger according to your tast, & the yolks
of 8 eggs till it is well mixt, then put to it
half a pint of creame, so put it into a dish or
patipans, with: som past in the bottom, & bake it
a quarter of an houer you may make orange
pueding the sam way, take the rine of 2 oranges, & the ius
of one --

To make allmone cream -

take a quarter of a pound of lorden allmons, layed in
cold watter till the well blanch, then beat them in
a ston mortar, with a lettel rose or orang flower
watter, stran them with a quart of sweet cream,
season it with suger, then put it in a clean
skellet, & set it on the fier, stiring it till it
boyl a lettel, then power it into cream dishes &
eat it cold&nbs;

To make allmon bisketts-

take half a pound of blanchd allmons & beat them
fine, ading oriang flower watter to them, then take
half a pound of fine sifted suger, & beat withthe allmons
& when the suger is well incorperated, beat in
half a pound of fine flower well dryed, by degrees
break in 6 eggs, leave out 3 whits, beat them in
the mortar withthe rest, the eggs must be put
in before the flower, when the are all well mixt
droop them in lettel bisketts, on pewtter plats &
bake them in an oven when they are brown on
at the edges, the are baked enough, the oven must
not be to hott

To reggou a brest of veale //

beat it very well withthe flat side of a clever
so put it into watter, & parboyle it till it is
white, flower it very well & fry it in hogs
lard till it is brown, take the fat of backon
& cut it into bits, pvt it into a saspan over
the fier, till it is very brown, then take the
backon ovt, & stire up the lickquer with a lettel
flower over the fier till it is very brown; but
not burnt, pvt your brest of veale into this
lickquer, & turn it in till it is very hot, so
pvt as much very strong gravye to it as well
cover it, take a dozen bords of veal parboyl *them*
flower *them* & fry *them* in butter till *the* be brown
they must be cut in slice: before *the* are fryed
so put *them* to *the* veal, & boyl *them* altogether till *the*
veal is tender, there must be 3 or 4 ancoves
a lettel nutmeg, a bunch of sweet hearbs, a onion
when it is enough sarve it up in *the* gravey
it is stwe’d in, & squire a letel Lemon in, & laye
slices of Lemon on it

to make cowslipp wine =

Take 6: gallons of watter & boyle an hour &
halfe, allow six quarts for wast, then pvt in
i2 poumd good suggar, scumm it well, then
take it of, & put it in a vessell to cool, & when
tis a lettel warmer than milk from *the* cowe,
pvt in 2 pecks of pick'd cowslipps bruised',
in a mortar, mix them with *your* hand, then let
it stand till it be of temper, then pvt in *your*
barm, & a bole=dish, stir it as it works, let it
stand two days, & a night, then put *that* liquor
& flowers into a hair sieff, & *with your* hand squeeze,
*the* flowers well, then tunn it into a sweet
barrell & see that *your* barrell be full, to work,
when dune make it up close & let it stand
3 weeks, then draw it of into another vessell,
pvt in tow penneyworth of Isinglass, cut small,
& half a pound of good loaf suggar, stop it close
8 or 10 days, then bottle it, & se that *your* bottles,
be very dry, & croks very good -

than

how to make meade/

Take 10 quarts of watter, let it be lust at
boyleing, pvt to it a quart of honney, i pound of
lofe suger, let it boyle while any scum well rise
taking of *the* scum as it rises, then take it of
*the* fire, & pvt to it 2 Lemons, cut in halfs &
sques’d in, with a large rase of ginger slitied, &
4 cloves, & a peece of sinement, & a peece of
rosmerey, when it is cold, stran it into an
earthern pot with a spigot in, pot to it 3 spoon
full, of barme, it well work like Ale for 6 days,
then bottel it, you may drink it in 3 weeks time,
but it well be better if you keep it 2 months,
it must be a lettel warm when the barme is
pvt to it,

