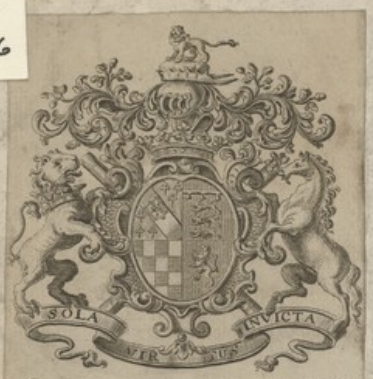
1796

~~4142~~

E



Edward Duke of Norfolk,
Earle Marshall of England.

To make a Pasty of Fish.

Take fresh Salmon, & Cut off ye skin, then take ye fatt of ye Gutt with ye milk, & Six Anchovys, & ye Yolkes of 4 Eggs boyle hard, a litle Thyme, Parsley & onion minced all well together, Seasond with Pepper, Salt, mace, Cloves & Nutmegs, then beat it in a Morter & having any other fish Season & fry it, then put it in ye pye with 2 or 3 boyled lettuces in ye bottom, then make rolls of forcid meat, & lay it in ye pye, close it & bake it, & make a leafe of butter, with Sixe 2 Anchovys, a blade of Mace, an onion, a slice of Lemon a litle horse radish, & pour ~~the liquor~~ pale butter in ye pye.

To force a Legge of Mutton.

Take a Legge of Mutton Cut off ye skin whole, then take ye meat & some beefe suet & tyme, sweet Marjoram Parsley & onyon, mince all these together, & being minced beat in a Morter & season it to ye palate, then fill ye skin of Mutton with ye forcid meat & cover it close, & put it in an Earthen Pan with some butter & put it into a slow oven to bake, or you may roast it, & being enough dish it & serve it with gravy & garnish it with lemon or Orange.

To made orange Pudding.

Take ye kind of 2 lemons, you may boyle them a litle or use them raw beat them in a Morter, add halfe a pound of butter, mace, halfe a pound of Sugar, ye Yolkes of 6 Eggs, beat them very well, for some you beat them, ye lighter they be, but you must not leave off beating, till you put them in ye oven, a litle baking will serve them, you may lay a litle past under them like a lettuce, if you please, or not.

To make Orange pudding.

Take halfe a pound of Naples Bisket grated small, a quarter of a pound of Jordan Almonds blanch'd & beaten to a paste, then take ye juice of 12 severall oranges, & cut to ye bigness of Almonds, then take ye yolks of 10 Eggs & put all these into a Marble mortar wth as much double refind Sugar as will sweeten it, & a whole Nutmegge, a little beaten Mace & Cinnamon, beat all these together till they be well mixt, then put in a little orange flower water, & have a sheet of Sugar past rolled out as thin as you can, sheet ye pan, put in ye pudding, bake it leisurely, draw it when baked, scrape on some Sugar & send it away.

To make beefe Pye in blood.

Take a Rump of beefe, & cut & flesh him, then beat & hack it, then have a quart of blood, season it wth all sorts of spice & salt, then take sweet herbs & onyon, & put to ye blood, season it wth all sorts of spice as before mentioned, & ye yolkes of 12 Eggs, ye Marrow of 8 bones, for want of Marrow then beefe Sewet, put in a pint of Cream, put all these together, & let them stand 24 hours, then make ye pye & put in ye beefe wth those ingredients, bake it & distally fill it wth gravy.

To make forcid meat.

Take a fillet of Veal, ye lean thereof wth ye Sewett, fat bacon, Thyme, Sweet Marjoram, parsley & onyon, mince all well together till it be small, then season it wth mace, Cloves pepper & salt, then beat it in a Marble or Stone mortar, till it be as fine as past, then put in ye yolkes of 4 Eggs raw wth ye Currants & fresh roll, beat them all well together & forced Meat fast or fish it is proper for ye day, or make a posy of it, or fry it about any made dish of Meat.

To Hash a Calves head.

Take a white fat & good Calves head, splitt & wash it clean put it to boyl, & being 3 quarters boyld take it up, & Cut ye flesh off ye bones & Cut it fitt for ye Hash, then put it into a pan wth a ladle full of gravy, a faggot of sweet herbs, a Slice of lemon 2 Anchovys, & a whole onyon stuck wth Cloves, then Season it to ye tast & Stew it, then take ye yolkes of 4 Eggs, & ye juice of a lemon, a few Capers a few Mushrooms, put all these in it & boile it well, then fry a little bacon, & put ye hash into a dish, & lay ye bacon about it.

To Hash a Shoulder of Mutton.

Take a Shoulder of Mutton, & halfe roast it, then draw it from ye spit, & take off ye Skin, & ye flesh from ye bones, & Cut off the Skin, put it into a pan wth ye gravy wch came from it, a ladle full of broth, a faggot of sweet herbs, a whole onyon, a small peece of bacon stuck wth cloves, 3 Anchovys a Slice of lemon, season it to ye tast, Stew it, then shake it in ye frying pan wth a little flower, & brown it, then put in ye Hash wth a few Capers & a little butter, then boile it well & squeeze the an orange & so serve it.

To Dubb a fillet of Veale.

Take a fillet of Veal of a Cow calfe, & Cut it into 4 pieces ye Crosse way of ye fillet, then wth yor cleaver flatt them & hack them, then take fat bacon & Cute Lard as thick as ye fingers, & lard ye veal, then put it into a frying pan & fry it brown on both sides, then put it into a pan wth a close cover, & put in it a pint of gravy, a whole onyon, 2 Anchovys & Sponge of tyme, halfe ye rind of a lemon, a handfull of Mushrooms, season it to ye tast, then Stew it till it be Enough then brown some butter wth flower & put to it wth a few Capers, boile it & serve it away.

To make Pease Pottage.

Take white pease, boyl them in fair water, & a bundle of sweet herbs, a blade of mace & an onyon stuck wth Cloves, boyl them till they be tender. then force them thro a Callendar wth ye back of a ladle, then put ye pupp of ye peas into a Sauce pan or pot wth as much boyling water as will make them thin, then put in some Spinage, Endive, a little green or dry Mint, halfe ye rind of a lemon pared thin, a quart of Milk (or Cream is better) then throw in 4 Anchovys, grate halfe a Nutmegge, & put in last of all a French roll cut into square pieces like dices, & put them into a frying pan, wth some sweet butter & fry them till they be crisp, & put ye bread in, & give one boyle to serve it away garnish it wth some lemons or fryed parsley.

To make pottage meager.

Take ye chipping of French bread a good handfull, & put it to fair water to boyle wth a sprigge of Tyme, 2 or 3 whole onyons, a piece of butter ye bignesse of 2 walnutts, let them boyl till ye rounds of ye water be gon, then take Smalls Spinage, Endive, lettuce, Corn Sallad & Savory, pick & wash them then Cut them Smalls, & put them into a frying pan wth some good butter to fry, when they are fryed put them into a pot & strain ye water into ye herbs thro an hair Sieve, then Sett them a boiling, get a good Turnep not too rank or strong, & fry it, & put it into ye pottage, then put into it ye Crust of 2 French rolls dry'd hard, seasoning it to ye tast, & being wch boyld. Squeeze halfe a Lemon into it & serve away.

To make a Frigasee.

Take Pigeons, Rabbets or chickens, Cut them in small pieces, wash them well from ye blood, then take them & put them into a Saucepan with a bundle of Sweet herbs & an onyon Stuck wth Cloves, a little Lemon peel, 2 Anchovys, 2 ladles full of broth, or if you have none, fair water mixed a Small piece of butter, set them over ye fire & cover it close to keep in ye Steam, for that will make ye frigasee white. let it Stew till it be tender, then take ye yolkes of 4 Eggs, ye juice of halfe a Lemon, a few Mushrooms minced, put all into ye frigasee, take it well till it be thick then Serve it away.

To roast a Shoulder of mutton in a quart of blood.

Take a Shoulder of Mutton, prepare it for ye spit, then take a quart of blood, & Season it with all sorts of beaten Spices & Salt, then take berge Sewet, or ye marrow of 4 bones minced very Small, ye yolkes of 8 Eggs, 2 rolls of white bread grated, Thyme, peny royall, winter Savory, Sweet marjoram & a white onyon minced all very Small, then put them to ye blood with a little Cream Still stirring till they be well mixed, then take ye mutton & make holes in it & Stuffe it laying ye blood round ye Shoulder, then take a Cawl of Mutton & wrap it round it, & tye it with a packthread to ye spit & being roasted Enough, Serve it with good gravy.

A Salt fish pye.

Take ye fish, shred it very Small, as much apple as Ling well shred amongst it, take raisins Stoned & Currans & other Seasoning all for minced pyes, & when it is drawn put butter to it & Sack.

Mr Constables.

Take a quarter of a pound of French barly clean sifted & picked, put it to 2 quarts of spring water, & let it boyl till ye water be red, then strain ye water from it & put ye barly into 4 quarts of spring water & 2 small chickins & a blade of mace, let it boyl till halfe be consumed, then strain it, & take a quarter of a pound of sweet almonds blanched & beaten very small with a little of ye broth being stone cold to keep them from running to oyl, if ye almonds be very small & ye broth very cold, put them together, then strain it thro a sieve & season it wth orange flower water & a stick of Cinnamon to yr tast.

Cabbage pottage.

Cut a Cabbage in pieces, boyl it wth 5 or 6 onyons & a bunch of sweet herbs, in a galon of water till halfe be consumed, then put into it a spoonfull of beaten cloves & 2 or 3 Anchovys & let it boyl, then cut a Turnep or 2 dice way & fry them in halfe a pound of butter till they be brown, then put into ye frying pan a good glasse of Claret & then ye broth by a little at a time & let it have a boyl together, then pour it into ye dish upon toasted bread.

Fasting pottage.

Take a galon of water & a good quarter of a pound of rice boyl them well together, then put in a glasse of claret or verjuice & orange cut in quarters, a Nutmegge slitt, ye soal of a rolled loafe grated & 2 good handfull of spinage boyl them well together, you may if you please put in some liquor of pickled oysters, a Carrot shred, put in a good slice of butter & make little balls of hard Egges, grated bread, Nutmegge, salt & ye yolk of an Egge fry them & put them in ye pottage.

To make a Friday Pottage.

Take what quantity of water you please to make it & put in a crust of bread & a little Salt, let it boyl awhile, then take all sorts of sweet herbs & onions or leeks, chop them but not very small put them into ye water, when they have boyld halfe an hour, put in a good piece of butter, you must put in some whole cloves & a blade of mace, when it is boyled enough wch will be in 2 or 3 hours, then cut some bread very thin into a dish, take up ye broth setting ye dish upon a chafing dish of Coals & let it stew a little, then thicken it wth 3 or 4 yolks of Eggs, & squeeze in some orange or Lemon, you may put in some Sparrow grass, green peas or French beans, but ye beans must be boyld a good while before you put in ye herbs, or in winter old peas boyld till they will strain to what thickness you like, when it boyls put in ye herbs & make it as ye other but put in no eggs.

French Pottage.

Take beets, Lettuce, Spinnage, Sorrel & Saxon of each a pretty quantity, ye leaves of marygold flowers, ye bottoms & Artichokes shred small or green peas or gooseberrys or grapes, pull all ye herbs off ye stalks & break them wth yr hands, then wash them & put all into a skillet wth a good piece of butter, & set it on ye fire till it boyl till ye herbs be well sodden then take it off & put to it a pretty quantity of water, so let it boyl till ye herbs & all be well boyld, season it wth Salt, if you please you may wth ye yolk of an Egg & a little Verjuice, so serve up wth bread.

To make a Soop of a knuckle of beefe.

Take a knuckle of beefe Set it on to boyl over night till it be boyld to mash ye broth with gelly, you must boyl in it a bunch of Sweet herbs, & 2 onyons, then strain it, & when you will make it into potage, Set it on ye fire again with 2 or 3 Cloves bruised, then take a good quantity of white Spinage & boyl it well in butter, then take a peiece of Veal, mince it small with a little Nutmegge, Salt & a few Sweet herbs, make them into balls, So put them in ye broth, & let them boyl, when they are almost ready put in ye herbs wch were boyled in ye butter wth a glasse of whitewine, let them have one boyl more wth a loaf of bread Cut into Slice, & crusted, you must halfe roast a duck & put it into ye Soop, when it is first Set on.

To make a Spinage Soop.

Take a gallon of water, a bunch of Sweet herbs an onyon & fewe cloves, give them a Crush, & put them altogether & boyl them till halfe be consumed, then take a Cullendar full of Spinage & ½ a pound of butter, & boyl them altogether then put it into ye pot, wth halfe a bolled loafe, So give it a boyl & Cut Sippets to lay round ye dish, & ye bread in ye midst & so serve up.

To make a potage.

Take a legge of beefe & mutton, Stew them in 4 galons of water all night then strain ye broth from ye meat, then put in a bunch of Sweet herbs 2 onyons, a good quantity of mace & cloves & whole pepper, then take a Mallard or any other fowl halfe roasted, put it into ye broth & a good quantity of Turneps cut dice way, & browned in a frying pan with Clarified Seam, & anchovis, Stew all these together till till they be enough, then take 2 French Rolls, ye bottoms & top with toasted, & lay in ye dish & put in

a good quantity of ye broth, & let it stew an hour, then put ye rosts of ye broth to it, & a good quantity of ye gravy of beefe or mutton to it, & ye juice of a lemon and Orange.

Pease pottage.

When ye peaso are boyld to pulp, strain them into a Callendar, powre water on them till all ye bulp be gone from ye husks, then set them over ye fire, then take parsely, a little Tyme with some onyony, shred them as you do pot herbs, & boyle them in a good peice of butter, then put them into ye broth with some cloves & pepper, let them boyle till they be thick enough, season them with salt, put them into ye dish with a good peice of butter & French bread, put in some dryd mint rubbd small, you may boyle a peice of bacon in it if you pleaso.

