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V.b.272: Receipt book [manuscript].

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A Receipt for the yellow launders

Make your hearth uery clean then take such a quantity of green Ash wood as will make a pint of ashes which must be sifted through a hair siue. you must burn one of your sticks to light the rest for it must not be lit with any thing else then take such a quantity of your morning water, as will make it into a past then make ^{it}, in 3 litle pyes when you haue made it into pyes take a drame of safron and deuide it equally into 3 and put it into the pyes and put them upon a trencher and fill them up with some more of the water then put them upon the bed teaster or any other dry place where nobody ~~may~~ mant look or handle them and let them stand till the person is Cured

how to, ^{make} black salue

take a pint of the best sallet oyle and halfe a pound of the best red lead finely beatin and halfe a quarter of a pound of beas wax shaue it uery small and put these altogether and let them boile uery softly till it is uery black then drop a drop upon a dish to see if it be uery stife then tis don enough and you may rub your hand with a litle sallet oyle and rowle it for your use this salue Cures all sortes of old and new boyles bustions and burns and the kings euill

Mrs Warburtons receipt, for black salve
an egg water for the face

take as many whites of eggs as you please and beat
them verry well then put them in a still and let them
be verry slow a distilling when you put it into botles
put in a lump of Camphier into your botles
this is reckoned verry good to wash
the face with and also to take the pits
of the smallpox out

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how to make lucatellus Balsam

take 3 pints of the best sallet oyle and 6 spoonfulls
of the best Canary sack beat them well together
then take one pound of the best uenice turpentine
wash it in Rose water till it be white then take
yellow wax slice it into the rose water and melt it ouer
the fier to Clarifye ~~it the wax then put it to the~~
~~rest and boile it altogether an hour and halfe or longer~~
~~till is is a stiff oyntment~~ then take it off the fier and
let it cool in ^a Cake when it is cool take the dross and water
from it then take 10 ounces good weight of that
Clarified wax and put it to the rest and boyle
it altogether and hour and halfe or longer till
tis a stiff oyntment you may try it by puting
a litle in a spoon then take it off the fier and
add to it a one ounce of Naturall balsam one ounce
of saint Iohns wort and one ounce of red saunders
in fine powder let the saunders be new stir all
these together not leauing off till it be Cold then
put it into your pots take notice you must not
set it on the fier after you haue put in the
balsom and powders and remember to boyle it
on a verry gentle fier.

snail water for the face

to a quart of snails a quart of beanflowers that
is blosomes and a pint of the blosoms of femitary
12 lemons and a quart of white wine and 3 pints of
milke 12 coucubers pared let the snails be only wip't clean
bruise the lemons and Coucubers with the flowers
then put them altogether in an ordinary still pouring
the milke and wine upon them distill them with

a slow fier
this is reckoned a uery good receipt for
the face and also to take the pits out of
the small pox

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to make aquamarabillus

take a large quarte of the iuce of green sallindine
a large pint of the iuce of sparemint a large pint
of the iuce of balm a large pint of the iuce of
angellico 2 quarters of a pound of raysons in the
sun bruised 3 quarters of a pound of glister suger
and take 2 lemons and 3 oranges sliset you must put
all these together into your still and with them put
in 2 quartes of french Brandy and 4 quartes of
fair water to saue your still draw of 6 quartes
altogether then you need not put in any water
when you still your drugs. then take gallingall
bistord orice root Cardumum Cubibs Callimusarimaticus
Mace Cloues Cenimon Nutmegs Rosemary flowers Cowslep
flowers Violet flowers Mellenet flowers Cloue gilliflowers
Roses damask or Red of each of these a quarter and
halfe quarter of an ounce the flowers must be dry
bruise the drugs in a Morter infuse the flowers and
drugs a day and a Night in a Gallon of french brandy
more. then add to that still the 6 quartes as you draw'd
off with your Iuses and then draw of 6 quartes of
strong and one quart of small by it selfe to make
your surop of: when you make you surop you must
take 3 pound of suger and a quarter of a pint of rose water
if you think your water will be to strong put in all
your quart of small let it be a thine surop let it
iust boyle and then scum it and put it hot to your
water then strane it throw 4 or 5 flanell bags 3 or 4
times when it is Cold filter it through paper you
must not be to long after your water is stilld before
you sweetin it because the small water won't keep
when you still it keep a gentle fier and let your
water in your worm tub be alwaies Cōl Coole

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to make Elldor Water

take 4 pound and halfe of eldor flowers to
5 quartes of french Brandy and infuse them a day

and 2 nights in the Brandy then add 5 quarts of water to saue your still you must let it boyle before you put on the head of your still when you see the flowers fall then past on the head of the still you must draw of 5 quarts of strong and one quart of small to make your surop with keep youer a moderate slow fier and keep the water in your worm tub allwaies Coole when you make your Surop take the quart of small and 2 pound of fine powder suger let it boyle then skum it and put it hot into your water then strain it through 5 flanel bags and when it is Cold filter it through paper

how to make surfeit water with spirits

take 5 quartes of the best english spirits and 2 pound of popies out of Corn and 1~~oz~~ 1 ounce and halfe of aniseeds and an ounce and halfe of ornary fenell seeds and a good handfull of rue and a good handfull of balme and a good handfull of angellico bruise your seeds and your erbs then take all these ingredience and put them into the 5 quarts of spirits and let them lye in 2 nights and 2 days then put them into your still and put in 4 quarts of water to saue your still and let them still with a uery slow fier till you haue drawn aboute a quart if your spirits are uery good you may draw of 6 quarts together and if you think that is to strong you must draw of a quart by it selfe to mix with the other according to your own pallet