To Make Mead with Elderberries

Take very ripe Elderberries, pick them from
the stalkes, put them in an Earthen pot, and
past them close, & bake them in an oven
while the are warm, straine them out, take
a gallon of the ioyce to twelfe gallons
of water, that was first boyl'd for an hour
or more then when the water & ioyce
is wel mixt & boyld a little, then put in
one & thirty pounds of honey, boyle them
well for an houer or more that is till you
think two gallons is wasted, scum it well
all the time, as it rises when it breakes
in the ladle i'ts enought them pour it in
your tubb, & let it stand to coole, when i'ts
cold, put barm to it as warme as you doo
to Ale worke it two days or more, if it
happen to be soe cold as not to worke set
a pitcher of hott water in the tubb, & the
heat of the water will set it a working
when the barme gets a heade, take the pitcer
of water out, & beate it as often as you
doe Alle when it hath worked two or
three dayes, tunn it & stopp your barrell
close, at sixe months end bottle it and
it will keep a long time in the botle
as hath been prou'd

To make mead with Elderberries

To Coller a breast of veal to eat hot

Bone it & beat it with the flatt give of the
clever, then seis'in it with salt & iemecca peper &
a little cloves & mace, then strow it over with some
sweet hearbs cut small & some yolk of Egg
then lay a row of baken upon it, cut very thin
& upon that your hearbs & Egg & seisning aген then
then roul it up very heard & put it in a cloth ly it
about with a tape & let it boyl 2 hou'rs & half
if large veal 3 hours: ffor the sauce a little
grave & anchove & a little while wine & thr
thicken it with a good deal of butter to be like
fish sauce but not so streung 3 or 4 youlks
of Eggs is enough.
To Make Goosberys

To Make Goosberys biscuits

Scald your Goosberys till the are soft then rub them through a sifte take the white weight of your pulp in double refine sugar & the whites of 2 or 3 eggs acording as you do for quantity beat them together, for 2 or 3 hours till the looke white then drop them upon tinn plates, or pewter in little dı biskits sett them to dry in the sun, when the top is a little dry turn them.

To make scotch collops

Take a leg of veal, & cutt your collops very thinn wright way of the veal, & beat them well with a back of a knife then seisen them with nutmeg & salt & doe some yeolk of Egg all ouer them & let them lyte 2 hours, then fry them in butter a little at a time & besure you do not fry them too much but till the are a little brown, then make your sauce of graue & white wine, 2 anchovies & thicken it up with a little butter, let your sauce be hot when you put your collops into it, so tos them up togethther, you may broyl the bone of the veal to lay in the midle, & make some first meate balls to lay about it, with some sliced Lemon when you fry them strow some sweet hearbs on them, 3 Egg will do.

To Make a hame of porck

Take salt peeter & common salt of each a like, salt the gammon 12 or 15 days, turn it every day, hang it in the Chimney when the burn wood, for 3 weeks but not too hot when it is dried enought lay it in sweet wort for half a day, turn it & when it is dry, rub it all over with sheeps blood, & hang it up for use.

To Make a Seed Cake

Take 3 pound of flower, & a pound & half of butter, with a quarter of a pound of loafe sugar with six eggs & a quarter of a
pint of yeast with a little mace & nutmegs
& creame, mix all these together, & set them all
before the fire to rise, then be put in half a pound
of Caraway comfits, & bake it 3 quarters of an
hour

To season a wett Collar of beif

Take a briskett of beif & bone it & lay it in
water 2 days & 2 nights, & shift it twice in fresh
water, & put in 2 hanfull of salt into the
water, & take it out & let the water run of it,
then season it with half an ounce of cloues
&Mace a quarter of Cinnamon half half a
pound of Bay salt, a quarter of salt peeter, a
little Nutmeg, an ounce of white pepper, then
lay it in a tray, & then put in half a pint of
Clarrett as much vinegar, & let it ly in seasoning
3 days & 3 nights, then put in halfe a pound of
Anchovies upon it (you must bone them) a handfull of
sweet hearbes, which must be mother of thime -
sweet margerom, & winter savory, & soe collar it up
as you doe Brawn & put it into a pot, & put in the gravye,
a pint of Clarrett, half a pint of white - wine vinegar

bake itt with brown bread & when it is baked,
turn the side downwards, which was down upwards,
for an hour, then stretten the cloth & lay a weight
upon it, & let it stand 4 houers, & lay it in the pickle