To make a Lobster Pye.

Take Lobsters & boyle them, cut all ye fish of ye Lobsters in small peices & season it pepper & salt, put it either into a pye or tart pan with a peice of butter over ye fish & bake it, & when it is bakd enough cut ye cover off, & let it stand a little, then take some bitter Either beaten on drawn, & some very good Anchoys minced very small, put ye Anchoys into ye butter with ye juice of a Lemon & put this over ye Pye.

To make an Eele pye.

Take Eels & skin ye skin, take out ye guts cut off ye head, cut them in peices & lay them in ye bottom of ye pye, strewing salt Nutmegge & cloves beaten, then take ye bottoms of Artichokes & yolks of hard Eggs, & roasted chestnuts, & cover them with Marjoram, Tyme Sorrell & parsly shred very small, then cover it with butter & let it bake 2 hours & when it comes out of ye oven put in some Verjuice, & ye yolk of an Egge, Sparrowgrass will do well in it being well seasond with onyons or cherry onyony ye Artichokes must be boyld tender before they be put in.

To make a pigeon Pye.

When you lay ye pigeons in, put butter under them, then take some bacon & Cut it dice ways; take Sausages Cut thin in pieces, season ye pigeons wth pepper, Salt & Nutmegges, strew ye bacon & Sausages all over them wth a few sweet herbs; Shred a slice or two of Lemon, Sixe hard Eggs yolks, then lay in ye butter, close up ye pye, & bake it 2 hours, & when you take it out pour in some thick beaten butter, & a little white wine, & a Spoonfull of Vinegar & shake ye Pye.

To make an olive pye.

Take a leg of of Veal, Slice it thin, season it wth Nutmegg pepper & Salt, then take a bunch of Sweet herbs, 9 Eggs yolks hard boyld, & halfe a pound of Butte Sweet Shred them small altogether, put in a little Lemonpeel, a pound of Currants, mixe them altogether, then take ye slices of Veal & do them all over wth yolkes of raw Eggs wth a feather then take ye herbs & rest of ye things & mixe them together, roll it up & strew it on ye slices & lay it on ye pye, then lay on ye slices of Lemon & whole mace on ye top, so close up ye pye when it is baked, put in a white wine Caudle, so serve it up.

An Artichoke Pye.

Take ye bottom of ye Artichokes being boyld very tender, & put them in ye pye & lay some marrow & dates Shred & raisins & ye Thin & when it is halfe baked take Sack & boyl it wth Sugar & a piece of orange Peel, put it in ye pye so set it in ye oven till it be baked enough.

To make minced Pyes.

Take a pound of ye lean of a Legge of Mutton to 4 pound of Beefe Suet clean picked from ye skins, 2 pound of Currants, 2 pound of Raysins & one pound of brown Sugar, halfe an ounce of cloves & Cynamon, & halfe an ounce of Nutmegge, & a race of Ymoger all these well beaten, 2 ounces of Orange or Lemon peel shred, mixe all well together, it will keep a quarter of a year in fine paper wth constant keeping.

To make cheese Cakes.

Take a galon & a halfe of new milk just from ye Cow & put in Earning into it while it is hot, then squeeze it clean from ye whey, then put in a pound of butter well rubbed into ye Curd till there be no lumps in it, 2 Nutmegges grated, 6 spoonfuls of Rosewater, a pound of Currants clean picked & washed, 3 quarters of a pound of Sugar; then for ye past a quarter of a peck of fine wheat flower, 3 Egge, a little rosewater, halfe a pound of Sugar, a little Salt, 2 pound of butter, make it up in a past & roll it out for ye cheese cakes, a very slow oven will bake them.

To Hash a Calves head.

Take a Calves head, parboil it, & when Cold Cut it off ye bones in thin slices, fry it wth some fresh butter, then put in a pint of white wine, some strong broth, a bunch of sweet herbs an onyon & an Anchovy, some Nutmegge, let it all boyl together a quarter of an hour, take ye brains & beat them with a spoon, or put in an Egge to beat them both well, till there be no lumps in it, a grated Nutmegge a few herbs shred small, some bread Crumbs to make it as thick as a pudding to fry it in little things like fritacesy, put in some butter & shake it well together.

To make a Frigasee of Rabbits.

Cut them in pieces, put them in a pan, with a bunch of sweet herbs & cover them with water together put in an Onyon & salte boyl them, then drain them with a Colendar, then fry them in a frying pan brown with fresh butter, then put ye liquor to them, & adde anchovy & a piece of Nutmegge, mince them very small & put them into ye frying pan, & boyl them altogether & take them up with a piece of fresh butter & meal out of ye drudging boxe, so serve them with sippets about ye dish.

To Hash a Calves head

Take ye head & tongue, pardoyl it, & when cold cut off ye meat from ye bones in thin slices, slitt ye tongue & lard it, then take 3 pints of ye same broth it was boyled in, & put in all ye small bones, & a Couple of anchovys, a little beaten cloves & mace, boyl them till they come to a pap. Take a piece of a leggo of veal, mince it small with a little sweet Scaper with pepper & salt, to make it in little round balls, & boyl it in ye broth where ye head was boyled, then pour ye broth from ye bones, & put it into ye frying pan with ye meat & a good piece of butter, & some slices of bacon, & boyl it till it come to thick, then take a manchett cut into thin pieces & toasted, lay them in ye bottom of ye dish, put a little Sack or white wine, Capers, raw apples, orange with a little Lemon, so serve it up.

To make a black Hash.

Take a legge of mutton flea off ye skin, mince it very small, set it upon ye fire to stew for halfe an hour before it boyls put into it good store of cloves & mace with 2 or 3 onyon & salt, ye in ye stewing put in a good glasse of white wine or claret, & when it stews to dishing up put in 2 or 3 anchovys, a piece of sweet butter melted & mixed together, put it into ye dish with 3 or 4 yolks of hardboyled Eggs, & stew upon ye meat

A white fricasee of Chickens or Rabbits.

Take of either, as to ye proportion 5 or 6 chickens or Rabbits, cut them pretty small as you please. Set them over ye fire in a skillet of fair water, as much as will just cover them, when they boyl Skimme them very clean, then put in a blade or 2 of mace, as you think fit also some parsly minced but not too small, a bunch of sweet herbs, let them boyl tender, provide a frying pan wth some good butter, but when you put it in, keep out some of ye liquor fry it well, then take ye yolks of 6 Eggs, a quarter of a pint of white wine, some Nutmegge, 6 spoonfull of Sweet Cream, & beat them well together, then provide a lade to lade it up very quickly together after you have put in ye Eggs least it should curdle, season it wth Salt according to ye last, a drop of Vinegar as you like, fry some of ye Eggs to lay about wth some parsly, garnish it wth oranges & Lemons or ye like, send it up hot.

To stew a Hare.

Take a hare new killed, & preserve what blood you can, cut ye hare in little pieces, & put it wth ye blood into a stewing pan take 4 or 5 onyons, & chop them small wth about 2 handfull of sweet herbs, wch you are to put into ye flesh wth 2 or 3 blades of mace, halfe a Nutmegge, a pint of white wine, as much fine seasoning & Pepper & Salt, then clap on ye cover, & stew it 3 quarters of an hour then put in a pound of sweet butter & dish it up wth some Sippets if you please.

To make a Frigasee.

Take a Couple of Capons or Rabbits, Cut them in Small pieces, put them in a Silk pot wth water & put into them Sewing a bundle of Sweet herbs, Cloves, mace, Nutmegge & Salt, a good handfull of onyons parsely, chop them Small & put in ye Stewing also a little piece of bacon, boyl all these together till you think it be enough, then take it off & beat 8 egges, wth a good deal of whitewine vinegar, put in a good piece of butter into ye frying pan & ye meat also before ye Eggs & vinegar goes in, fry it together, & dish it up putting meat boyl Lettuce & rub ye dish wth Garlick.

To Make a Frigasee

Take 6 chickens, & cut them into little pieces, beat & Scalde them well, then Season it wth Cloves, Nutmegge, pepper bodkin & bitts of whole mace, Sherlott, onyon, Sweet herbs Some Parsely & a little Lemon peel, shred all those together & strew them very well all over ye Frigasee, then put into ye frying pan wth pieces of butter, & fry it Crisp, when it is enough, leave Some of ye butter it is fryed in in ye pan, then beat 3 or 4 yolkes of Eggs mingled wth halfe a pint of claret, & as much gravy, put in a good piece of Butter, so pour this Lear upon ye Frigasee, & let it up pretty thick, then rub ye dish being hot wth Sherlott, when it is off ye fire Squeeze some juice of Onon in ye dish it up wth some Sippets, you must put some bitts of bacon & 3 or 4 Anchovys shred when you begin to fry it.

Scotch Cohops may be don ye same way being beaten well & larded wth bacon.

To make Alamode Beefe.

Take beefe, Cut it into thin slices beaten very well, then Lard it wth bacon, season it wth Cloves, mace, Nutmeggs pepper beaten put in more pepper than other Spices, & put in a little whole pepper & mace, then lay some of ye beefe in ye stew pan to Cover ye bottom, then put in some bits of lean bacon & butter & Anchovy, then lay another Layr of beefe & ye other things. Observe every Layr till you have done what you intend, then take 3 pints of milk & a quart of claret, a quarter of a pint of Vinegar pour this upon ye beefe, but be sure it Cover well, for it will take full 3 hours to stew in, 3 Anchovys will do for this quantity of milk, put in Some Sweet Marjoram in a bundle or shred wth you like, & an onyon if you love it so shake it well together & dish it upon Sippets, you may do Mutton, lamb or Veal ye same way, onely put in less pepper, & to a quart of milk, a pint of claret & Vinegar to ye taste.

To stew Carps.

Take a quart or 3 pints of Claret, a pint of water, half a pint of Vinegar, then take 3 Carps open them take out ye Entrails wash ye Carp wth some of ye claret take ye Entrails flower them very well then fry them very well Crisp, wth whole Cloves, mace, ginger, pepper then break them well in ye pan, then put in ye claret you washed ye Carp in, & ye Vinegar into ye pan shake them well together, be sure to stew a pretty heat of flower into ye pan at ye first, then have ye rest of ye wine & water put a bunch of Sweet herbs & an onyon ready to boyl in a stew pan, put ye same into ye

Stew pan, stirre it well together, let it boyl there an hours & 16
halfe, then put in ye Carps, let them boyl so slowly till they be enough
then take out ye Carps, put in some brown butter & juice of
Lemon in ye Sauce, shake it well together, dish it up.

To make Pigeons Compote.

Take 6 pigeons, dresse them to boyl & Lard them, put them into
a Pipkin to stew with a little more water than will cover them &
a bunch of sweet herbs, some Salt; then have ready boyled
3 pints of ye youngest peaks that can be got, drain them well
from ye water, then put them into a frying pan with a little
Cream to stew them a little & some beaten Nutmegge,
keep it stirring, then put in a piece of butter & flour, ye
pease in it thick, & let it stand a little over ye fire, but
take care ye butter ooze not, when ye pigeons are enough
drain them well from ye water, put them in ye dish &
pour ye peas all over them & betrim every pigeon, then
pour some hot gravy round ye dish, fry thick chops of
bacon, sweet [redacted] breads, & what else you please, to
cover them, dish them up upon charcoal.

To stew Turnips.

Take ye best Turnips, pare them & slice them like Violet
Comfits, put them in a fair pipkin, & put a little white
wine in them, & put them upon a gentle fire, shake
them but not with a Spoone, put in a little mace & slice a
Nutmegge, when they are allmost enough put in a little
Sugar & shake them very often, & when they are enough
put in a good piece of sweet butter, & shake them
well & put them in a dish.

To Grigasee Mushrooms

Boyl them wth water & Salt & an Anchovy, a bunch of sweet herbs. then take them out & put them in ye frying pan, brown them a little in a little butter, then take them out & put them in ye stewpan wth strong broth & gravy & mace & cloves a little lemon peel, a sprigg of Rosemary, when you think they are enough, serve them up.

Pickled Geese.

Take a goose or geese & open them down ye back, & break ye bones in ye inside of ye goose, & season them wth pepper & Salt & whole cloves & whole mace a good quantity, then sew them up again, & put halfe white wine & halfe white wine vinegar; cover ye goose, put ye liquor into an Earthen pan, & put ye breast of ye goose downwards into ye liquor, then cover them wth a sheet of brown past, & bake them two hours & a halfe in an oven, & so keep them for use, put to every goose 2 cloves of Garlick.

Another way to stew Mushrooms.

Take them fresh gathered & cut off ye hard end of ye stalk & as you peel them throw them into a dish of white wine, after they have layn halfe an hour or thereabouts, draw them from ye wine, & put them between 2 Silver dishes, then set them on a soft fire without any liquor, & when they have so stewed awhile, pour away ye liquor that comes from them, wch will be very black, then put

ye mushrooms into another clean dish, wth a sprigg or 2 of Tyme & an onyon whole, 4 or 5 corns of whole pepper, 2 or 3 cloves, a little bit of orange, a little Salt, a bit of sweet butter, & some pure gravy of Mutton, cover them & set them on a gentle fire, let them stew softly till they be enough & very tender, when you dish them, blow off ye fat from them & take out all ye tyme, spice & orange then bring them, squeez ye juice of a lemon & grate a little Nutmegg among ye Mushrooms, toss them to & fro, put them in a dish & serve them.

To stew fish.

Take Soals or whitings or flounders, & put them in a stewpan wth water just to cover them, wth a little spice, & salt, a little white wine or claret some butter 2 Anchovys & a bunch of sweet herbs, cover them & set them into an oven or hot hot, when they are enough serve them, garnish ye dish wth lemon barberrys, or what you please, lay sippets at ye bottom.