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to Make surfeit Water with Ale

take 4 Gallons of strong ale and to it angellico Rue and balm of each a good handfull 4 pound of Red popie^s that grows in the Corn Aniseeds and fenill seeds of each an ounce and halfe bruise the seeds and cut the herbs put them altogether into the ale and let them infuse 2 daies and then distill them in a worm still as the other waters but put no water to it you may draw 4 quarts from this and a quart of small if you please

how to make Cenimon Water

to 2 large quarts of brandy take 7 ounces of Cenimon beaten uery small and infused all night in the Brandy and then put 4 quarts of water to saue your still and draw the same quantity of as you put in Brandy by itselpe and more as you occasion and make the surop with the small 1 pound of suger sweetins this

how to Make Oringe Water

take 6 quarts of brandy take 1 pound and 3 quarters of dry oringe peale beaten and infuse one night or 2 in your brandy and then put them into your still adding 4 raw oringes slicet with 4 quarts of water to saue your still draw of as much as you put in brandy and after that draw of a pint of small to make your surop with 2 pound of suger sweetins this quantity strane it throw 5 flanell bags 3 times and filter it through paper

how to make Elldor wine

take 16 quarts of waters and 8 quarts of the iuce of eldor ber^ry's being bruised and strain'd through a hare siue then put to it 12 pound of the best powder suger and let it boyle untill you haue scum'd it uery well when tis Cold enough put some yeast to it and tun it 2 daies after and aboute y^ou Christmas you may draw of it off into botles or sooner if it be Clear

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how to preserue hips

take hips when they are full Red before they are full ripe split them and scrape ~~them~~ out all the seeds and serape pare out that that is in the inside then put them into a pitcher and set them into a kettle of water and let them boyle till they are soft then take them out and pulp them through a hare siue and to euery pound of pulp put a pound of suger and boyle it to a Conserue this is the best way of

making it for if they be full ripe they will be much stifer

how to make ielly of Curans

you must first strip your Curans of the stalkes
then put them ~~in, a pitcher couer it Close and set it~~
in a pitcher Couer it Close and set it ~~on~~ in a pan
of water and let it boyle when it hath boyl'd halfe
an hour take the pitcher out lay a trencher upon
the mouth of it and draw off what iuce you Can
but doe ~~not~~ not shake it the Curans then put them
in the pan again and let them boyle and euery
quarter of an hour draw the iuce from them
till you haue got all the iuce you can then to
euery, ^{pint} put a pound of double refin'd suger beat fine
stirr it together and let it stand all night the next
day set it on a fier in a siluer cup or tanker
doe not stirr it after it begins to be hott when
it begins to boyle it is enough then put it into
your glases

to make pipin Gelly

take your pipins and pare them and quarter them then
put water enough to couer them let them boyle well
then take and strane the liquor through a flanell bag
and take a pound of double refin'd suger to a pint of
liquor and squees some lemons in to make it sharp then
boyle it well till it begins to Gelly and boyle a lemon
peale and cut it in dices and put it in your
glases with your Jelly

7

to make Mamalet of quinces

take your quinces when they are full ripe and
pare them and quarter them and take the Cores
from them and all the specks then weigh them
and take 3 quarters of a pound of loafe suger to
euery pound of quince and 1 pint of pump water
let them boyle till they are red then take them
out of the liquor and mash them uery well then
put them into your liquor again and let them
boyle till tis stiff enough then put it into your

glases

how to preserue Chery's

you must take the best Chery's and stone them
and put 3 quarters of a pound of double refined
suger to 1 pound of Chery's and a litle Curan iuce
and a litle spring water boyle them till they
begin to Jelly and look Clear then put them
in your glases

how to dry Chery's

you must take 5 pound of suger to 12 pound
of Chery's stone your Chery's disolue your suger
first in a litle water ouer the fier then let
it boyle and skum it and put your Chery's in
let them boyle till they are tender then put them ~~them~~ ^{them}
in a pott with the surop and heat them once or
twice more after then put them out to drye

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how to make Ginger bread

take 6 pound flower a quart of hony and 2 pound
of white suger set the hony and suger on the fier
let it boyle a litle and then take it off and when
it is a litle Coole put in aboute a quarter of a
pint of sack and a litle brandy then put into the
flower such a quantity of beaten Ginger Anniseeds
Caraway seeds and Coryander seeds as suits best
with your pallate. bruis'd. stirr in the liquor
indifferent hot flower the pans before you put
it in Cut the past on the topp and set it into
a quick ouen aboute an hour and halfe will bake it

to Make plane ginger Bread

Take 2 quarts of fine flower a quarter
of a pound of searsed, ^{powder} suger one ounce of and halfe
of searsed Ginger a whole Nutmeg grated mix these
in your flower then haue 2 pound ^{of} ~~tea~~ treacle
and a quarter of a pound of fresh buter melted

together, washing your saucepan with 2 or 3 spoonfulls of Cream or new milke poure it into your flower mix it altogether with your hand the longer you beat it with your hand the lighter it will be then fill your litle cofins not aboue halfe full for they will rise. aboute halfe an hour will bake them