A pickley for wet coller of beif

Take as much small bear as will cover it
& as much red sanders as will culler it, some
cloves & mace some cinnamon an ounce
of salt peter a bunch of sweet hearbs -
put all together & let them, Boyle one hour,
them strain them & when it is could
put in halfe a pint of white wine =
vinegar, soe putt in the collar & cover it
close

To make Elder wine

Take to every gallon of water, 4 pound
of loaf sugar, & about 8 pound of Elder-
berrys when full ripe, let your water Boyle
an hour, then put it in an Earthen pot, with an
narrow mouth, to infuse the berrys, hauing before
been well beaten then take a little ale
yest, beaten with some of the same liquor
soe mix it together, & let it stand, stirring it once

To Regoue a Rabbit or any meat

make a strong broth or gravy of knockels of veal, or any
other bones, let them Boyle till all the goodness is out, put
into it a blade of mace, a few cloves & a Lettel peper
& a crust of bread toasted as hard as you can, & a Lettel
time & savery, an anchovie or 2, when it is well
boyled stran it through a sive, add to it ether a pint
of white wine, or clarrit, a few pickled oysters, so
haveing stew'd your Rabbit, in this Lickquer, Boyle it up
& thicken up with 2 or 3 eggs & som butter, so serve to
the table, with som mushrooms & Lemmon pill in the
gravy

To make Ginger Bread
of allmonds /

Take a Lettel gumdragon & steep it in a pint of rose
watter the space of ones nights, then take a pound of the
best Iorden allmonds, being blanced in cold watter,
beat them in a stone morter, bvt in beating you must
add som of the rose watter, which the gumdragon was
steep'd in, add to them som ginger, & som grated bread
& suger, your ginger must be finely sifted, then knead
them togather as you do past, & so print in moulds, with
som search'd suger, & set it before the fier to dry

To pickel walnuts a hundred

make strong brine to bare an egg
Let them Ly 9 days, stiring them once
a day, then put them in boyling watter
Let them Boyle up, take them out, put
them in a cloth, then take cloves, mace, ginger
Black peper, in all one ounce, som musterd
seed, & sherlot, & if you pleas a few Elder
flowers,

To make Elder Flower wine /
Take six gallons of watter & twelve pounds of fine suger, & six pounds of Raisins of the sun cut small Boile theese togethers an hour, then take of the flower of elder, when the are falling & will shake off, the quantity of half a peck, put them in the Liquer when allmost cold, the next day put in six Larg spoonfull of syrup of Lemons, & four spoonfull of ale yeast, & three days after put it in the vessell that it will fill & stop it close, & Let it stand till clear then Bottle it off, it may stand three or four months, if not then clear rack it of into another vessell a few day & then Bottle it, if a pound of suger or Raisins be added to it, it will be the better //

folio 54 verso

To make Elder Wine /

Take 20, povnd of malago raisons (or rasions of the sun) let them be clean rubb'd, then shred them very small & pvt them to five gallons of boyling watter, the watter haveing first been boyld one hour, Let them steep ten days, stirring theth once or twice every day, then have in stran the Liquor, through a hair sieve, & have in readines six pints of very ripe elder-berrys juce, stew'd over the fier in a pot, pvt into a caldron of boyling watter, pvt into the Liquor cold, & stir if for some time very well togethers, then tun it into a clean vessel, & Let it stand in a warm place for two months or ten weeks, then bottle it

folio 55 recto

To make the white frigacie of Chickens or Rabbits.

Take your Chickens, Cut them in pieces to your likeing and season them with Nutmeg & salt, then hauing your frying Pan with Butter in it hot ouer the fire, Put in your Chickens & make them a little crisp, then take them out & Put them into your stewe pan, some water & Anchovie to your likeing, & white wine & when enough, Thicken them up with some good cream, & two yolks of eggs & Butter some Mushrooms & sliced Lemmon, upon it. //

folio 55 verso
to pickell Murshroms

/ gather them in August, & lay
them in water, then shift them in
another water, then take a cleane
cloth & rub them, til you see the are
cleane, then Boyle them in milk &
water, & a lettil salt, till you see the
are tender - make some pickell for
them, with water whit wine & wine -
vinger - a like quantie of Each
boyle it; & put into it, some cloues
& mace, & whole pepper - & salt -
acording to the tast, when the lickour
is cold, put them in, & keepe them in
a gallow pott; for your vse