To dresse a pike

Cut him in pieces & strew upon him some Salt, & scalding hot water boyl him in 3 quarts of water & 3 pints of white wine, when ye is boyling put in a bunch of sweet herbs, an onyon quartered wth some ginger & Nutmeggs & a little garlick if you like it, which be y boyled ~~boyl~~ take him up & dry him before ye fire In ye mean time take butter & beat it wth anchovys & 3 or 4 spoonfully of ye same liquor it was boyl'd in, pour this sauce upon ye fish, serve him up with some horse radish scraped on him & some lemon in slices.

To dresse a pike.

Take ale, a good deal of vinegar, a good handfull of herbs as Thyme, & put it in & when it boyls rub ye pike all over wth Salt & wipe it off, then open it & save ye liver & fatt, & wash ye blood out of ye belly wth white wine vinegar & sow it, & boyl ye liver & ye fatt wth ye pike, wch will be don in halfe an hour, then put in ye vinegar that washed ye belly of ye pike in a frying pan & serve a good quantity of horse radish, a Nutmegge & 6 Anchoys when it hath boyled awhile, then beat ye yolks of 4 or 5 eggs & almost a pound of butter, & take it allogether till ye butter is melted, then dish up ye pike wth sippets in ye dish, pour ye sauce all over it & send it in hot, if you cannot get anchoys, ye pike will be very good wth onely butter & vinegar & a little of ye broth it may boyl in beaten thick together.

To roast a Carp or pike.

Take Either & lard them wth pickle herring, fill ye belly wth large oysters & so roast it, basting it wth claret & Anchoys, serve it up wth stewd oysters, Anchoy sauce wth ye gravy of ye pike or Carp. To make Tudes.

Take 2 calves chadrons washed very clean, boyl them very little, then take 2 pound of fresh pork, 4 pound of pork sewet, 2 or 3 pound of veal cut in small pieces, beat them allogether in a Morter untill it is very small; Cut ye calves chadron ye thickness of ye finger in square pieces & ye sewet in square pieces like a die, then take ye yolks of 12 eggs & one pint of Cream, & when ye meat is very small, mingle them allogether

& season those ingredients wth pepper, cloves & Nutmeggs & pretty store of salt. Then take ye great guts of an hogg, & wash them very well rinsing them well in warm water, then fill them but not too full for fear of breaking, when they swell prick them with a pin, let them boyl 3 hours, you must boyl them in whitewine & water, as much as will always keep them swimming. And ye same liquor will keep them as long as you think fit, when you eat them broyl them, New sauce & gravy & gross pepper.

Marrow puddings.

Blanch a pound of Almonds & lay them in cold water all night then dry them in a cloth, & beat them very fine wth a little rosewater, then take 8 eggs & but ye whites, beat them very well & wth a spoon mix ye almonds wth them, then put in a quart of boyl^d cream, 2 penny loaves of white bread grated, 2 Nutmeggs sliced, a pound of Beefe suet picked from ye skin & shred as small as you possible, a little salt about 3 quarters of a pound of Sugar, it will be best to season it to ye own tast, mixe all these together & put in 2 grains of Musk & of ambergreece, then take ye marrow of four bones cut in very good pieces & put it in by degrees as you fill them, they must not be filled too full, boyl them gently about halfe an hour.

To make Jelly of Calves feet.

Take off ye hair of ye Jelly very clean, to a quart of Jelly take 3 quarters of a pound of Sugar, a quart of whitewine, put in 2 or 3 sticks of Kinnamon & 3 Nutmeggs bruised then in pieces, & put in a little ginger, set it over a fire, & when it begins to boyl put in ye eggs, & let it boyl up 2 or 3 times to clarify put 3 or 4 feathers & a branch of rosemary in ye boyl, then run it thro hill it be clear, then put it into glasses, & let it cool.

To roast a Rump of Beefe.

Take a rump of Beefe & rub it over with Salt, ye next morning spitt it, & when it is well warmd soon ye spitt, stuffe it very well wth a good quantity of sweet herbs hard eggs & marrow, baste it wth claratt, & about halfe an hour before you draw, take up ye dripping pan & let it cool, take all ye fat clean from it, put ye gravy in a dish, wth some of ye Stuffing of ye meat mingled wth it, & serve up ye beefe wth ye Sauce.

Mutton Stakes.

Take ye top end of a neck of mutton & cut it into stakes, & fry it till it be brown, cut a little sewet into ye frying pan, & be sure not to fry them too brown then put them in a hollow dish, put to it a little whitewine wth strong broth or gravy, if you have it not, put in some fair water, as much as will stew it enough, put in a little whole mace, a few sweet herbs shred, 2 anchovys, a pickled oyster a little broad cut dicewise stew them upon coals stick sippets garnish ye dish wth caper lemon, Salt.

To hash a Shoulder of Veal or Mutton.

Take a Shoulder of white veal soil it, take 2 pound of beefe sewet minced small, put it to boil in a little water till ye sewet be well melted, then take ye boyld sewet & strain it thro a strainer into Cold water, cool it quickly, take skine from it, & let ye water all drain from it clean, then take a large handfull of Tyme & shrip it, & winter savoury, mince these herbs wth 6 or 7 cloves of garlick put ye boyld sewet to them & mince altogether, again season them wth Salt, nutmeg, mace to ye discretion, put in ye yolk of an Egge, working altogether, stuff ye veal wth it lay it down to roast baste it wth Elder vinegar till it be enough

you may make an hash about wth Slices of fryd veal, wth some of ye Stuffing, a litle clarret & ye yolkes of 3 or 4 Egges to make it thick, put to it 3 or 4 Anchoves, so keep all thos stirring over ye fire, lest they do not Curdle, put ye hash under ye veal, take 3 Sweetbreads or some Rashers of bacon, boyl this & lay about, squeeze a lemon & send up.

To make Sausages.

Take a leg of pork, ye fat & lean a like quantity, cut it Severally wth a knife very Small, put into it a litle cloves mace & pepper a good handfull of Sage & of other herbs after you have shred ye fat & lean pork together, beat altogether wth a rolling pin make it up in a lump & when you fry it roul it wth grated bread.

To make black puddings.

Take hogs blood while hot & well strained & stirred put oatmeal into it, & let it stand 24 hours, then take hoggs lard, & cut it into Small pieces, pick a good quantity of Sweet herbs, a good deal of penny royall, some young leekes, a litle mace & Cloves beaten, a pint of Cream, & 4 or 5 Egges, a litle pepper & Salt, & some Sweet seeds if you like them, put them in Skins & boyl them.

To make a fried dish of any cold meat

Take any cold meat & slice it Small, put to it a litle mace Cloves & Nutmeg, ye yolkes of 2 Egges, a spoonfull of rosewater, a litle grated bread, a litle beefe Suet shred Small, make it into what fashion you please & boyl or fry it wch you like best.

To make lilly puddings

Take a quart of Cream, ye Crumb of 2 penny loaves, 4 new laid Eggs, 2 of ye whites, put a pound of beefe Suet shred very small, halfe a pound of Currans, mixe all these together, then butter ye pans, & put these in ye oven, one houre will bake them let not ye oven be too hot, forget not Salt.

To roast a shoulder of mutton in blood.

Take a shoulder of mutton warm out of ye Skin, lay it in ye blood of ye sheep all night, in ye morning stuffe it wth Sweet herbs, Suet & some of ye blood, wrap it up in ye Caul & so spit it, you may make venison sauce to it if you like it.

A Ragoo.

Take a neck of Mutton or veal, cut them into stokes, beat them well & fry them in fresh butter very brown, then put to them as much water as will just cover them wth a bunch of sweet herbs then take an anchovy, & halfe a Nutmeg & a quarter of an onyon, mince them small together put them into ye frying pan, & boyl them very well, then take out ye herbs, put in a pint of White wine, give it a boyl, so lope it up wth a good peice of fresh butter, & a little meal out of ye dredging boxe.

To make a pennyroyall pudding.

Take a little pennyroyale & other sweet herbs shred them small then take ye Crumb of a penny loafe, a grated Nutmegge, 4 Eggs 2 of ye whites, put out a peice of ye kidney of veal a spoonfull of Sugar a little Salt; mixe all together & put into a wooden dish, & by a cloth over it, so boyl it. It is an excellent pudding.

To make Scotch Collops.

Take a leg of Veal cut in thin pieces, beat it wth ye back of a knife, fry them wth fresh butter, take a slice of ye Veal, mince it very small wth sweet herbs, make it into balls, then take a bunch of sweet herbs, an onyon & an Anchovy, boyl them in a little quantity of water, then take them out & put in ye balls, & give them a boyl, then drain them out & fry them very brown, then put in ye Collops to ye balls & ye liquor to them & give them a boyl in ye frying pan, so dose them up wth a little butter & meal, lay sippets round ye dish.

To Collar beefe.

Take a rib piece of beefe, bone it & lay it in pump water 2 days & 2 nights, then take it out & put it in a brine made of Salt peter & let it lye 12 hours, then season it wth a handfull of Sage, Tyme, cloves, pepper & a little salt, so roll it as you do brawn, put it in a pot wth claret a quart, 3 onyons, bake it in ye oven 6 hours.

To make a Collar of beefe.

Take ye thinnest end of a Coast or rib of beefe, bone it & lay it in pump water & a little Salt 3 days, shifting it once every day & ye last day put in a pint of claret to it, & when you take it out of ye water let it lye 3 or 4 hours a draining, then cut it down to ye End in 3 slices, then bruise a little Scutchin Elle & a very little allum & mingle it wth claret & colour ye meat all over wth that, then take 12 Anchovys washed & bone, lay them into ye beefe, & season it wth cloves, mace & pepper & a handfull of salt, sweet marjoram & tyme, & when you make it up, roll ye inner most slice first

in ye 2 other upon it, being very well seasoned every where (so) bind it hard wth tape. Then put into a stone pot somw bigger than ye Collar & pour upon it a pint of claret, & half a pint of white wine vinegar, a sprigg of rosemary, a few bayleaves. bake it very well, before it be quite cold take it out of ye pot. you may keep it dry as long as you please, when you bake it past ye pot over very close, & bake it wth houshold bread.

To Sowce a Capon or mutton.

Powder ye mutton a week or more, stuffe it wth sweetherbs & boyl it, so sowce it, ye Capon must be powdered but 2 days so drawn wth lemon peel.

To make Jelly of severall colours.

Take a gang of Calves feet, & a haunch of veal, make very strong broth, scume it very clean, & when it is almost enough put in 2 ounces of Jzinglasse so boyl it till all be melted run it thro a strainer wth fine searced sugar, squeeze ye juice of lemon into it, Colour part of it white with Nut & hot water scuchinell for red, wth Safron for yellow, ye juice of sorrell or spinnage for green & nothing but itselfe for white. Cleave oranges or lemons in two, when it is cold cut it in what fashion you please. To make a Cold Sallad

Take a cold pullet, cut it off ye bones mince it very small then put in sweet herbs, capers broom buds, dryd Walsongues, Mingle all these together & dresse it well, wth good store of oyl & vinegar, & a little lemon peel cut very small with one or two Anchovys.

To pickle Smelts

Take ye fairest smelts, gutt them & put them into a pipkin with vinegar & some water, whole pepper, salt, mace, cloves 3 dates shred & stew all those together, then when they are cold, dresse them with oyle & vinegar, some parsly shred very small, & a little onyon & lemon cut very small.

To make an Eele pye

Take Eels & strip off ye skins, take out ye guts, & cut off ye heads. Cut them in pieces, & lay them in ye bottom of a pye strewing salt, nutmeg, eggs & cloves beaten, then take ye bottoms of Artichokes, ye yolks of hard Egges, & roasted Chesnutts & cover them over with Marjoram, Tyme, Sorrell & parsly shred very small. Cover it with butter, let it bake 2 hours; when it comes out of ye oven, you must put in some verjuice, & ye yolk of an Egg, Sparrowgrass will do well in it, being well seasond with oysters or champs onyons, ye Artichokes must be boyled tender before you put them in.

To dry Bacon or Tongues.

To a gammon of bacon or pork take a quarter of a pound of Bayball, dry it, beat & sift it very small, then rub it well into ye bacon, & let it lie, turning & changing its sides 14 or 15 days, you may allso rub a small quantity of coriandall on ye inside of ye Hams, hang it in a chimney where wood is burnt, in a moderate heat not too near ye fire, when it is dryd, keep it in a cool place, order tongues after same manner.

To Sowce a pigge.

Take a large pigge Cut off his head, stitt him thro ye middle, take out his bones & layth in warm water all night, Season it wth cloves, ye quantity of a grated Nutmegge, Salt & as much dry Sage, Colan it as you do brawn, Sow it up in a cloth, & boyl it in water & Salt till it be enough then take a quart of water & as much white wine Vinegar boyl them together for Sowce-drink, put 2 or 3 bay-leaves, then put in ye pigge when it is cold and for ye cloth, it will keep good a quarter of a year.

To Sowce Eels.

Take Eels, rub them in Salt, pull out ye gutts, wash them clear, cut them athwart on both sides, cut them again in such pieces as you think fit, & put them into a dish wth a pint of white wine Vinegar & a handfull of Salt, then have a kettle over ye fire, put in a bunch of sweet herbs, 2 or 3 onyons some mace & cloves, put ye Eels & Vinegar into ye liquor on ye fire when it is boyling, when it is Enough boyld then take out ye Eels & drain them from ye liquor; when they are cold take a pint of white wine, boyl it up wth Saffron to Colour it, take some of ye liquor, put it in an Earthen pot take out ye onyons & herbs, let ye cloves & mace remain, beat ye Saffron to powder, or else it will not Colour.