Mrs Lees Receipt

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A Receipt to make a Plum Cake

take 5 quarts of fine flower take 2 pound of new fresh buter rub the buter well in the flower till it be all disolu'd and mixt with the flower that you can see noe buter then put in 4 pound of Curans take 2 nutmegs and a litle mace finely beaten 3 quarters of a pound of suger sifted fine mix all these uery well together with your flower and buter then put in 10 eggs leaue halfe of the whites beat them uery well with 2 spoonfulls of rose water before you put them in put in a quart of uery good ale yeast strain'd then mix it with as much Cream as will & make it of the thickness of french bread you must boyle the Cream before and let it Coole till you can endure your finger in it before you put it in when it is mixed together warme a Cloth set it by the fier and Couer it but beshure you knead it not but instead of kneading squeeze it through your hand let it stand by the fier halfe an hour then butter a large sheet of paper all ouer as thin as you can but if you lay it smooth you spoil it therefore be Carefull to lay it Ouall fashion and raise it and raise it with your finger that it may lye rugged then take a quarter of a pound of fine suger and put as much rose water as will iust melt it and set it on embers till it be warm that you can hold your finger in without burning then take a feather and wet the Cake all Ouer then set it in the ouen an hour and a quarter will bake it
a pint of Cream or something less with the quart of yeast will doe to temper this Cake or rather to much but you may leaue out a litle as you see occasion beshure you knead not the Cake and you Canot miss it

How to make a Seed Cake

take 2 quarts of flower and 2 pound of flower
butter 4 egg yolkes and 2 egg whits 6 spoonfulls
of Cream and 6 of yeast mingle all these together
and let them rise before the fier an hour
then knead in a pound of Caraway Comfits
bake it in a tin puddin pan or a Garth let
not your ouen be to hott it will be bakt in
an hour or less
my mothers way

how to make a plumb Cake

take halfe a peck of fine flower and 3 pound
of butter rub your butter and flower well to
together then take 6 pound of Curans one pound
of Raysons stoned shred them take one of pound
of suger and a pint of sack one pint of Cream
a quart of yeast and 24 egg yolkes and whits
one ounce of nutmegs and a quarter of an ounce
of Cloues one spoonfull of salt mix all these
together and set it before the fier to rise
an hour you may bake it in a wooden hoop
or a tin one butter it well
my mothers way

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To make Plumb Bisket

take halfe a pound of fine suger sifted one pound
of butter beat the butter and suger together a
full hour then put 4 spoonfulls of Rose water
and beat them altogether till tis like a past then
take it out of the Morter and shake in a pound
of fine flower well dry'd mix them altogether
then put in one pound of Curans 3 egg yolkes
and 2 whites then mix it altogether and not
knead it you must put in a litle Nutmeg the
ouen must be ready iust when you haue don
and drop them on flowerd papers let the Ouen
be prety hott that they may rise haue ready
some rose water and a litle suger mixt together
to put upon them when they are bak^ed and put
them in a litle while again to dry

To make a Seed Cake

take 3 pound of flower to 2 pound of Caraway
Comfits 12 yolkes of eggs and 4 whites 3 pound of
buter unwashed then rub your buter with with
2 partes of the flower well: the other part mould
it with yeast a litle warm'd with milke as you doe
your french bread and then mould it alltogether
and put it into the ouen with a hoop or paper
an hour is enough in a quick ouen but not burn
it and when it is, ^{almost} enough take it and Ice it and
put it in again till the Ice be dry

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How to Make quince Wine

take quinces pare them and grate them to the Cores
then press the pulp in a bag and to euey Gallon of
this Liquor add a pound of ordinary loafe suger that
is the best single refined suger then stop it upp in a
Runlet for a month till it is fine then botle it with
it a lump or 2 of suger more: you may add a Gallon
of Pipin Iuce to euey 4 Gallons of quinces if you please
Mrs Foullers receipt

To make Coflett

take 7 quartes of the strongest woort boyle it halfe
away then put into it a quarte of the best hony let
it boyle almost an hour put into it the quantity of
halfe a peny loafe gratted let it boyle till it be prety thick
then put into it 6 peper Cornes bruised a flack of Mace
one quarter of a nutmeg and a thimble full of aniseeds
2 or 3 Cloues a peice of a race of Ginger let all boyle
together till it will slip of the point of a wet knife then
take it off the fier and put it in boxes or wooden dishes
pound your spice and seedes small and soe boyle alltogether

How to Pickell Oysters

when all the Oysters are open saue the liquor put noe
water to the liquor wash the Oysters in that liquor
one by one to get out the Grauell to 2 hundred of Oysters

put a quarte of good white Wine and all the liquor of
the Oysters strain'd before you put the white wine to them
put whole peper onyon and salt according to your discession
as you will haue them more or less seasoned boyle all these
together a uery litle while for when the oysters boyle long they
shrink and become hard put them upp in a Barrell or a stone
iugg well stopt
if they be not seasoned enough you may add more
seasoning at any time the peper must be put in whole

How to dry Tongues

make a uery strong brine with peter salt and when
you haue wash't your Tongues uery Clean lay them in
to be Couered for a month sometimes take them out
and pull them out with your hands for they will
be apt to shrinke upp when they feele uery firme
then they are salted enough if you smoak them at all
let it be with wet hay

To make Porke eat like westphalia Ham

take the hinde quarter of porke and Cut it in the
forme of a westphalia ham then take a rowling pin and
beat it well with it but so as not to break the skin then
salt it with salt peter and other salt a pound of salt
together let the salt be uery well rubed in especially
~~between~~ at the hock between the skin and the bone
stop some of the salt peter then let it lye 3 or 4 dayes
then make brine with the other halfe pound of salt peter
and other salt that when your brine boyles it may beare
an egg when it is Cold put it to the porke and let it lye
a fortnight then take out a ham and rub on it 2 ounces
of brown suger by the fier then put it in and let it lye
a fortnight longer then take out to dry when you boyle your
pickle take 6 penyworth of scutshinell bruised and tyed in a
fine rag and boyle it in