To pickle Coucumbers

Wipe them with a cloth & put them & into a close-
mug; & make a strong Brine of salt & watter-
Boyle the Brine; & put it so on the Coucumbers.-
then cover them close, you must put in a lump-
of rock allom, into the brine as it boils.-
And this must be thus repeated twice a day until-
you think them green enough, then drain them-
from the brine and rub them dry and make a-
pickle of aleager with what hot spices you please.-
then put a lump of Rock allom in, and some-
dill Boilt it and put it on boiling hot to the Cucum-
bers and so keep them close and they will keep-
green fiuer or six years.-
As for French Beans you cannot miss them if you-
doe but first let them lye a considerable while-
in salt and water;&nbsp;
This Receipt is good for nothing -

To mack aquamarabiles /

tack gubalis - gallingall - cardyment seeds -
cloues - ginger - nuttmegs - mace - of each an ounce
beaten to powder, Balme - spearmint - both
dryd of each one drame, mellelott flowers
cowslips - rosemary - burich - & mariegold flowers
of each 2 drams - all dried, then take luce -
of Sallindine - one pint - of whit wine 3 pints
a pint of aquauite, angelicoe watter - one
pint, put all these things togather into a
still, in the Euening, & couer them close,
then the next morning stirre them againe
& putt the still on, & past it close that
now aire can come in, so still it with a soft
sier, in a common rose, still, keeping wett,
cloths, with cold watter, opn the head of the

A fine ointment for the skyn /

/ take a keyl, of a young Lamb, putt it in
some faire watter, & shift it 2 or 3 days
then take it, & putt it in a cleane cloth,
& there beate it, as you would doe salt, but
very smale, when it is smale enough, putt
it in a fine earthen pott, or siluer can, & to
it putt some damask rose watter, a lettle luce
of lemon, a lettle ambergreeze, & musk, tied
in a bitt of laune, then couer your pott, & sett
this in a postnett of hott watter, to infuse, for
some 2 or 3 houers, then take it of, & beat
the ointment very well, with a spone, that it
may look whit, so lett it stand till the next
day, then infuse it as long againe, & then
beat againe, til it look very whit, take
out the musk, & so but it in a glas or

pot, if ther bee any watter in the bottom, when
it is cold, power it out, & kepee this for your
vse, it is very fine for a pilled skin, or any
thing that is rough, & for lipps,

A wash for thefase -

2 ounces of better allmonds, to a quart of
barley watter, & what hungrey watter you please =&nbsp;
the bitter Draught /

Take a handfull of cammomile flowers, as much centuary, & as much roman worm wood, gention roots ten grains, cardus seeds a dram, & if you will have it purge, a dram of sena, boyle a pint of watter & power it upon the ingrediences, let it infuse half an houer at Least, -

folio 58 verso

A nother Bitter Draught
good for Children /

Take century, camomill flowers, topps of celandine with the roots, & cardus of each one handfull, safron one scruple, boyle them in two pints of watter, till one is consumed, then strane it, & give 5 spoonfulls each morning & evening // give the quantity of twenty five, or thirtie dropps of Elixir propietatis, for two or three mornings & before the take the Draught, /

How to make allmon
pigs pudings //

take half a pound of the best allmons, blanched & puned fine, with som rose watter, then boyl h A pint of cream, let it be cold a gane, & take six eggs, leaue ovt most of the whites, & the marrow ovt of 2 beefe bones, sred smale, with a quarter pound of beeфе sueett or somthing more, a penney white lofe grated, a lettel mace cinament & nutmeg, & suger to your liking, so mix them all togather, & fill them, boyle them near half an houer //

folio 59 recto

to Picklle Oysters /

take of the largest oysters, you can geet open them, & saue all the Liquor, thats in them, then take that Liquor, & putt therto some good whit wine, as much as you see will bee enough, to putt your oysters in, then putt to that Liquor, some grosse peper, & whole cloues & mace, what you see good, & as much salt, as you think will keepe, them, which must bee well & high seasoned, so gue thes all
together, one boyle vp, then putt in your oysters
& lett them but Iust boyle to plump them &
noe more, then take them out, & add to that
Liquor, a lettle good whit wine veniger, when it
tis cold, & the oysters cold, put them vp to
gather, in a earthen pott, close tyd vp so
vse them -

folio 59 verso

To make mead with Elderberries

Take very ripe Elderberries, pick them
from the stalkes, put them in an earthen
pott & past them close & bake them in an
oven, while the are warm, strain them out