To make Dutch Hung Beefe.

Take a rib or brisket piece of beefe, lay it 24 hours in pump water, shift it once, then salt it on one side with bay salt & let lie a day & night with that side upwards that was salted, then turn it, & salt ye other side & let it lie as long, then hang it up in a moderate heat a chimney is best, where nothing is burnt but wood or turfe.

To dresse an Eele.

Take a large Eele & scour it well with salt then strip off ye skin almost to ye tayle, & scour ye Eele with ye knife, choop some sweetherbs & some Nutmeggs, & then mixe it with ye yolk of an Egge & stuffe ye Eele with it, turning ye skin over it, baste it whilst it broyls with Claret with an Anchovy dissolved in it, & butter.

To make Puffe Past.

Take 2 pound of flower & as much butter ye whites of 4 Eggs, mixe ye past with a little cold water, roll ye past att one way, & allso butter it ye same way, till you have wrought in all ye butter, rolling it 16 or 18 times, then cut it in 6 pieces, & roll every piece very thin, & lay 2 pieces in ye bottom & 4 above; let it not stand long before you bake it, let ye oven be very quick, it will shelle it in baking.

Past for Tarts.

Take a good halfe pound of flower & rub into it halfe pound of butter rub it well till it looke like Crumbs of bread, then wet it with one Egge & a spoonfull of faire water, a little salt & 2 or 3 spoonfull of Sugar, so make it into past; when you fill ye tarts, if any thin thing or syrup, leave out ye Sugar, being it is apt to make them run.

Past for Tarts.

Take a pound of flower, make it into a past wth 3 Eggs & a litle cold water, put to a litle Salt, let it be pretty stiffe past. Then roll it out & stick it all over wth little bits of butter. Then fold it up double & roll it out again, so put in more butter, & roll it out like you have put in halfe a pound, then mould it a little to mixe ye butter well. Then roll it out for tarts.

To make bread.

Take 6 pound of wheat flower, 6 Eggs, & 3 quarters of a pint of ye best Ale yest, beat ye Eggs & yeist together, then strain them into ye flower, take new milk somewhat warmer than it comes from ye cow, with ye flower as soft as you can well make it up, set ye bowl by ye fire, & cover it close. Then heat ye oven, if it may be very quick, make up ye bread, & let it stand in an hour, take it out & chip it whilst hot, if ye oven be not too figge 2 staves of wains heads it for French bread.

To make bread.

Take a peck of fine flower of wheat & a pint of Alebarm & some new milk warm, so if it be not too hot, then take a litle salt & mingle these together, then strain it thro a Sieve, then work up ye flower with this liquor very well so yt it may not be too stiffe, then keep it warm, till it rise very well before you mould it up, then mould it into ye bigness of halfe penny loaves, & put them into wooden dishes as you mould them, when they begin to rise set them into an hot oven, yt they be not too brown, let them stand about an hour, then take them out & chip them whilst they are hot.

To make bread.

Take 2 quarts of flower, whites of 3 Eggs, a little Salt, beat ye Eggs & Salt very well together then put in 8 or 10 Spoonfuls of Ale barm or more if it be very light, beat it again very well, then warm something lesse than a pint of milk so hot it may melt a bitt of Butter as big as an Egge, but be sure it do not boyl, then put it into ye barm & Eggs, stirre it together, & when it is something warmer than New milk, put in ye greater part of ye flower, & beat it very well with ye hand like Bisket, then put in ye rest of ye flower, mould it a little, & set it before ye fire to rise a quarter of an hour, then mould it a little more, put it into dishes, & let it stand before ye fire 3 quarters of an hour, so set it in ye oven, an hour & Quarter will bake it.

To make French bread as they make it in ye Monastery.

Take a peck of fine flower, make 2 or 3 handfulls of it into a soft past with warm water, keep it covered 2 or 3 days, or so long till it grow to be a Sour leaven, ye night before you make ye bread renew this leaven with warm water to as much quantity again, renew it a third time with a about 2 pottingers more of water 2 hours before you knead it, keeping ye leaven still covered warm, & when you perceive it is well risen put halfe a pottinger of barm to it, & knead it up into a soft past with water more than warm but not scalding, when it is kneaded into an Even past, divide ye loaves into ye bignesse you would have them, moulding them a little & putting them into wooden bowls first strewed with a little flower, cover them till they be risen, then put them in an oven hotter than for Manchett, according to ye bignesse of ye loaves leaving them over. Before you begin to knead let ye oven heat as ye bread takes.

A touch of ye finger makes ye Cucumbers rot.

Lil it bake an hour, you must not look on it in ye oven (31)
because taking down ye stove will make it fall flat.

Coffe past.

Take halfe a pound of flower or more, rub in a peece of butter as big as an Egge, then put 2 Egges & a little cold water to it, & make it in a stiffe past, then roll it out into 3 or 4 thin lids, & put one lid upon ye pye, then stick it all over wth little bitts of butter, no bigger than beans. then lay on another lid & put bitts of butter in ye hollow places, & so do till you have disposed all ye lids, so close up ye pye.

An Orange pudding or Tart

Take 3 oranges, save all ye pulp & juice & boil ye rinds very tender in a quart of mean Severall waters, then beat ye rinds very small in a Morter till they are exceeding small. then put ye pulp & juice to them & 6 yolkes of Eggs, halfe a pound of loafe Sugar, & halfe a pound of fresh butter, mix all together then, & lay it in a dish wth a sheet of coffe past under & over it, bake it in an oven not too hot. To thy quantity add ye pulp & juice of 2 more oranges & a little more Sugar when you intend use it for a Tart otherwise not.

To pickle Cucumbers.

Take 600 of ye smallest Cucumbers gathered in ye heat of ye day, lay them 12 hours in brine made of Salt & water boyld so strong till it bear an Egge, then take them out gently wth ye hand, lay them in a Sieve an hour to drain, then take 2 ounces of pepper, one ounce of mace & one of Cloves & Nutmegs cut in quarters, a large horseraddish root sliced, a handfull of bayleavs, a handfull of Dill, & a handfull of fennel seeds fresh out of ye garden, then lay a layer of Cucumbers strewing some of ye spices, & a layer of Dill, seeds & fennel till ye pot be full, then fill it up wth ye best wholesome Vinegar, ye pot must have a cover to it to keep out air, you must not open them for a month, when you take any, touch not wth ye finger but wth a Silver spoon.

To pickle broom buds.

Put ye buds in a bagge & ty it close up make a pickle of cold water & salt so strong as to bear an Egge, put it in a little barrell & put in ye bagge wth a little weight to keep it down, stop it close down about a month or 6 weeks, then take out ye bagge & hang it to drain, then take fresh pickle, & put in ye bagge as before, when you use them take out a good many at a time, & boyl them very fast in water, & serve them in vinegar.

To Pickle Mushrooms.

peel ye mushrooms Newgathered, & as you do them throw them into salt & water, put them in a clean dish & strew some salt upon them & let them stand till you have made ye pickle wch must be of fair water wch boyl them halfe a quarter of an hour, then drain them from ye water, let ye water they were boyl in stand an hour, & there will be dreggs at ye bottom, pour a quart of ye clearest of ye liquor into any thing that is not brass & a pint of white wine vinegar, 6 blades of mace, one spoonfull of pepper, make them taste somewhat of salt, boyl them halfe a quarter of an hour take them off ye fire, put in 4 or 5 bayleaves when ill is cold put ye Mushrooms into a great glasse, pour ye liquor upon them & let them stand 10 days, then wash them out of ye liquor, boyle ye same pickle again, & when it is cold put ye Mushrooms & liquor into ye glasse again as before, & cover it close, you may add a sprigge of Rosemary when you boyl them, the best

way to keep Mushrooms or any pickle Sallade or any fruit that is halfe preserved for tarts, is to pour butter that is melted & halfe cold again all over ye top of them, ye no place be left free, having first laid a piece of paper on cut exactly ye compass of ye pot.

To pickle Mushrooms

Pick & pare ye largest of them, put them into water, let them lye 2 hours changing ye water 3 or 4 times, then put them into boyling water & let them boyl a quarter of an hour, then pour them into a strainer & let them stand till they be cold, then put them into a pickle made of 2 quarts of vinegar, one quart of Rhenish wine or white wine & as much brine as will season it, then put in mace, cloves, Nutmegs sliced, whole pepper, Coriander seeds & some sweet herbs, & a few bayleaves first dryd by ye fire, then put them into an Earthen pot, wth as much liquor as will cover them, clarify a little butter & put upon them to keep them from moulding, put ye buttons into water & salt & clean them wth a cloth, & pickle them wth ye other.

To make an Eele pot

Slit ye Eels & rub them with salt & pepper but more salt, lay them in ye pot, & put an onion & a bunch of sweet herbs & 2 or 3 bay leaves in ye middle, so put in butter as you think fit & a glass of white wine, & bake it, when it comes out of ye oven drain all ye liquor from it, & melt butter & pour on them, so bake it wth vinegar & sugar taking out ye onions & leaves.

Pancakes.

Take a quart of Cream & ye whites of 8 Eggs & yolks of 12, break them well together, 8 Spoonfull of Sack one Nutmegg grated, as much flower as will make it batter, not too thick 1 pound of melted butter a little Salt, fry them wth out any thing.

To Souce a Capon in Jelly

Trusse a very fat Capon, put into ye belly parsly thime & winter Savoury wth a blade or 2 of mace, then boyl it in a large pipkin wth Spring water, Rhenish wine, whole Mace & Salt, & when it is boyld sufficiently, take it & keep it in ye liquor till next morning close covered.

A Sauce for all Sorts of fowl.

Take gravy or strong broth, a Slice of lemon minced & grated bread, a Spoonfull or two of Claret, a little butter give all these a boyl together wth an Anchovy & a clove of Shallot.

A breast of Veal in Daube

Take a breast of veal, & either boyl or fry it a little, let it be cold, then lard it, Season it lightly wth pepper Salt & Nutmeg, then put it in a Stew pan at ye full length & put to it Strong broth to cover it & when it is half Stewd put in some sweet breads, yolks & balls let them Stew awhile then put in picled cucumbers, Cucumbers, capers, hartichoke bottoms or what you please of that kind, before you take it off ye fire put in a little wine or vinegar, & near half a pound of fresh butter, shake it well & dish it wth Sliced lemon barberrys or what you will.

To pickle Muscles.

Sheel yo: Muscles in a pan over the fire, then in the liquor boyle whole pepper ginger & Cloves to your taste, then put in the fishes and give them one boyle, then take them out and lay them abrode upon a clean cloth, till the next day then adde so much Viniger to your pickle as will make it taste well, and also what salt you like, and put it on the fish with a whole Onyon in the midst, keep them close stopt.

To pickle Sallets.

Be sure to gift them dry, then make yo: Pickle of milled whay, that is whay that is boyld, make it as strong of Salt as will bear an Egge, and when it is cold put it to the Salletts & some Dill on the top of them, in Summer you must have fresh pickle every month or 6 weeks when the time of the year is over for whay, make a pickle with water and Salt, and that will keep all Winter.

To green Salletts.

Take spring water put in yo: Salletts and set them over the fire, let it boyle easyly & when they are green enough take them out and put them in something till they are cold, then put them in a pickle made of white Wine Viniger & Ver=juice, more Verjuice then Viniger, a little whole pepper & Ginger bruised, a little Mace & some Dill seedes, if the salt be too fresh put in a little salt green 3 or 4 dayes before you use it & it will be better. Elder buds or Broome buds must be tyed in little bags, when you green them with other Sallets, be sure to cover them close, when you green them.

Potato Pudding.

First pare your potatoes like Apples then grate them upon a bread grater very carefully, that there be no lumps, put what you have grated into a great dish or Bason, and fill it full of water in which you must very well stir this grated stuffe with your hands, then strayn it through a cloth as long as you can wring any thing out of it, & save the water you strayn out then put in your potatoes into the dish again & wash & strayn them as before still saving the water, doe this 2 or three times till you see the potatoes very white, & be sure the last time, to strayn them very hard, that all the water may come out them. Bruse them very well with a spoon that there remain no lumps & put to them a good deale of Brefe Suett small shred some Currons cream & Eggs a little beaten Cynnamon and a little salt & sugar as you would season another pud=ding, and rub the dish then bake it in with butter of the water comes from them, you may make starch pouring off the water wch first comes off, and putting fresh to the seithings stirring them together & letting them stand to settle, & so doe till it be white, then set it in a disk to dry in the Sun, it is as other starch.

To make Orange Pudding.

Take 2 Oranges pare them, & cut them in little peices, then take 12 Ounces of fine Sugar beat them in a stone morter put to them 12 Ounces of butter & 12 Yolkes of Eggs well beat & beat all these together, then make a very good paste, & lay a sheet of paste upon a dish & so lay on your pudding, & cover it with another sheet of paste, and set it in the Oven, an hour will bake it.

To make a Potato Pye.

Take potatoes & dress them well, and culler them with Scutch aneel, then make a pye, and a row of potatoes and a row of Marrow, & a row of Currons & raisons sliced, dates dryed cristeal Synamond & Mace & Suger and a row of Marrow, & potatoes &c. till your pye be full, then bake it when it is baked put a Caude in it made of white wine & suger a little butter & 2 Egges by your Marrow in the pye the first, and then potatoes and the rest.

To make Apple Posetts.

Take good sweet cream boyle it with sugar & cream & Nutmugge & a little Mace, when it is almost cold take the pulp of 3 or 4 roasted apples, mixe a little Suger with them, put them to your cream, with a glass of Sack or wine, stir them well together, and let it stand a while before you eat it.

To pickle Pidgeons.