To pott Venison

when you haue seasoned your uenison put a lay of butter
in the botom of the pott put your uenison into your pott but
before slice a nutmeg and put upon your uenison either ,ⁱⁿ roles or
peices you may lay it in which way you please you may put in

2 or 3 bay leaues and 2 or 3 sprigs of Rosemary Couering it ouer with butter and strowing it ouer ~~with butter~~ a thimble full of peper one it you may let it stand in the ouen 5 hours and when it is soaked enough poure the grauy from it scum the fat of the grauy and put it to the uenison again and what it wants fill up with butter an inch aboue the uenison let not your peper be beaten to small when you season your uenison

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To dress a Pike that is large

first open his belly and according to the bigness of the belly put in the more butter and halfe a dozen of pickled Oysters and as many of oliues time and margerum and winter sauory shred small and put into the belly and soe it up fast and tye it on the spit with w splents and tape and take 3 quarters of a pint of Clarrett and put it in a dish under it and baste it ofte ~~in a dish and~~ and when you see it, ^{is} roasted enough dish it up with what falls in the dish

To Collar Ealls

take time sweet margerom winter sauory and parsely shred them small take peper Cloues mace nutmeg and salt then take the eall skin and open them scour them with salt and water take out the back bone. dry them with a Cloth and season them with the herbs and spices then roule ^ and bind them ^{uery} tite and sow them up in a Cloth take some water make it sharp with ueniger season them ^{it} high with salt put in a blade of Mace some Cloues peper and lemon peale let it boyle and then put in the Eals and keep them boyling halfe an hour then take them up and let them stand till they are Cold in the Cloth when your liquor is Cold put the eals into , ^{it} there must be liquor enough to Couer them Cousin Martyn ;

To Make a Hogs Chease

take a h Hogs Cheake and a beafes Cheake boyling them uery tender then take them and mince them uery small season it with Mace Cloues Nutmegs and salt ~~and put it~~ and lay it in a press 12 hours

then it out and put it into white wine ueniger a day
and Night then whelm it up eating it when it is uery
dry
if you haue not a press you may lay weights
upon it

To make white Scotchcollops

take a leg of ueale and Cut it into thin Collops and
hack them uery well and season them with Nutmeg peper
and salt then put into your stue pan aboute 1 ounce
of butter and aboute 4 spoonfulls of Cream then Couer
it all ouer with the ueale Collops then put in 2 or 3 blades
of Mace 2 or 3 Corns of peper one onyon stuck with Cloues
1 bunch of parsely and a litle time then Couer it Close till
it is enough then put it all into a pan and Clouer it Close
to keep it warme then put the same quantity of Cream
and butter into your pan again with a fresh layre of
Collops and so you must keep doing on till tis all done
enough the same seasoning will doe for all only season it
with a litle peper and salt as you think fit then you
must take 2 yolkes of eggs and beat them up with a litle
nutmeg and 3 or 4 spoonfulls of Cream and a litle sred
parsely then put all your liquor and all your Collops into
your stue pan and let haue one boyle then take them
off the fier till the fury of the heat is ouer then put
in your thickning of eggs and set ouer the fier tossing
it upp 3 or 4 times if you find it not thick enough
~~when you think tis enough~~ squee roule up a bit of butter
with a litle flower and tose it alltogether till you think
it is enough when you think it is enough squee a lemon
and put in 4 spoonfulls of white wine and put in the
forcetmeat balls and oysters the balls must be boyled and
the Oysters stued then shake it uery well and put it into
your dish Garnishing it as you please

To Make a Tansy

take 16 eggs leaue out halfe the whites take a pint of
iuce of spinedge and a litle tansy mixt with it grate 3
hapeny loaues and 2 naples bisket and one Nutmeg a quarter of
a pint of rose water a pint of Cream 3 quarters of a pound
of loafe suger mix all these together then put it in a stue pan
and ~~draw~~ draw it to a ~~Curd~~ Crud then draw turn it with
a pye plate when tis enough squee some orange or lemon

upon it and garnish it with the same
when you put it into the pan put a good peice of butter
with it and keep it moist with buter all the while it
is a bakeing but drane it well before you send it up

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To make to make Rattefea

you must take the best Brandy and to one
quart of brandy one hundred of aprycock
stones and halfe a pound of white suger
Candy and a quarter of an ounce of cenimon
the candy must be broke a litel and the
cenimon broke a peices with your fingers
the stones must be crackt then put all
together and set it in the sun for
6 six weeks tyed Close aboute with
a Cloth shake it 3 times a day if the
weather is wett and cold you may set
it by the fier you must let it stand
3 dayes to settle and then strane it
through a hare-siue gelly bag the bottom
you must let stand a day longer to
Clear and then bottle it

To make an ^{orange} Caret puding

take the cut rines of 6 Ceuill oranges boyle
them uery tender Change the water you boyle
them in prety often least they be to bitter
beat them in a stone Morter with 2 pound
of butter beat them to a fine pulp then
beat 16 eggs with halfe a quarter of a pint
of sack and mix altogether sweeten it with
suger to your tast but you must make it
uery sweet and put it in a dish first Couer
your dish with fine puff past Cutting out
the edges and laying litle rowles of past
crose the puding
M

17

To Make Cowslip Wine

take a peck of Cowslip flowers pick the seeds out

your peck must be squeeed ~~done~~ down and to euery
peck of flowers 3 gallons of water and to euery
gallon of water 2 pound of suger boyle your water
and suger an halfe an hour skum it uery clean
then ~~power~~ it poure it upon your flowers
and let it stand 24 hours and then squeees out
your flowers put to euery gallon the iuce of
one lemon and the peale cut thin and to euery
gallon a spoonfull of yeast let it stand 24 hours
more beaten it in twice in that time then tun
it into uessells and let it stand six weeks
then botle, ^{it} and to euery botle put halfe an ounce
of double refined suger
Mrs Hitch