To make Gooseberry wine,

Take 24 quarts of the fruit got dry, pick them
& Bruise th:em Take spring watter & Boyle it
2 hours, when cold put 13 quarts to the Berrys
Let it stand 12 or 14 hours then draw it of
Let it run through a scive, & to every quart
of Liquor when a gane measured, put 3 quarters
of a pound of power & Lofe suger mixt, save
one pound of the suger out, to put into the Barrel
& put a Lettle yest to it, stop it up close, for
half a year, & when yov bottle it put a peece of
suger, to each bottle,

folio 60 recto

dunguentum album, vnguentum,
nutritum, vnguentum Rosatum,
vnguentum populeum,
any of these ointments mixt together
is Excelent good for burnings or
scaldings, or any red in flamation,
Confectio, Alkermes a
rare cordiall, /

folio 60 verso

to Boyle a carpe /

take a carpe when hee is alieue, gutt him &
scale him but not wash him, stob him to
make him bleede, then take the blood &
as much Claret wine as will boyle him ouer
head, & putt therin a bundle of herbs as a
lettle soroemenary & time & margerum &
persly, some shaued horsreddish, a pece of
a lemom pill, some hole peper, some whole
cloues & mace, & a nuttmeeg cutt in clices,
some eaghth or tenn good anchoues, a whole
ouion, lett all these Boyle togather in the
liquor, a pretty while before you pott in the
carpe, then when you think it is time to
putt him in, rub him all ouer with some
pound ginger, then putt him in to the pan
of liquor, & lett him Boyle till hee benough put
in a good lump of sweet butter / & season the
broth with salt to your likeing so take up
your carpe haue a care of breaking him
lay him in a dish with as much of the
broth under him as you can / lay opon him
clices of lemom / & garnich the dish with
lemom & scraped horsreddich /
if you haue shelott it is much better
to putt in then ouion /
to make a mouth powder, that is sore or
hath the cancor /
take a Lettle scarlett cloth & burne it to a
powder, & drye a few red sage Leaves -
& make it in a powder, & a Lettle fine
Spanish Bole, shafed smale, & a Lettle
very fine suger mingle all these togerther
& make it in as fine a powder as you can
so keepe it in a Box, for your use /

To rost a shoulder of mutton in the
blood to look like venson

Take a shoulder of mutton new killed, & take
som of the blood of the sheep, & pvt to it
a good handfull of salt, & whit breed crumes,
a lettel streed penney royall, & a nutmeg greate
in, miggle all this like a puding, then let the
shoulder liy in it, & cut it up & down, &
stuffing stuff it, then skewer up the tw flaps,
one the inside, that it may look, like
a shoulder of venson, then take a peece of the
kill of the sheep, & lay it in, pytting as
much of the blood & stuffing all over it as
may by, when it is well rosted, make savce
of clarit wine, with good anchovies dissolvd in it, to your likeing, & a lettel sweet butter, so sarve it up, - 

folio 62 recto

a secauch to heale any thing that is sore: & very good to heale a young child's head that is raw or sore /

Tack a lettel deeres suett: a lettel hunny: a lettel sweet bee wax: a lettel rossin: of that the least for that is drawing: and a lettel francancence: onley to giue it a smell: then tack as much fresh butter: as the quantity of all the rest of these things: & so putt them all together in a posnit: & boyle them a lettel while: then skem it: & when it is a lettel cold dipe in your peces of flacken cloth: of what big niss you will: & when it is cold lap them up in papers: & keepe it for your use :/
/ of what quantity you will mack at a time: you must only add more or lesse of the things: you may if you will when it is cold keepe it in lomps lick saulte: & so spread opon cloaths /