Take good plump Pidgeons pull them & wash & dress them clean, then slitt them down the back, and take out all the bones, then take time, Parslay, sweet Marjoram, Sage, Savory (but most sage) shred them very small, then season the inside of the pidgeons, with pepper salt & Nutmugge, then straw them pretty well & full of herbs, and sow them up close, then for a dozin of pidgeon's your quantity of liquor, must be a pinte of white wine, a pinte of white wine Viniger 2 quarts of water & salt to your taste, let your liquor boyle up together, then put in your pidgeons, and let them boyle almost halfe an houre, till you think they are enough for eating, but not too tender take them out, and let them cool, and the liquour by it selfe, when they are both cold, put them up, and keep them close stopt, let them stand all night to cool.

To stew Duckes.

Take your Duckes halfe roast them, cut them in peices, stew them in strong broth, season them with spice, to your taste, boyle turneps, cut them in Dice way, and put them in, adde also 2 yolks of Egges, some claret wine and a peice of butter.

A Flounder Pye.

Take the fflounders wash them clean in Salt water, cut off the heads and tayles & cut them in peices fit for the Pye, then season them with pepper and Salt, and cober them with shred spinnage & sorrell & a good deal of butter, & 3 or 4 spoonfull of white wine, so bake the pye, and when it comes out of the Oven, put in the juice of a Lemmon; You may if you please lay thin toates of toasted bread in the bottome of your pye.

Scotch Collups.

Take a Legg of Veal cut it round free from skins or sinnewes, beat them well with the back of the Knife, then lard them and season them with a little salt, and a little Nutmugge and a few crumes of wheat bread, then take a little sweet butter, and melt it in your frying pan then put in your meat and fry it on both sides very brown then put away yo: butter out of your frying pan, then make your pan clean, then put in your Collups agam, then take an Orange or Lemmon, squeeze into a pinte of white wine, and 2 or 3 spoonfull of Gravy, and one anchovy, then put all these together into your Pan, then toase them up over the fire till the liquour growes a little thick, then carry them up to your Table.

To make a Crud Pudding.

Take 2 peniworth of Cheese cried and rub it through a hair Seive six Egges whites and all, one quarter of a pound of melted butter, 3 or 4 spoonfull of grated bread, a little Cream, suger

Salt and rose water as you please, be sure altogether it be not too thin, bake it quick, and when it comes out of the Oven, cut it on the tops like Diamonds, poure some butter upon it with Sack if you please, & straw it thick with sugar, 5 quarts of milk will make Curd enough.

To make Scotch Collops.

Take the veal & cut it into thin collops, hack them well with a knife, when you have done spread them upon a board, and sprinkle them with Vinegar, a little Nutmugge mace & cloves beaten, and a little salt, take parsley time and marjorum altogether about a handfull, shred them small with a few capers Oysters and Samphire, take the yolkes of 3 or 4 Eggs, the strings taken from them, beat them very well with a little salt, mix yor Eggs & hearbs together, dip your collops in this, then fry them gentlely in butter, when they are enough have ready half a pinte of mutton & veal gravy with an Anchovy and a little pickle of Oysters, or cockles thicken this up with the Yolk of an Egge then drayn all your butter from the collops and poure in this liquour with the bignes of an Egge of sweet butter shake all together over the fire, till the butter be melted and the sauce thick, so dish it with slices of Lemmon & Orange.

To make Friday Pottage.

Take a good quantity of water and boyle it very well with all sorts of sweet hearbs, as beets spinage, parslay a little sorrel, a bunch of time & savory and an Onyon or two, boyle it pretty well, then put in a rowle of bread in good bigge lumps, that is a Rowle cut in 3 or 4 thick slices, let boyle one halfe away, then take the Yolkes of 3 or 4 Eggs, a wine quart of mornings milk, beat your Eggs & milk together, and put it into the pottage, and let it scald well together, but not boyle for fear of cracking, put in some salt, and if you please

a bitt of Butter after the bread is in you must stir it offten for fear of burning, some like them better with one halfe of the bread fryed before it goe into the pottadge.

To make Muscle pottage.

Set your Muscles on the fire, and gitt what liquour you can from them, & put in half as much water as you have Liquour then take the fish of your Muscles and put into the Liquour in water, having reserved some to fry and put in afterward, and to garnish the dish, put a good Quantity of Lumps of bread, with a little Jamaca pepper & Mace, let them boyle well together then adde a gill of Cream, the Yolkes of 3 or 4 Egges, a little butter warme all together and serve it with a few muscles in the shells, laid round the dish if you like them.

To make Sauce for Duckes.

Shred a good handfull of young Sage, with 2 or 3 good Onyons shred them small together, and mix it with a good peice of butter, and fill the bellies of the Duckes as full as you can, and when they are roasted take out the stuffing, and mix it with your butter in the dish, and put 2 or 3 spoonfull of claret wine to it, and warme it altogether.

To make Sauce for Rabbets.

Shred time small that is clean pickt from the stalkes and make it into a lump with butter, and fill the bellies of your Rabbets, and when it is roasted take it out as before, or if you shred the Livers small and mixe it with the stuffing it will doe very well.

To make Hare Venison.

Take 2 Hares dross them, and then parboyle them, and take the meat of the bones and cut it in small peices, them beat it very well in a Morter, then season it with halfe an Ounce of mace and cloves, halfe an Ounce of Nutmugge

beaten one Ounce of pepper, and as much salt then take 4 pound of butter and lye on one layer of butter and another of hare in the pot, so bake it and cover it very close, and when it is cold cover it with butter.

To make Carrett pudding.

Take the Grumme of a penny Loafe, and halfe as much raw Carrott grated very well and small without lumps 6 yolkes of Eggs and 3 whites & a pinte of Cream a whole Nutmugge grated a quarter of a pound of butter melted or near halfe a pound, if you have not Cream & are forced to make use of Milk, a little salt suger to your taste; an houre will bake it, butter your dish very well when you put in your pudding.

To rowle a side of Venison,

Take a side of Venison or a breast of Veale and bone it then cover it over with s hearbs and some Oysters minced with them a little Mace and any thing you like the taste of, then rowle it fast up and tye it upon the spitt, and baste it well with Clarrett wine.

Morning Milke Cheese.

Take Morning Milk hot from the Cow and put to it clouted cream, your runnett must be very good in wch put in a little Hysop Cloves or Mace, when your cheese is come break not the curd but gather it as handsomely as you can into your cloth pouring as gently as you can the whay from it, and so put the curd into the fatt and for an houre or two press it not at all or very little, then after two houres when it is grown so firme that it will hold turning it out, and put it into a clean cloth, salting it and presing it a little harder that by degrees all the whay may be got out of it, if you press it hastily and hard all the butter & goodness of the cheese will goe away with the whey, let it stand in the press all night, and it will be ready to eat, the best Milk of a red Cow will make clout for 4 Cowes Milk to make cheese on/

To make my Ld Howards Cheese.

Take 2 quarts of Cream, 2 quarts of streakings, then warme 2 quarts of Water & put into the Milk so that it make it bloud warme, then put about a spoonfull of runnett to it, when it is come enough, you must not break it but cut it a little with a knife and sink it with yor hands a little while, then put it in a Cloth and roule it between two people a while till it be fitt to put into the fatt, then set it in the press for a quarter of an houre, then take it out and put it in cold water cloth and all for halfe an houre, then take it out and sett it in the press again for an houre, then salt it, and lett it stand in a good while after, then let it lye two dayes within any thing and then lay some Vine leaves next to it, and Nettles under & over it, it will be ready in a fortnight a few marry gold flowers strayned into the Milk will doe well and you must be sure to stir it well together.

To make Cream Cheese in frog-time.

Take 2 gallons of strippings & 2 quarts of sweet Cream scald it, then sile it into your skeel and put in yor earning if it be good 2 Spoonfulls will serve, put it into the cloth, be carefull you break not the Curd but as little as you can, you must shake it and roule it too & fro in the cloth, till you think the whay will be well out of it, then put it in a dry cloth & so into yor Cheese fat, and lay 2 pound weight on it you must turn it into dry clothes when you take it out of the press, you must lay it on a board turning it often and rubbing it often with a cloth, and rub it with salt, after this is done keep it in Nettles for a week shifting your Nettles every day then wheime a bowle over it, till it be soft enough for eating.

Another Cream Cheese.

Take a quart of Cream and a quart of new Milke boyle your Cream and keep it so stirring that it may not Schime then sile it into the miske stirring till it be little more then new milk warme, then put in of earning

if strong half a spoonfull when its come not breaking the curd put it into a fatt without a cloth, and lay a pound weight on it, then turne it into 2 or 3 wett clothes after with more weight use dry ones till the clothes receive no wett from the cheese, the last time you turne it, rub salt on it, then lay it upon a board and cover with a pewter dish till ripe for use.

Clouted Cream.

Take 3 quarts of New Milk, set it on the fire make it boyle put in 3 quarts of Cream in the middle of the kettle let it boyle halfe a quarter of an houre then put it into 2 Milk panes and flett it stand one day and Night cut it round with a knife & so dish it.

To make Crown Cream.

Take 2 quarts of New Milk in the Evening or more if you please, and boyle it well with Mace then take it off and put it into many shallow things, and let it stand till the next morn=ing then take the Cream off as clean as you can from the milk and put it into a bason, sweeten it as you see cause, then goe about the bowle all one way as neer as you can with a spoon till you think it be of a good thicknes so dish it up.

To make stray berry & Rasberry Cream.

Take a pinte or more of red ripe Strawberries stamp them in a Marble Morter, mixe them with a pinte of Clarett wine, then sweeten it with fine Suger, strayne it into a dish you serve it up in, then put to it a quart of thick sweet Cream milk warme, you must squirt it in the Cream and Straw=berries with a birch rod to lay on the topp.

To make a Cream with french pearle Barly and Almonds.

Take a quarter of a pound of barly wash it well, and let it lye in water all night, in the morning set two skillets on the fire with clean water and in one of them put your barly, and let it boyle till the water looke red then put your barly into the other water thus changeing it into warme fresh water till the water look white, then strayn the water from it, and take a quart of Cream, sweeten it with some cream, and when the cream is ready to boyle put in the barly and a quarter of a pound of Almonds blancht beaten with some cream and a very little rose water, strayn it into the cream, as it is redy to boyle, so let it boyle a quarter of an houre till it thicken, so sweeten it to your taste and serve it up stirring it till it be cold.

To make Coding Cream.

Take your Codlings and core and pare them, and put them in a dish halfe full of rose water and a pound of suger boyle your liquour till it be halfe consumed stir it perpetually till it be red, fill your dish with sweet cream and mixe them together, till they be cold, so serve it up.

To make Snow.

Take the thickest and sweetest cream a quart and sweeten it with suger, and a little rose water, perfume it with a little musk and Ambergrease, put it into a little wooden pale, then take a wooden slice and beat it till it come to a good great froth, and lay it in a dish, beat your cream again, till you have as much as you desire, you lay it like rocks, and serve it by it self, or put it on foules or fresh cheese and cream.

To make an Almond Cream.

Lay a blade of Mace, and a little Synnamon bruse and steeped in a quarter of a pinte of rose water all night, then take halfe a pound of Jordan Almonds blancht and beat very small, in the beating put in of the afore water what you think convenient to keep them from boyling and to give a pleasant taste, against they are well beat, have ready a quart of thick sweet cream boyld and cold agäin being stirred to keep it from scum=ming, then stir your Almonds into the cream and so strayn them, throw a thin strayner as hard as you can, sweeten it with fine suger, set it over a clear fire keep it stirring till it boyle a pritty thickness, then put it out, and when it is cold serve it up.

To make Almond Butter

Take a pinte of cream and set it on the fire till it boyle, then take 4 Eggs well beaten and put them into the cream, besure to stir it well, and let it boyle till it cridles, then put it into a hayre sive, and let the whay drayn from it clear, then take your hand or the back of a spoon and rub the curd through the seive, you must also take a quarter of a pound of Almonds blancht and with a clean cloth wiped dry, then beat them very well, and put now and then a spoonfull of water to keep them from Oyleing, when they are well beaten put the curd to the Almonds mixe it well with the peste and sweeten it to your taste with very fine suger, and if you like it put in some Ambergrease.

To make Lemmon Cream

Take a pottinger full of fair water and halfe so much rose water, the juice of 3 Lemmons in which the pill hath been steept in all night, the whites of 3 Eggs and the Yolke of one,

with as much duble refined suger as will sweeten it to your taste, stir it well together, and strain it through a haire sieve, then set it on a good quick fire, and stir it continually till it come to the thickness of a thick cream, or a little thicker you may if you please put in a little musk or Amber grease with your suger, let it stand till it be cold, before you eat it, the Lemmon pills must be shred or cut small and steeped in the juice all night before you make it.

To make grape Cream.

Take a good quantity of white grapes stone them & pill them and put them to a pinte of pippin liquour take to them 3 quarters of a pound of sugar, boyle them together till the grapes be sweet and clear through, and the syrrup pretty thick, then let it stand till it be cold, then put at much thick cream as will season it to your taste, mingle them well together, and do not break the grapes.

To make a Lemmon Sillibubb.

Take a pinte and a half of cream and almost a pinte of Sack and mingle together, then squeez into it the juice of 2 Lemmons and put in 2 spoonfull of rose water, then sweeten it with sugar to your taste, then take a birch rod and tye to it a sprigge or two of Rosemary, and some of the Lemmon pill then beat it with your rod to froth, and as your froth comes take it up with your spoon and put it in your Sillibubb not when it is full, let it stand a while then eat it.

Rice Cream.

Take a quart of cream boyle it, then take a spoonfull of the flower of rice, and mingle with it the yolk of one Egg, so boyle it in the cream a little, then take the pulp of 3 roasted apples made into mash and sweeten them.