To make Goosbery Wine

gather your goosbery's full Ripe and beat
them and to euery Gallon of Pulp put two
quarts of spring water boyled put it in warm
stir them well together and let them stand
3 or 4 hours then put them in a hair ^{bagg} &
press them in syder press to euery Gallon of
liquor put 2 pound of fine powder suger
when the suger is melted Tun it up and let
it stand 8 months then botle it and if you
find it sharp put into euery botle 2 or 3
lumps of double refined suger if your Vessell
be not full tis no worse let your barrell
be Close stopt giue it uent often
Mrs Hitch

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Curan Wine white or Red

take 4 pound of Currans 8 pound of Rasps
let them be full ripe beat them small
and put 8 quarts of spring water first
boyled and almost Cold again stir them
well together & squeees out the Iuice through
a flaning bagg and to euery gallon of
these put 2 pound of fine powder suger
put it into a barrell stop it Close &
shake it often for 24 hours let it
stand in the barrell ~~for~~ 6 weeks then
botle it and if it be sharp put 2 or 3
lumps of double refined suger into

euery botle the barrell must be but
3 parts full you make white Curan
the same way but leaue out the
Rasps and put one quart of water
more if it be two it will not be amiss
Mrs Hitch

To Pickle french Beans

take halfe a peck of french beans and halfe
a pint of bay salt & make a pickle of it and
other salt that will bear an egg and lay them
in it 10 dayes then boyle them in fresh water
and put a glass of ueniger in the water then
lay them a drayning and dry them well with
a Cloth you must take an ounce of blak
peper halfe an ounce of Cloues a quarter
of an ounce of Mace then put your beans
in the pott and strow your spice among
the beans then take 2 quarts of ueniger
boyle a pint of the ueniger with a litle
of the spice and salt it as you think fit
then put it upon the beans Cold
Mrs Gill

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To Stanch blood

take a spoonfull of the blood put it into as much powder
of white Copporice as will make it uery dry thick set it
in the ayre in some Cold place and as it Cooles the
blood will stanch

An aproued Receipt for biter Drink

Gentian Orice Root of each one ounce Cardimun seeds
halfe an ounce Centaury two handfulls a seuill Orange
peel infused in a Gallon of water six hours drink
a quarter of a pint in a Morning fasting one hour
after it the same quantity aboute four in the after Noon
if they are any waies inclinable to a
Consumption put a spoonfull of compound
a snaile water to it when you drink it

how to make Mrs Astons drink against a Consumption
or tiseck

take 6 quarts of spring water and halfe an ounce of anniseeds
and halfe an ounce of sweet fenill seeds and an ounce of
liquorish and 2 ounces of China root thin sliset and a
quarter of a pound of heartshorn and two ounces of pearle
barley you must boyle the barley first by it selfe and
streyn it then put it in and let all these boyle together
2 hours gently then take a pound and halfe of reasons of
the sun stoned and a quarter of a pound of dates slised
and 2 ounces of iordan almonds beaten uery fine and
2 bunches of Groundiuy 2 bunches of hartstong and a
handfull of plantine and a handfull of maiden hair 2
bunches of spotted longwort 2 ounces of figs slicet then
let all these stew together af after all the things be in 3 hours
note that you must strain all out and then mingle the
almonds and let them haue but one boyle. you must take
halfe warm in a morning fasting and as much at night
the last thing you doe when it is cold put it in
botles which kept Close Coole in the winter will keep
nere a week but if you find it begine to change
then giue it a scauld and it will keep the longer
the ~~in her~~ yerbs must all be green except the maiden
hair which is not all times to be had green the
lickerish must be slised and the seeds bruised
a litle

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A Receipt for Pomatum

Take one pound of veale or Lamb suet and lay it
in water two days shifting the water twice a day
then take it out and dry it well in a Cloth and
shred it very small then take one large Marshmallo Root
scrape it and slice it very thin take halfe an ounce of
of ~~storiee~~ white sud suger candy one quarter of an ounce
sorex as much Bengamin all beaten into fine powder
then take a long gally Pot and lay one layer of Root
another of suet and the powders strowd between
with a quarter of an ounce of palmacity tye the Pot
close with a cloth and let it boyle in a skellet of
water till the Root is tender then straine it out
through a cloth and when tis cold melt it a litle
at a litle at a time in a silver Poringer with a
litle Rose water and beat it with a spoon till

it is as white as snow then drop it upon paper

to make lip Salve

Take half an ounce of virgins wax one ounce of pomatum of
Roses, 20 Rasons of the sun ston'd, half a Lemon Sliced peelee
and all half a sower Aple pair'd and sliced put all these in
to a pipkin with two or three peices of Alkanite Rovt and let
it boyle till it looks Reed then strain it off

Receipt for they Bites

the Peel of a dozen of or fifteen of the best Civil Oranges peeld
so thin that there may be none of the wite upon it, half an ounce
of the best English Saffron, an ounce of Gentian slic'd very thin
steep all these in a quart of the best French Brandy and let
it stand three Weeks, shake the Vessel it is put into twice every
day then filtre it of into a tincture, the drops of which are to
be taken in tea, wine, water or any thing of that kind a
little tea spoonfull at a time