folio 62 verso

folio 63 recto

folio 63 verso

†To make bisket ella

take some gume dragon dissolue it in a little rose water the joyce of a lemon and a little muske then straine it through a fine linion cloth then take as much refined sugar as you will use beeinge beaten and finely scarsed take the white of ann ege and beate it to froth then take your gume and as much of the froth of your ege as will make your sugear in to paste make it not to stiffe then straw in some annelseedes beeinge hull and made cleane and so make them op in small loates or knotts put under the bothome of evey one a wafern cut the loates About the side as you doo a manchet and prieke them in the topps soe lay them on a sheete of paper and bake them litt not your oten bee to hott they will doo as well without wafernes if you straw A little suger opon the peapers you lay them on
to make almonde cakes

take too ounces of the best almonds you can gett and lay them in cold water all night in the moringe blanch them in to A bason of cold water then drye them on A cloth, then beate them very fine in A stone morter putting to them A little roseow water to which you must have one pound of refined suger finely searsed redy by you and the white of ann ege beaten to froth and as you beate your almonds you must put in some of the suger and A little of the frothe of the ege intill you have mingled your almonds and suger in to A stiffe paste then roile your cakes thin upon A trencher and print them then bak them in ann oten not to hott

and when they are risen drawe them keepe some of the sugar out to mould them in or else they will stick to your print

to mack a very good dish of meate:

tack som cold rosted uale: & sreed it very smale:
with sum suett: then putt in som currines & reasons & a lettel sugar: & nuttmege: & a lettel rose watter so mixt it altogether: & putt it in a dish betwene tow: peces of puffe past: so sett it in the ouen:

to make a quacking puding:/

tack som with greatness bread: & a lettel wheat fflowr with som sweete creame: & 7 or 8 wites of eggs:
butt one youlk: & som sugar & nuttmege: blend it altogether: & putt it in a cloth: boyle it halfe a howe: when you tack it up putt it in a dish with som rose watter sugar & butter: & if you will stick som blancht allmons opone it :/
to a pound of quince for marmalat take a pint of watter .

to mack a uenison pasty:

tack a peck of wheat fflower: & 14 - eggs: wits and all: & a quart of creame: & - 4 - pound of butter: work it up with your hands lightly opon a tabell: & when it is past role it out: haue the meat boned: & be sure you tack out all the grissels & sunnues: & season it well with peper salt &
nuttmeg: when your past is ready: lay som suit
in the bottom under your meat: then mack it up
laying the pece of skine that you tack of the meat
one the top of the meat againe to keep it moist with
a lettel grosse peper: then garnich your pasty with
past: as you please so sett it in the ouen - 4 - howrs
will bake it :/

folio 65 recto

how to mack Shrewsberry cakss

tack a quarter of a peck of fine wheat fflower;
lay it one a bord: putt to it one pound of powder
sugar: one ounce of beaten ciniment: a qarter
of a nounce of cloues & mace beaten: mixt
them with the fflower: then break in 3 new
lay egges: & 3 pound of new butter: work it
very well togather: then weigh 4 ounces of
this past to euery cake: drive them out
very thin: & prick them: then back them
one papers: afster manchett or with it if your
ouen be not to hott:
as I mack it/ I tack 3 quarters of a pond of
fflower: a quarter of a pond of fine suger
one egge: a lettel cloues & mace &
& ciniment: & a quarter & a halfe quarter
of a pond of butter: washed in rose water

folio 65 verso

To drawe a tooth

Take a mulborye root beeing gotton in the begining
of Iune: and layd in wine vineger: iust nine days
and then drie in the sunn: and pound it to powder
and put it into a fine lawne ragge: and put it
to one tooth that aches: and noe more but that
tooth: and it will draw it: for the wormes

folio 66 recto

for the tooth ache

If the tooth bee troubled with a blud: let them first bleed
with a nedle: take a sponeful of wheat flower: more
or lesse: and a peniworth of Cloues: and a prity doase
of peper: and kneaded: with strong water: and
bake it in the embere: and dicpe in strong water
a small quantity: and put it to the tooth: and if the
tooth bee halloe: first pick it: and then a plye it
and this may doe you good
1709

folios verso

for a sore mouth

Take the inner barche of Elme &
boyle in water //
A pottel is to quarts //
eum

back endleaf 1 recto

back endleaf 1 verso

back endleaf 2 recto

back endleaf 2 verso

back endleaf 3 recto

back endleaf 3 verso

back inside cover

back outside cover

spine

head

fore-edge

tail