To make a Gooseberry foole.

Take 2 quarts of Googeberies and a pinte of white wine and half a pinte of rose water let them boyle to mash then take 6 Egges yolkes beat them well, strayn your berries to yoler Eggs, beat them well together, sweeten it to your taste, so serve it up.

A Sack posset.

Take 12 Eggs beat them very well then straine them through a hair sive then put to them halfe a pinte of sack and a bout halfe a pound of sugar, then take about 3 pints of very good milk, and boyle it with a little whole mace and some cloves then take your Eggs sack and suger and put it into the Bason you intend to serve it up in, and sett it upon a chafin dish of coales, and make it very hott stirring it all the while till it begins to thicken at the bottome, then take off the coales and poure in your Milk at a great height, then cover it with a dish, and set it upon the coales a little while till it begins to thicken.

Another Sack Posset.

Take 2 quarts of thick cream a pinte of sack and almost as much Alle, set the Ale and the sack on the fire, take 10 Eggs the whites of 4 being taken away, beate them exceeding well, make a Caudle with them in the bason with as much spice of Nuttmugge and Synnamon as you like, sweeten it according to yoler taste, then being both boyled poure the cream upon the Caudle in the bason holding it high when you poure it in, then cover it close and lap a cloth about it to keep it warme, let it stand one houre or less and no coales under it.

To make a Sack Cream.

Boyle your cream with spice and take a stale Manchet and cutt it in round slices lay 4 or 5 slices of them in a dish then take 2 or 3 spoonfulls of Sack and as much white wine sweetning it with suger poure it upon your bread set it upon your chafing dish of coales till all the wine be soaked into the bread, then take your cream when it is well boyled and sweeten it with suger and stir it till it be cold, then poure it softly on the toastin, the dish the cream for this must be good thick and sweet.

To make a Lemmon Cream.

Take a quart of thick cream and set it on a quick fire when it boyles squeeze the juice of a good great Lemmon or two into the cream, then take a fine Napkin and wett lay it in a deep dish and poure the cream into it, then tye it up, and let it stand drayning a day and a night, then take it out of your cloth and mixe some suger finely beaten with a little Amber beaten in it, and sweeten it with your taste, if it be hard mingle 2 or 3 spoonfull of good thick cream, it should be thicker then clouted cream.

To make Hathorne Jelly.

Put halfe a pound of hearts horne to two quarts of water and let it stew softly over the fire till it begins to jelly which you may know by putting a little into a spoon till it cool, then put it into a haire Seive and let it drayn all night into a sweet earthen pot the next morning put it into a Skillet and set it on the fire and sweeten it to your taste with fine suger take 2 whites of Eggs well beaten, with a spoonfull or 2 of rose water, and put them in to make the skum rise a little Sinnamon a Nutmugge cut in slices, then take it off and strayn it through your Jellies bagge by a little at a time into a bason in wch must be put a little rose ~~water~~ Mary some chipps of Lemmon pill.

To make Almond Caudle.

Take a pound of Almonds blanch them, beat them put in some times a little water to keep them from oyleing then strayn it forth with white wine mingled with water to your taste and a little sack if you please to the quantity of a quart then take a penny loaf slice it very thin and put it to a pinte ~~of~~ of faire water, set it on the fire, let it boyle till it be almost boyled away, then put in your Almond milk with as much suger as will sweeten it, and a lemmon in slices, stir it about when it begins to seeth take it off and brew it to thicken it, so drink it.

Harts Horn Jelly.

Take 2 Ounces of harts horn, 3 pints of water, put them into an Earthin pipkin set them upon a slow fire 12 houres to infuse, then boyle it halfe a way, then strayn it, and wash the pipkin clean, and put it in again, and put to it a little Mace Cinnamon Rosemary sweet Marjorum and 2 or 3 little peices of Lemmon peal, then boyle altogether a little, then put in the white of an Egge well beaten to clarifie it, then take it off the fire and take off the white of an egge and keep your Jelly for your use before you put in your Egge you must take out your spices and when you have taken off your Egge put in your spices again with 2 or 3 spoonfull of white wine or viniger, then boyle all together a little and keep it in your pipkin when you use it put suger to it.

To make Bistochy.

To take one pound of Bistueles and pill them, then pound them in a Morter and with a little suger make paste of them with 5 grains of Musk and Amber greese, after that dissolve it with 4 pound of boyld water and on the fire beat it with a handfull of twiggs till it raise a scumm then skin it as much as you can, ice it as before.

To make the white Cream.

Take Gooseberries scald them and cool them, and take the pulps out, and put too some double refined suger finely beaten, the white of an Egge or two according as your quantity is, beat them together till it is as white as snow.

To stew Apple Pippins.

Take 10 large pippines cut them through the middle and core them but do not pare them, then lay them in a good pewter dish deep, with the cut sides downwards, then take something more then a gill of white wine and as much water, sweeten to your taste and melt the suger in it, then poure it upon ybur Apples with halfe a dozen bits of Lemmon pill, and as many cloves, set them on the fire, and let them boyle busiely till they be tender, and when you are just takeing them off the fire squeez in the juice of Lemmon.

A Cream Cheese.

Take 6 quarts of the post-strokings let them stand till they are cold, then take 2 quarts of Cream set it on the fire till it be ready to boyle, then take it off, and boyle a quart or a pinte of spring water, and take the yolkes of two Egges and a spoonfull of suger, and 2 spoonfull of runnet mingle all these well together with the strokings and stir it together, till it be bloud warme, when the cheese is come, put it into a sieve and turn it into dry clothes 3 or 4 times in an after noon, and press it with one pound weight, and let it stand till it be pressed enough to turn, salt it at night, and the third day lay it in nettles the leaves only and layd one by one over and under the cheese. It must be wiped, turned and the nettles shifted once a day, and in 3 weekes it will be ready to eat.

Sedvill Cream.

You must have 3 earthen pans and in every one of them 3 or 4 spoonfull of clear water, you must put in every pan 3 pints of New milk and every pan half a pinte of good sweet cream, and in every pan a blade of mace, then set it upon embers; but it must not boyle but keep it scalding hot 5 or 6 houres, then leave it where it is till the next day, without putting more fire under it, when you dish it cull it out in sippetts, and put it upon a dish, and betwixt every lare, sift some very fine white suger, you must doe it over night, for the next day the mornings milk and night Creame.

To make Lemmon Curds.

Take a pinte or more of Cream for a nine pinte will be too little, let it be thick and sweet, set it on the fire with the pill of 2 Lemmons, and keep it constantly stirring, and lett it not boyle but Simmer and scald very well, till it be grown very thick, then take it off the fire, put it into a stone dish and stir it till it be almost cold, then put in a spoonfull or 2 of Sack and the juice of 2 or 3 Lemmons till it break and be sharp enough to the taste, then put it into a cloth and tye a string about it, and let it hang to drain all night putting the string down 2 or 3 times as the curd settles 2 Lemmons will be enough, take it out of the cloth, beate it a very little, sweeten it to your taste and serve it.

Fruit or Lemmon Cream.

Take a boye a gill of water, the juice of 3 large Lemmons the white of 3 Eggs break your Egges into the water, and stir them altogether, but doe not beat them by them selves at all, sweeten it with a box of a quarter of a pound of double refined suger, stir all well together, and set it on the fire and let it have a good scald, skin it, and run it into the dish, through a bit of taffaty or mustin, serve it cold the same way of all fruit, onely the same quantity of pure juice.

of fruite as is said above of your fruit juice.
thust be done in a tankard set in hot fire as you doe for
clear cake, and without putting water at all to it.

To make a sack Posset.

Take 3 pints of milk boyle them, set it by till it be very cool
and then put in the yolkes of 10 Egges well beaten, then put in
spice to your taste and sugar, and then set it over the fire,
keeping it constantly stirring till it thicken, but first have your
froth in readiness which must be thus made, take the whites
of your Egges put to them 2 spoonfull of sack, and as much loafe
sugar as will sweeten it, then with a whisk whip it till it be of
a very high froth, and when it is a little settled take it off and
lay it by till you have got a good quantity, then take the bason
out of wch you doe intend to eat it, and set it over the chaffin
dish of coales with half a pinte of sack sweetned with Poale
suger made scalding hot, then lay your froth over the sack
then take the milk you were stirring over the fire, and poure
it into the bason holding it at a distance to make the froth
rise the better, so lay a dish over it, till the froth be hot, then
serve it up presently.

To make a sack Posset.

Take Nutmugge Synnamon whole cloves and make as much
as you think fitt to season 2 quarts of cream wch is to be broke
into the cream 2 houres before you boyle it, then take 21 Egges
and 12 whites beat them well and strain them through a hair
seive then take half a pinte of mild Ale and near a quarter of
a pinte of sack and put to the Egges, still beating them well
together, after wch you must set them over a Chaffin dish of
coales stirring it continually till it begins to jelly at the bottome
, but it must not boyle then have your cream ready boyld
hot from the fire and poure it high into the drink and sett
it on a Quishion close covered, with a fine cover, take it off
from the coales when you poure it in, after it hath stood a
while, try it with a spoon how it jellyes.

To make Mead.

Take to every gallon of water 2 pound and a halfe of Honey then set it on the fire and scumme it, when it first boyles, then take some whites of Eggs well beaten, with some water and clarifie it, then put into it some ginger cloves, mace and Synnamon a small quantity of each, and a handfull of sweet Marjorum and half a handfull of rose mary, and after these things are in boyle it half an houre, then sett it to cool in severall small things, then work it up with barm as you doe drink, then put it into a barell and let it stand 10 dayes or a fortnight, then bottle it up with a little peice of Lemmon peel in every bottle it will be ready to drink in a fortnights time, this will keep halfe a year.

To make Mead.

Take 10 gallons of running water and 10 pints of honey, set the water upon the fire till it be as warme as new milk, then put the honey into it, mixe them together, and keep it boyling 2 houres softly, put in 3 Nutmugges cut in quarters, then take a quart of ground Malt and mix with the rest, and let it stand till it be cold, then strayn it and put to it a quart of new yeast, let it stand all night to worke the next Morning tun it up and at the fortnights end, you may draw it into bottles it will not keep above a Month.

To make Wine of Flowers.

Take one gallon of water one pound of sugar boyle that together half an houre scumme it clean and let it be almost one spoon full of Yeast a little of the juice of Lemmon, a pinte of Jessymy flowers bruised in a stone Morter, put these into the liquour let it stand 2 dayes to work, then strain it through a haire sieve and put it into a vessel that will be full with it, when it is done working stop the vessel close for 3 weekes then bottle it well, put in every bottle a lump of sugar.

To make Currons or Gooseberry Wine.

Take 3 pound of raysons of the sun washed and stond boyle 2 gallons of water when it is taken off the fire put in the raysons then put in 6 quarts of fresh Currons and 2 pound of sugar put there into a stone or earthen pot it must be stirred very well, and close covered, let it stand 3 dayes in a cool place, stirring it twice a day then pass it through a hair seive, and put the liquour into a close vessell with one pound of sugar more, then let it stand a day and a night so bottle it with a little lump of sugar in every bottle, it will be soon ready to drink if you put loafe sugar into it, it may be drunk in 3 weeke after it is made it will keep 6 months.

To make Raspas wine.

Take a gallon of water boyle and skum it put to it 2 quarts of Raspas, one pound of raysons of the sun stond, stir them well together and let them have one boyle then take it off and put it into an earthen pot let it stand 3 dayes stirring it twice a day then strine it, and put to it halfe a pound of loafe sugar and bottle it and so use it.

To make all sorts of wine.

You must take one gallon of water 2 quarts of berries and one pound of raysons of the sun stond, you must boyle the water and skum it, then put in your berries and give them a good boyle, then take it off and put it in a pot and let it stand 3 dayes and 3 nights, you must scum it 2 or 3 times when you stir it, then put in a pound of sugar and bottle it.

A Lemmonade.

Take 3 lemmons cut the rind very thin, and put it into a bottle of fountain water, and let it stond infused a quarter of an houre, then with the juice of 8 or 10 Lemmons and 8 Ounces of double refined sugar, and a little musk well ground mixe all together, pass it through a wollen strayner, put it in snow or ice, if you have it not in a cool well.

To make Cowslopp wine

Take 6 gallons of water 12 pound of the best poudered suger, 4 whites of Eggs well beaten put them into the water and sugger cold, then boyle them 3 quarters of an houre skin it well, when it is cool enough for Yeast, take 4 spoonfull of Yeast and 6 Ounces of Syrrup of Citterpn beaten well together, then put in 3 pecks of Cowslops flowers and 2 whole Lemmons with their skins out, let all these work 3 dayes, beating it in twice a day, the fourth day tun it up, and put in 2 quarts of Renish wine, keep it close stopt a fortnight, then draw it into your bottles, and put into every one of them a peice of hard Sugger.

To make wine of flowers.

Take 3 gallons of water 6 pound of poudred Sugger boyle this together half an houre stum it clear and let it be almost cold, take 2 spoonfull of Yeast the juice of two large Lemmons beaten well together, one gallon of Cowslip flowers bruised in a stone Morter put these into the liquour, let it stand 2 dayes to work, then strain it through a hair seive, and put it into a vessell that will be full with it when it is done working stop the vessell close for a month then bottle it put into every bottle a lump of sugger it will be ready to drink in a Month and will keep good a Year. Of Clove Gylliflowers one gallon of Jessimen, burrage, mary gold, or Archangel flowers, a quart to this quantity of sage or rosemary flowers, a pinte and a half to this quantity.

Another Lemmonade.