To Make Surfitt Water

to a Gallon of Brandy a peck of poppys half an ounce
of Sennomon half an ounce of Nutmeggs a *quarter* of an ounce
of Mace a *quarter* of an ounce of Cloves a pond of Rasons stoned
half an ounce of Cardimuns Seeds and half an ounce of
Carroway seed and half Coliander seeds a sprigg of angillico
and let it stand ten days or a fortnight and then straine
of

you may distill the Lease if you think fitt
and to a Gallon of Brandy take 2 handfulls of Mint 2
handfulls of Balme a handfull of Roasmary some Baye Leaves
a Sprigg of Angellico a handfull of Cardus a penyworth of
Juniper Berrys

To Mak Whipt Sullebubs

to a quart of Cream take a pint of White wine and halfe a
pint of sack the Iuce of two Lemmons and the Peel of won
greated in sweeten it to your tast with double refind loafe

Suger put it all into a Bason and keep it stiring all won way
with a Rod till it is all of a thickness then put it into
your Glases the must stand twelve or four an twenty
hours before they are eat

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To Make Eye water for Horses

Take a handfull of ground Ivy pounded in a Mortar &
straine *the* Iuice thro a Linen ragg then add *the* same
Quantity of Oyle of roses & Live Honey or Virgin Honey
& wash *the* Eye with it

Plague Water

Take Balm, Featherfue, Rue, Sage, Wormwood
Bistock Roots, Cardus, Marigolds, Harts ease, Poppys
Pimpernell, Tormentall with the Roots, Bittany
Woodsorrill, Scabious, Magwort, Dragons, Avinmother
Time, Burnet, Angellico, Salendine, Rosa=Solus ~~Agrimo~~
Agrimony, Motherwort, elicompany Roots, Mint
Southern=Wood, Scordium, of each of these a quarter
of a pound and Rosemary a quarter and half
shred all these and put to them six quarts of Brandy
and let it stand two or three days and when you
still it put to it Anniseeds sweet Fennill Seeds
Coriander Seeds of each one ounce Diascordium
Venice Treacle, Saffron Cinamon Cloves Nutmegs
of each of these a quarter of an ounce bruise
them all and put in one ounce of Snake Root
when you still it put 4 or 5 quarts of water to save
your still you may draw of six quarts of strong
and one quart of small to mix ~~with~~ some with it
if you find it to strong
Cousin Martyn

Milk Water

Two handfulls of Mint, two handfulls of Balm
and one of Cardus, and not so much Wormwood
cut them and steep em twelve hours in new Milk
about a quart will doe fill the limbick with herbs
and then put in five quarts of Milk and draw of

three
Cousin Martyn

Milk Water another way

Take of Meadowsweet, Cardus, Goats=Row, of each six handfulls, Mint, Wormwood of each five handfulls, Rue three handfulls, Angellico two handfulls, dry the herbs and put them into your Limbeck with a sufficient quantity of spring water which draw to a due strength it is best iudg'd of by the tast
Cousin Martyn

To Make Surfeit Water

Take six pound of Poppys one pound of Rue one pound of Balm one pound of Angellico one pound of Green walnuts sliced cut your herbs and let them steep a day or two in six quarts of Brandy then add [^] ^{sweet} fennill Seeds anniseeds coriander seeds of each two ounces and two ounces of snake Root bruise your Seeds and let them infuse one day then still it and put four quarts of water to save your still draw of six quarts together [^] you may draw ~~and~~ one quart [^] of small by it self that if you find it to strong you may mix some of the quart with it

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an electuary

two ounces of Steel, one ounce of Rubarb half an ounce [^] of Saffron in powder ^{one ounce} ~~four~~ Nutmegs six penny weight of Goas Stone mixt with syrrop of Violetts take the bigness of a little Nutmeg every Morning a bed drinking a little white wine and water after it, Sleep after it if you can take the same quantity in the after-noon
if you dont like it in an electuary you may make it in powder only adding half a pound of Sugar instead of syrrop and take a tea spoonfull of it morning and afternoon

Mrs Mego

The Specifix Balsam

Balsam of Peru one Ounce
Best Storax two Ounces
Beniamin Impregnated with Sweet Almonds three Ounces
Alaes Succabrine}
Myrh}
ffrankencence} of each half an Ounce
Angelia Roots}
fflowers of *Saint Iohn* wort}

Beat these Drugs (Balsam excepted) as small as possible
then put them into a Bottle and pour on them the Balsam
of Peru and a pint and half of the best Spirit of Wine
then stop the Bottle very Close, and set it for twenty or thirty
days in the hot sun a sand heat or Dunghill will do as well
shake it 2 or 3 times each day, take it in, in the Nights, or
when it Raines, when you have occasion to make use of any
put some out in a vial, always keep the Bottle Close stopt.

Its Vertues

It Cures all Green Wounds by dropping a little in or annoynting it
with a feather, if an old Wound it must be first well cleand.
white a brown paper is the best Cover dipt in it, it cures Scalds and
bruises that same way, but not aply'd after the Blister is Broke.
in Scrophalas Cases :20: or :30: drops must be taken inwardly in
White Wine once or twice a day. it Cures the Biteing of a Mad
dog by the same Method and by droping some in the Wound.
in the Small Pox from :5: to :30: drops according to the age of the
Patient once in |24| hours till they are turn'd, and it hinders
pitting by annoynting with a feather. it gives ease in the tooth ach
by dipping lint in it and aplying it to the tooth. to the ear
for pains in the ear. and to the Nostrils for the head Ach.
from :20: to :40: drops will remove any inward pains of the
Chollick whether Stomach or Bowells taken in a glass of
white Wine and Bath Water Warm repeat it as often as
occasion, you may drop it on Sugar and drink the Wine and
Water after it. tis good in the Spoted feaver and most
other Cases, and as good ^ for Brutes as men

Mrs Hunt

To Make dry'd Beef

take 24 pound of the thick end of the Brisket
rub in an ounce of Salt Peter, finely beaten
in every place, let it lye a Night and a day, then
take an ounce more of salt Peter finely beat with
four large handfulls of common Salt, and a handfull
of bay salt and a pound of coarse Sugar, mix all these
together and warm it in a stew pan, but besure not
to melt it, and while it is hott, rub it all over the
Beef, then let it lye till it melts into brine, then
turn it twice every day and bast it with the brine
and so let it lye almost three weeks then dry it
as ~~ba~~ Bacon

Casha for Shortness of Breath

one pound of Double refin'd sugar, one Ounce of
Terra Iapanica , two Grains of Ambergrease, one
Grain of Musk; put all into a quarter of a pint of
Orange Flower Water, and boil it to a Candy height
NB it must be boil'd in a Silver Sauce pan.

To Make Eringo Cream

Take a pint and halfe of Cream put into it two ounces
of preserved Eringo Cut in thin slices boyle them together
it will thicken the cream very much then beate the Yolks
of 3 eggs and put into it and send it in glasses or Cupps, when
it is cold stick it with Cittron Cutt in thin slices, Cut some
Canded Oranges peale and Cittron very small and lay it in
little heaps upon the Cream/

To Make Almond Butter

Take a Quarter of a pound of sweet butter, New from the
Churm and a Quarter of a pound of Almonds, beaten with
Orange flower water soe fine that you cannot feele them
a little Sugar and put in Searced mingle the Almonds and
butter well together and force it throug^h a sive with the
back of a spoon or through an earthen Cullender and let
it lye high in the plate/

To Make almond Butter

Lady Sidley

Take a pint of Cream and when itt boyles putt in 7 yolks of Eggs lett ~~tit~~ itt boyle till the whey Comes from itt putt itt in a hair sive and lett the whey runn from itt when cold take a handfull of blaunched Almonds and beate them in cold Water very small and rubb them through a sive with the Eggs into a pan season itt with Sugar and Rose water according to your taste/

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A lemon Cream

Take four lemons and Chip them very thin, shread some of those Chips very small and put them into a Pouringer squeeze to them all the iuce of *the* Lemons: so let them steep two or three houres or more then take the whites of eight Eggs and two of the paillest yelks. beat them well together and strain them through a wollen strainer season it with double refned Suger; if you please some Musk and Ambergreece, set it on a chafingdish of Coale stir it continually one way: it must scald but not boyle and so be kept sturing till it be as thick Cream then put it out. serve it up cold: it will keep two or 3 days

Chocolate Creame

Take a ~~pound~~ pint of Cream when it begins to boyle put into it a large spoonfull of grated Chocolate let it boyle Up keeping it all the while stirring then put in the Yolks of 2 Eggs beat. let it stand a little longer till it begins to thicken then take it of the fire and mille it in a Chocolate pot so serve it up/

To Preserve Pippins Green

Take a pound of greene Pippins about Allholontide Cutt them in Quarters and boyle them in a Syropp which is made of a pound and a Quarter of Suger boyle them uery fast and when they are more then halfe ~~dry~~ boiled take them out of the Syropp and lay them upon a Silver plate untill they are allmost Cold, keep your Syropp boiling all the while before it Comes to a Gellee put in the pippins and when it is pretty well boyled lay the Quarters of pippins in a glass and have ready some rine of very green preserued lemon Cut in fashion of a leafe lay it between the Quarters and soe put in ..

Syrrop

To make Almond Cream

Boyle your Cream and have some Almonds ready beaten and boyle them in the Cream with a blade of mace if you like itt and stirr it till itt be almost Cold soe lett it stand till you Vse itt

To Make an almond tourt

Take halfe a pund of Almonds Blanch and beat them very fine putting in some orange fflower water as you beat them then put in the peelee of two Lemons finely Shred, a pound of Sugar and the yolks of Sixteen Eggs Stir these well together and put Some Candied orange and cittern then laie a very thin paste in the bottom of your dish Iust before you put it into a Gentle Oven mix a pound of Melted butter in it, a cross-bar of paste over all

To make White Lemon Cream

To every white of egge take four good spoonfulls of fair Water whip it up with a wisk till it froths let it stand five or six houres then pour out all the Clear water and put as much iuice of Lemmon to it as will make it very Sharp Sweeten it with double refined Sugar to your tast then strain it through a thick muslin put in a peice of lemmon peal boyl it in Something of silver keep it stirring when it thickens take it of the fire and run it throw a thin muslin into a Bason or small glasses if there is any Scum on it, take it of while it is very hot/

To Make Lemon or Orange Cheese-cakes

Take half a pound of almonds blanched and beaten very small some orange fflower water half a pound of sugar beaten and sifted three quarters of a pound of butter melted and almost cold again Eight yolks and four whites of Eggs very well beaten take the peelee of a large Lemon or Orange boyle it tender and beate it in a Morter Mix all together and put it into Crust which is Light.

To make a Sillibub of Lemon

Take a pint of Cream half a pound of Single refined Sugar the Iuice of a good Lemon and half Grate all the rind into half a pint of Sack and as much white wine put it all together into a large

bason and whip it all one way for a quarter of an hour put it in to your Glasses putting the Spoon to the bottom evry time these will keep ten dayes, but are best in two or three dayes

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Imperial Orange Cream

Take an ale pint of thick Cream and boyle it with 4 or 5 pastetells and a little Orange peelee Cut thin let it iust boyle then take it off the fire keep it Stirring till it be no warmer than milk from a Cow, have ready in a China bason or small Glases the iuice of 4 Sevill Oranges and one Lemon strain and sweeten it with double refined sugar and a little orange fflower water set the bason or Glasses on the Ground the iuice being in them run the Cream in thro' a tunnel or tea pot as high as you can from the bason that it may bubble up on the top of the Cream set it by five or six hours, if the weather ben't hot you may make it over night.