Take a pound of the raisons of the Sun stone them, half a pound of sugger, the juice of 3 Lemmons then take 5 quarts and a pinte of spring water and boyle it to 5 quarts, then put all the ingre=dients together into an Earthen pot, and put your water in upon them boyling hot off the fire, stir it well together, and cover it very close, that no air get into it, so stir it once or twice a day for 5 dayes together, then let it run through a hair seive and bottle it up, set it in a cool place and in 5 weeks it will be ready for drinking.

Ten or 12 Quarts of water to one Quart of honey a handfull or 2 of Cowslip flowers, put the honey and water cold together, let it boyle 2 houres, work it in an Earthen vessell and put in the flowres just before you put in the Yeast, bake a brown toast very hard on both sides and so put the Yeast upon it, half a pinte of Ale Yeast will be enough for 10 gallons for it is no matter to have it work so extreamly. Let it stand 4 days then bottle it, if you beat the white of an Egge with the Yeast, it will make it clearer.

To make Vinigar.

Take to a gallon of water 2 pound and a half of Malligo raysons put the raysons unpickt stalkes and all into the water and put all into a wooden vessell.

To make Sider.

When your Apples are stampt and strayned, tun it up into your vessell to a hogshead of Sider you must put halfe a pinte of made Mustard made with the same Sider, stop it up close when it has stood 3 dayes draw it off the grounds into a clean vessel, stop it up close, let it stand a week then draw it into another clean vessell, stop it up close after 3 weeks or a month, you may bottle it.

Dock root Ale.

Take 12 gallons of midling Ale wort before it be boyl'd, and put into it a peck of Dock roots that have been clean pickt wash'd and scrap'd and pull'd in peices boyle them in the wort till above a quarter be consumed, then work it with Yeast and when you tun it put into a bagg and hang it in the barrell a quarter of a pound of juniper berries that have been a little bruised.

To make black berry or Mulberry Wine.

Take as many Blackberries as you please pick them very clean, and bruse them in a stone Morter, and put to every gallon of them about 3 pints of water and halfe a pounde of brown or white sugger, the water being first boyled and almost cold again, when it is all well mixt strain it out and put it into a Tapstrye, then take the berries and put a little more water to them, and a little more sugger, and let it run through the strainer to the rest, cover it very close, and let it stand a week, looke at it every day and see if it work, before you set it to work, taste if it be swest enough, if not adde more sugger, and when it has worked a week, taste it if it be sharp and clear, then bottle it with a lump of sugger in each bottle.

To make Oak Ale for an old Cold or stufing in the Breast

Take a good large Cock, when he is drest, parboyle him in 2 gallons and a half of strong Ale wort for half an houre, then take him up to cool and boyle the Ale something as you doe other Ale, and when the cock is quite cold stick him all over with saxifrage (as much serves as cost six pence) then put to him a quarter of a pound of dates stond half a pound of raysons of the sun stond, 2 pennyworth of ligorish scrap'd and slice'd one pennyworth of Annisseed crusht a large handfull of the Mosse growing on an old Oak pales, and a large handfull of horehound stript from the stalkes, put all these with your cock into a linnine bagg and put it in the Ale when his cool enough to put yeast to it and work it in it till it be fit for tunning, then take out the bag in 6 dayes it will be ready to drink wch must be drunk a good draught in the morning fasting, and another at 4 in the after noon, or when you please.

To make Cider.

Let your Apples be fully ripe, and the weather fair, then gather them by hands, wch is muth beter way then to beat or shake them down, but if the stock be too great then shake them down, so yt the ground be dry beat your fruit in a trough of wood with beaters like wooden pestles with long hanes, or grind them in a hand mill, cast by all such Apples =

as are green or unripe and all stalkes and leave
grind not your Apples too small, then immediatly from the Mill
prek, then in a screw press, then forthwith take your Sider to
the furnace and boyle it 2 houres, but if you should have some
to drink within 6 weeks boyle it but one houre, if any quantity
of cores or skins arise take it off, then put your sider into a
couler, and let it stand till it be cold then draw it off, and put
it into your hogshead or barell and fill your vessell within
an inch or left of the top, then into every hogshead put 4
or 6 Sugger loaves beaten into lumps or as much Sugger
candy and put it in at the bung hole, then stop the bung hole
and vent hole, for it will not work, then at your spiggot
draw a little to try how it cleare, and so continue to draw
a little every week or fortnight, and when it is clear and
fit to drink you may bottle it, and put a lump of sugger
into every bottle as bigg as Nutmugge or none as you please,
lay your bottles on the ground side wayes in a round, and
lay more bottles, some way upon them as high as you please,
it is the best way, the longer you bottle your sider the stronger
it is, and will keep the better.

To make Sider Kin.

After you have pressed out your Sider put the Mure into a
large vessel, and put a hogshead of cold water to it, let this
water stand 40 houres on it, and then press it well and
then forthwith take it to your furnace, and put half a quarter
of a pound of hopps, and boyle it an houre, and it will keep
good for a month or 6 weeks for servans and self to drink.

A stand 4 part broader at top then at bottome.

Half a hogshead or barrel is 10 inches and a half at bottom,
24 inches and a half quarter at top, 20 inches high and a
pinns breadth or 6 part of a quarter of an inch added to
bottome and top half a barrell or a quarter of an hogshead
is 15 Inches at bottome, 20 inches at top and 22 in height, bung
holes are on the top, vent holes on the side, under the highest
girth a spiggot in the middle of the side to draw drink first,
and spiggot at bottome to draw the rest.

A recipt for small Mead.

Take 20 quarts of water hang it over the fire, when it is warm put in 2 quarts of honey and 2 pound of sugger then put in a spoonfull of coriander seed bruised and put in a bagg a root of horse radish and 6 races of ginger let it boyle well till it be clean without scum, then take it of and tun it warm into an open stone vessel with a top then put in 40 cloves and 6 lemmons split and quartered the outward rinde taken off half of them, stop your barrell close about 6 houres after take 2 or 3 toasts of white bread cover them with Yeast put them in warme, stop vessel close and stand 5 dayes then bottle it, and in 5 dayes more you may drink it.

A Carroway Cake.

Take 4 pound of Manchet dough mace with warme milk and made very light with barme and stiff as for Manchet knead into it 2 pound of sweet butter when it is well kneaded put into it 2 pound of Carroway Comforts mixe all these as quick as may be a flower of duble brown paper and put a hoop about it, and make it thinner of the sides then the middle because of rising and another flowre of butter butter your hoop and set it in a quick Oven something more then half an houre will bake it.

To make Carroway Roules.

Take 3 pound of fine flower and make a stiff of it with new milk warmed and 6 spoonfull of Ale Yeast and lay it to rise close covered by the fire for half an houre, then heat your Oven and when it is almost hot, break your paste in peices and worke into it a pound of sweet butter and a little salt, and when you have well kneaded it in your butter knead in a pound of Carroway Comforts then make it up into 2 dozen of Roules.

A Carroway Cake.

Take 2 pound of butter set it before the fire when it is melted scum it, let it stand till the next day then worke it into a quarter of a peck of fine flower beat 7 Eggs very well with a pinte of Ale Yeast, a quarter of a pinte of sack, as much rose water with a little saffron if you please, strain this into the floure, and knead it before the fire to rise, whilst your Oven is heating then work into it 2 pound of Carroway Comfitts, 3 quarters of an houre will bake it.

A Seed Cake.

Take 4 pound of fine flower well dryd in the Oven and one pound and a half of sweet butter, break it in bitts into the floure, then rub it betwixt your hands till it be all like grated bread, then take a pinte of sweet cream as much milk set it so hot, as you may hold your finger well in it, put a little sack, and a little Rose water into the floure and a quarter of a pinte of Ale or Ale Yeast, just poure so much of your milk in as will wett it, so as it may come from your hands then put it into a cloth and set it before the fire turning it sometimes in the cloth it will rise very much, and when you think it enough put it into the thing you make it in, then poure upon it a pound and a half of grated biskett and a quarter of a pound of Carroway Comforts mingle them in as fast as you can and make it up and put it into the Oven as fast as you can, the Oven must be as hott as for manchett, an houre will bake it, doe not let it cool before you put it into the Oven.

To make plain Cake.

Take 4 pound of floure a pound of butter a pinte of Ale barme 9 spoonfull of Cream, as much of rose water, rub your butter in your floure as small as crums of bread having your cream and rose water milk warme make all into paste, then set it against the fire, turning often in halfe an houre, break it into bitts and strew into it, one pound of Carroway comforts 2 pound of bisket comfits make it up with speed, and bake it up in a hoop, you must butter yor paper, and tye it about the hoop.

Bisket

Take 5 Egges of wch all the Yokes, of the whites but of two beat these up together adde a spoonfull of damask rose water beat them again, adde 16 Ounces of Sugger beat them lustily without intermission a full houre, adde 14 Ounces of fine flower dryd, and Carrowey seeds slightly bruised, so much as you please, take a spoonfull of this more or less put it on a tribble white paper with a pin struck in the middle and that side of the paper besmeered with butter, on wch the butter is put, let your Oven be so hot as will singe a peice of brown paper cast in it, but not to set it on fire or devoure it.

To make Queens Cakes.

Take half a pound of fine flower and half a pound of sugger pounded and searsed half a pound of currons clean washed and rubbed let all these well dryd before the fire, then mixe the flower and sugger well together, and take half a pound of fresh butter, wash it very well in rose water and work the Butter with your hands till it is very soft, then put in one half of the flowre and sugger continually working it betwixt your hands, then take 5 Eggs but the whites of two, beat them well and put them into the paste, and then by degrees put in the other half of the flowre and sugger, when it is all put in and a quarter of an Ounce of Mace beaten and searst, then put in the currans you must be sure to keep it working till the Oven be ready wch must not be hotter then for penny bread, then have ready coffins made of paper and melt a little butter dbe them with a feather bottome and sides, then fill them a little more, then a spoonfull is enough the rise so much, remember to save so much sugger as to sift all over them, before you set them into the Oven they must not stand at all after they be filled, a little more then a quarter of an houre will bake them, let them stand till they are cold, then take them out of their coffins, if you put in a little Viniger, it will make them keep moyst.

To make Cumballs.

Take 5 pound and a half of flower, 2 pound of sugger a little salt, then take 5 Egges, 5 spoonfull of Ease a pinte of cream a little rose water, make all into a paste, roule them into what formes you please, bake them upon fire plates or double papers.

To stew Oxe Checkes.

Take the checkes of a fat young Oxe, pick out the eye balls, and cut away the snout and all superfluous matter, then wash them and dry them with a cloth, and break all the bones in the inside of the cheek, and the eye bone, then with a rowling pin beat the flesh on the inside, if it be over night for dinner, if for supper in the Morning use it thus, quarter Oates and lard it through with marrow, then poure on it Garlick, Viniger so softly that it may sink into the flesh. Then strew salt there on, and so let it stand till you are ready to put it into the stewing pan, wch must be so big that they may lye flat though very close one to annother, rub the pan with garlick and spread on the bottome and sides of the pan, a pound of butter, then strew on the checks beaten cloves Mace, and some stript time and marjorum, then poure in as much of white wine as will cover them, and stand an inch above the meat, but wash not off the other things with pouring on the wine, then cover it close with the cover of the pan rubb'd with garlick, then make a quick fire under it, and when you feel the cover very hot slack the fire, and so let it stew 3 houres, then make tosts of Manchets and put at the bottome and sides of the dish, then take up the checkes with a plate they break not in peices, take from them the loose bones, and put the meat in the dish and poure the liquour on them, clear from the dross at the bottome, squeez on them the juice of a Lemmon, and slice a Lemmon on it, and so serve it.

To stew a Capon.

Take a fat capon half roasted and set it by till it be cold stew it with white wine the bottomes of low boyld harti= =chokes six good Carrots boyld, pild and a little Colly= =floure boyld in mutton broth, some chesnutts boyld in cold water, till they will pill them, put all these together and stew them gently with some marrow the redness being first boyld out, so serve it up.

To stew a Hare.

Take your hare new killed draw it clean and skin it, keeping the bloud cut it into peeces and season it with pepper and salt and 2 blades of Mace and half a Nuttmugge then put in half a pinte of white wine and as much water and set it a stewing with the bloud, and some Onyons chopt small and a handfull of sweet herbes, and when it is 3 quarters stewd put in a pound of sweet butter and an Anchovis and some capers, sometimes stir them together, then dish it up with sippetts and broth.

To stew Patridges.

Take the flesh of 4 or 5 patridges minced small, season it with beaten cloves, Mace and Nutmugge put it into a dish with a ladle full or two of gravie of Mutton wherein two or 3 Anchovis were dissolved, set it to stew on a char= =cole fire, and after it hath boyled a while, as yet boyles break in 12 New laid Eggs putting a way most parts of the whites, and with one end of your Egge shell make places in the meat and therein put the Yolkes of the Eggs in Order, so let it stew till the Eggs are enough, grate on a little Nutmugge and squeez on the juice of 2 Lemmons or rather 2 Oranges and so serve it.

To stew pidgeons.

First stuff their bellies and crams with forc't meat, then set them with their Necks downwards as close as you can into a skillett and fill it up with water and a good peice of butter, put in also some balls of the forced meat, and a bundle of these herbs, parsley, time, Marjorum a little savory and 2 Onions, a little whole pepper, cloves, Mace, Nutmugge and ginger and when they are almost boyl'd enough put in 2 or 3 Anchovis, takeing out the bundle of Herbs and shred them small, and beat them together, then take half a pinte of white wine and the yolkes of 3 or 4 Eggs to thicken the liquour with it, putting in the herbes again, and serving up the piggeons in the liquour with sippetts and juice of Lemmons if you please.

To dress Cabbage the french way.

Cut a Cabbadge in divers peeces wash it clean and parboyle it, then drayn the water from it, and put it into a pipkin with fair water, a pound of butter some salt, ginger and pepper beaten, a few whole cloves and a bunch of time, and so let it boyle 3 houres or more, then serve it on sippetts hot.