To Make Carrot Fritters

Boyle your Carrots tender a pound them in a Stone Morter and rub them through a hair seive with the back of a spoon, to a pound of carrot take a penny loaf grated, six Eggs and half a pint of cream a little nutmeg sugar and sack or Orange fflower water fri them with Clarified butter or Lard turn them with a Slice for they are very brittle

To Make a Mince pye

Two pounds of pipings before they are pared one pound of sewet half a pound of sugar half an ounce of Cinamon one Nutmeg three quarters of a pound of Currants the peel of one lemon a little white wine and as much rose water put in as much Canded Cittern and Orange as you think fit

To Make Snow

Take two Handfulls of Almonds Blaunched beate them well in a Mortar with a little rose water then take take the whites of 4 Eggs well beat put them into a pint of Cream sweeten it with Suger and Rose water then strain it into a Bason and beate it well and it will be Snow

To Preserve Pippins

Pare your pippins and Core them and to a pound of Apple put a pint of water and a pound of Sugar, when the water and Sugar boyles put in your Apples and boyle them but not to fast, when the Syrrup is pretty thick put in some Lemmon ꝑꝑ peele and parboyle it a pretty while in the Syrrup, when the Syrrup is thick and Apples tender take it of and put it into glasses; Golden Pippins does the best and the Clearst

Biskett of Quinces

Take Quinces being fresh gathered Coddle them till they are tender then peel them and scrape of the pulp scrape not to near the Core then rub it through a hair sive take the waight of double refined Suger put them together in a stone bason and beat it with a spoon 2 hours together it must be white thick and light then pour it into coffins of paper and stove them 2 or 3 days at which time they must be taken out of the papers else they will stick

To make Egge Pyes

Take Egges and beat them very well in a deep pewter Dish and sett them over a Charcole fire keeping them stirring till they are very dry soe that they will shread then take a pound and halfe of these Egges as much stoneed Raisons and 20 Dates 3 or 4 Pippins and shread all these very well together till it is like a Paste then take to this quantity four pound of and a halfe of Beefe seuit very finely shread and by degrees shread it all in till it be very finely shread add to this three pound of Curants season it with Nutmegg Cloves Mace and Sugar according to your taste add to these 7 or 8 spoonfulls of Rose water and near as much Vinegar and a spoonfull of orange peelee mingle all these very well together and so fill your Pyes

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To Pickle Peaches

Gather them when at full growth before they are at all ripe put them into salt and water strong enough to beare an egge let them be

Coovered in that brine 3 dayes then take them out wiping them gently then put them into pickle made of ready for them thus, with white:wine Vinegar a Clove or two of Garlick some ginger sliced and a pretty deal of well made mustard let the Peaches lye covered in this Pickle two Monthes ere you eat them and the pot they are in tyed down close/

The Milk water Docter Browne

Take Colts foot 2 handfulls Mint 3 handfulls Hysop 3 handfulls Bawne 4 handfulls Nuttmeggs 6 sliced Cowslip flowers and Burrige Bugloss flowers of each one handfull Sack 2 Quarts milke 2 Gallons distill ten pints in a Common still.

To make a Harty Choke or potatoe pye

Take your bottoms of your Harty Chokes being well boyled and put them into your pye, then lay on them some Candied Cittron orange and Lemon peelee being all Slic't thin some lumps of marrow and g quarters of Codled apples and a little butter then Close the pye and bake it in a moderate oven when tis bak't open it and put in a Cawdle made of white wine and Iuice of lemons which must be thickned with yolks of Eggs and Sweetned to your taste.

To Stew Carpes

Take Clarett according to the Quantity of fish sour sider or Verjuice a handfull of salt Ginger Pepper, Mace Cloves and Nuttmegg of each a little good Store of Onyons and a Bundle of Sweet Herbs some Anchovies let halfe the liquor be water for fear it prove to sour Lemon pealle a Little

for the Sauce

Take a pint of Clarett, Nutmeggs, Pepper Anchovies a Dozen, and Onyon or tow and a little Mace; let these boyle an hour then take Gravy and some liquor of the fish which they was boyled in, thicken it upp with browne - butter or egg's add near halfe a pound of butter serve it up with sliced Lemmon Horse Radish Mushroomes, Oysters and shrimps adds much to the goodness of the .

To Make a Battalia Pye

Take Six young Chickens about the bigness of Blackbirds Six Squab
Pidgeons truss them fit to bake Six Ox pallatts well boyled and Cut in
little slices Six Lamb Stones as many Veale Sweetbreads Cutt in halfes
and halfe boyled the bottoms of Six Artichoakes boyled and Blaunched
a Quart of great Oysters pareboyled the Marrow of four large bones
seasoned with pepper Salt Nuttmegg and Mace, fill the Pye with
the Meate and mingle some Pistachio Nutts amongst them, some
Yolkes of hard Eggs and as much butter as you think will keep it
all moist Close it up an hour and halfe will bake it in a Gentle
Oven, before you put it in pour in a little fair water when it is baked
pour out the butter and liquor and put in this following liquor
take halfe a pint of white wine halfe a pint of Mutton gravy two
Spoonfulls of Oyster liquor let it boyle then put in the iuice of two
oranges a good peice of butter the Yolks of two Egg's beate all well
together and put it into *the* Pye

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back outside modern cover

spine

head

fore-edge

tail