To make Sauce for all sorts of meat or fish.

Take the Yolkes of six Eggs well beaten, with 2 or 3 spoonfull of wine or Verjuice, and anchovy and shake it together in a frying pan till the ranness be out, and when it growes thick put in a peice of sweet butter stir it continually till it growes thick, then have ready a little wine Viniger with an Onyon steeped in it first sliced season it therewith to your taste and when it is hot it is good with any meat fish or flesh.

To dress any fresh fish.

Take a pinte of claret wine 2 Anchovis washt, half an Nutmugge, let them boyle till the Anchovis be dissolved then boyle the fish with a bundle of sweet-hearbs in water and salt, and Varjuce till it be enough, then put in a good quantity of butter into the sauce pan, stir it to be thick, then lay the fish in a clean dish and poure the sauce upon it, you may put in a few stewed Oysters if you please.

The Tobacco Salve.

Take green Tobacco leaves 3 pound, beat it in a Morter and mixe with it 2 pound of hoggs grease, and halfe a pint of claret wine, boyle them together over a gentle fire, till it receive a good green tincture from the hearbs, then straine it, and dissolve in it by a gentle heat 6 Ounces of the best Rosin and 2 Ounces of Yallow wax, keep it gently stirring till it be almost cold, and then put into it 2 Ounces of round birth wort roots, in fine pouder, mixe it well together, and keep it for use.

This Tobacco Salve is an excellent Mundifier and healer of old sores, and Ulcers, if the sores be first washed with a little good brandy, which ought to be done, till the sores look fresh, which it will doe in 3 or 4 dayes if this course be taken, And in all such cases, this salve is to be applyed warme upon a little Lint of fine flaxen, and a peice of leaden plaister layd upon the place.

For all green wounds you cannot use a better thing then the Lucatillas Balsome, applyed warme and a peice of ~~the~~ floure of Syntment upon it.

When a wound is almost healed, your owne wound water will help to dry them up as soon as any thing I can advise you.

If spungy or proud flesh trouble any sore the safest and best corrosive that can be applyed is a little of the mercury precipitate strewed upon the place.

For all straynes and bruses foment the part first with brandy, and then apply a peice of the Leaden plaister upon the part.

In all small impostumations apply flos Unguentum, and in all considerable ones apply pulltesses made with rosted sorrell, white Lilly roots and figgs boyled in milke, to the consistance of a pultas, to which when taken from the fire, put so much hogs grease to it, as may serve to keep it supple.

For a Sore Breast.

Take of Rozin, Frankinsence and Burgundy pitch of each halfe a pound stone pitch 3 quarters of a pound, bee wax 2 pehny worth of Mastick and Venice turpintine of each 3 penny worth, first shave the wax thin, then set it on the fire, beat the Rosin small, and put it into the pan with the wax, stirring it sometimes, then put in the Frankinsence being beaten and the Burgundy pitch, then the stone pitch and the Mastick beaten to pouder when these are molled put in the Venice Turpintine, and 4 spoonfull of the best sallet Oyle then put your pan on the fire agam, and let it have 3 boyles stirring it well, then strayn it into cold water, and make them up into Rowles, annoynting first your hands with butter, to prevent sticking.

The Virtues.

This salve will cure any sore breast, it will scale away the swelling & pain & break the sore, if it is so far gone that it will not be scalled, and then heale it without tent being thus applyed. Take a peice of sheeps leather as much as will cover the breast all over though it be sore but on one side, and cut a little hole in the midst for the Nple to come out, then spread it all over with this salve with a warme knife, and lay it all Over the breast, first annoynting it —

with butter, if the breast be not broken you may let the plaister lye on a whole week without stirring it. but when tis broken take it off every day and wipe away the matter both from the breast and plaister, So lay it warme on again, if it runs much tis best to make a New plaister once in 4 or 5 dayes.

A woman that gives suck may use it without danger, still letting her breasts be drawn by a child or some other body, for it will hurt neither. This plaister is good for any sore breast be it what it will.

A Pultess for a sore Breast.

Take 3 or 4 good handfulls of wild Mallowes and boyle them in spring water till they be very tender. Then put in a good pint of strong Ale dregs, and boyle them a while, then thicken it with course Manchett grated, and boyle it to a pultess and put in some unsalted butter, and lay it upon the breast, as hot as the party can suffer it, if the breast be broke lay it upon the sore place, or if you have any drawing salve lay it upon lint, but not till the breast be sore, this pultess must be warmd morning and night when you goe to bed this quantity will serve twice or thrice it need not be refreshed but once in 24 houre, annoynt your breast with oyle of Elders when you take off the pultess to skail the Milk, and when you warme the pultess put fresh butter to it, take heed of cold on the wrest of your armes, and about your Neck.

An excellent and often approved Medicine for a womans sore Breast.

Take of Mallowes chicken weed and grandsill of each a like quantity, boyle them in water, till they be tender, then put in as much Oatmeal groats as will thicken it to a pultess, when it is well boyled put in a good quantity of linseed & shaps suet minced very small, and when it is boyled to the height of a pultess apply it hot to the breast, if you finde it not like to break you need put no linseed into it, after it is broke use paracelsus plaister, both for tent and plaister, and keep the pultess still upon it.

The red Balsome.

About the midst of August take wild Buglose roots, fresh drawn out of the Earth, wipe them clean, but wash them not, scrape off the upper rinde to the pith, and put it into an Earthen pot, then take butter out of the Churn unwash'd and unsalted clarifie and scum it very clean, then poure it boyling hot into your pot of scrapt rinds, and stop it very close 24 houres, then boyle it leasurely, till it hath gotten a perfect Crimson colour, then poure it through a cloth into a Gally pot, and keep it for your use. For ah inward bruse take an Ounce in warme sack, and keep warme after it, for an outward bruse rub it well with some drops of Aqua Vitæ, and put a cloth dipt in the same, upon the bruised part.

To make the most precious Balsome.

Take half a pound of yellow wax slice it, and put it into a pan over a gentle fire to melt, then put in 3 pints of sallet-oyle well beaten with a pinte of Sack, and one pound of Venice-turpintine well washt in half a pinte of red rose water let all this boyle well with continuall skimming, and then put in 2 Ounces of red Sanders, made into fine powder, and let it boyle till the water and wine be consumed, continually skimming it with a stick, and if at any time it rises or offers to run over take it from the fire till it fall down and you see no more skin rise, then it is enough boyld, and then you may strain it into pots for your Vse.

To make the green Ointment.

Take a pound of red Sage, a pound of rue, halfe a pound of bay leaves, half a pound of sworm wood, one quart of sallet Oyle, one quart of Neatsfoot Oyle, 3 pound of mutton suet hot out of the sheeps belly chop the herbs and then beat the suet and the herbs well together put it in and the Oyle into an Earthen pot, and stop it close and let it stand 9 dayes then set it into the Oven after you have drawn brown bread —

= and let it stand two full houres, after strayn it into a pot and put in 4 Ounces of Oyle of Spike, and keep it for your use.

An Oyntment or Balsome for wounds.

Take Venice Turpintine one pound, oyle of Olives 3 pints of yallow wax a pound Oyle of St Johns wort one Ounce, natural balsome one ounce red Saunders in pouder one Ounce 6 spoonfull of sack cut the wax and melt it upon the fire, then take it off, and put the turpintine to it, having first washed your turpintine 3 times with damask rose water and having mingled your sallet Oyle with your sack put also the oyle to them, and put it all on the fire stirring them till they begin to boyle, for if it boyle much it will run over speedily, then let it cool for a night or more, till the water or wine be sunck all to the bottome, then break holes in the stuff yt the water may run out of it, wch water is good to wash wounds, wch being done, put it over the fire agam, putting to it the balsome and Oyle of St Johns wort, and when it is melted put the saunders to it, stirring it well that it may incorporate and when it first begins to boyle stir for some 2 houres, till it be grown thick, then keep it for use, but stir it, till it be almost cold.

A Glister good against winde and to purge flegme.

Take Mallowes, Mercury, Callamint, Scurvigrass, of each halfe an handfull, lin seed, fenny greek side and annis seeds of each 2 drams, ꝑ boyle these in a quarts of poset drink, for half an houre, close covered, then strain it, and take 9 Ounces of the decortion, and dissolve into it a good spoonfull of Electuary, lenitivo, turpintine one dram dissolved with honey, so make up the glister a little oyle Olive not a spoon = full.

The most incomparable Balsome, wch will cure all sores, New, or Old, the Gout pain in the joynts or bones the Crampe any manner of bruse burn or scald.

Take half a pinte of ole white wine, wch is very good, you must take a pinte of the Oyle of Olives, mixe them together and into them put in St Johns wort, 2 Ounces Cardus, Egre=
=money, bugle benidictus, sage, Velerian, Rose mary, pru=
=nella & Betony of each one Ounce, of these you must take and the leaves, blossomes if you can get them, shred them very small, and let them infuse with oyle and wine in a close pot 24 houres, then boyle them in a well nealed pipkin, on a little brisk fire untill you think the wine be consumed often stirring it with a stick, then take it off from the fire, and strain it well from the hoards then put it again into the pipkin and then you must put unto it 4 Ounces of Venice turpintine, yt is unwashed, stir it well and set it on the fire again and boyle it softly a quarter of an houre, then put in one Ounce of Olibanum, mirh half an Ounce dragons blood 2 drams, so let it boyle gentlely untill the Olibanum and mirh be dissolved then strain it again, and then let it cool then put it up into a glass, and set it in the sun 8 or 10 dayes, and so let it be kept for your vse. Probatum est.

A Drink for the Kings Evill.

Take 3 Ounces of Gaicum sliced, one Ounce of the bark infused the space of 24 houres in a gallon and a half of clear running water upon warme embers in a pipkin close coverd, then boyle it on a soft fire without smoak, untill the 2 parts be consumed, then adde to it of Estichm and of pollipodo of the Oake of each 2 Ounces of familary burrage, buglass of each one handfull, succory roots a little handfull, of rosemary flowers, primroses couslipps, camomyle, Bettony and Violet leaves =

And one handfull Annisseeds fennell seeds 2 Ounces boyle all there together untill there remain 6 pints, then straine away the ingredients and infuse the said liquour on hot embers 2 houres with 3 Ounces of Sena, then after one boyling strain it, and put to it a little suggar to make it grateful to the taste, let the patient take 2 or 3 Ounces fasting 6 mornings together.

The wound Water to drink.

Take southeren wood, worme wood, buglas, Mugwort, betony, sanicle, planton, dandelion, ribwort, white bottles, brumble buds, Agrimony, wild Angellico, Camphire, hathorn buds Mint Stabies, strawberry leaves Daisy roots and leaves, honeysuckles, violett leaves, Cinque foyle, and bake buds of each an handfull, boyle them in a pottle of running water, and a pottle of white wine untill half be consumed, then strain it, and put to it a quarter of a pound of honey, boyle it a little, and if any scum arise take it off, then put it in a glass close stop'd.

The Virtues.

This drink is good for sores, new or old wounds, womens breasts, putrified bones, causeth them to scale ake in the stomack, it will break an impostume, stanch blood in vaines, broken in the body, it hath caused bullets to fall out of the flesh, all the herbs gathered in May, and dryd in the shade, when they are through dryd put them up in severall bagges of cap paper, and hang them up against the wall till you use them, it must be made but as you use it.

A Drink good for any old sore or fistula.

Into 4 gallons of small Ale, just when it has done working put 3 hundred wood lice brused, a little worme wood & rue, of each a handfull, and 2 handfull of red sage, after 5 or 6 dayes begin to drink of it, and the party must for 2 Months, drink no other drink but this.

A pouder for miscarring.

Take of dragons bloud and red Corrall of each one dram, Amber greate 2 grains, bezar stone 2 grains, make all these into a pouder mixt, and give the quantity of half a dram in some burnt clarrett wine Morning and Evening, take it 3 or 4 times, drink broth made with planton roots, shipheards purse, knot grass, Burnet, and borrage Leaves.

A pouder to procure throwes in travell and to bring the after birth.

Take of storex, Mirrh, Saffron, amber, Synnamon of each a dram beaten finely to pouder, mixe all these well together give the party in travell in extremity, the weight of a crown in gold, in a little burnt clarett wine, laying them warme to sweat, if their condition will permitt, sometimes they give less, and this pouder twise if they cast it up, or the travell continues long, also to fetch the after burden, but then lay them alwayes to sweat, if the woman is put to bed, before she take it.

For Dropsie, Scurvy or Astma.

Take the pouder of Gaybougey or Gum bougy and a dram and a half of mittradate, mingle them well together, and take it early in the morning fasting, take broth or posset after keep warme.

A sweating Bath for dropsy & spleen.

Take St Johns wort 2 handfull, Mugwort 2 handfull, boyle all these together in 4 gallons of water, till half be wasted, then put a pint of old Aquavitee, and fill a close stool with it, set the party over it put the remainder into a kettle, where in place the patients feet, cover all well round with blanckets yt none of the steem evaporate

An infallible cure for wormes in Children.

Take a pinte of Milk and one dram of wormseed brused, boyle it thin, take it off the fire, adde to it half a dram of Aloes, Cicotrina finely poudred, strain it and give it glisternise to a child.

To stop the running of a Gangreen.

Take ivy leaves boyle them in spring water so that the water be very strong of the ivy, put the limbe grieved into this bath as far as it is infected, there keep it warme, or hott as you can endure it, untill the paine cease and the swelling fall.

To stop a looseness safely.

Take 10 grains of Rhubarb finely searsed & scrapt mixe it with the conserve of Woodsorrell the quantity of a Nuttmugge take it in the morning fasting.

To cure the twisting of the Gutts.

Take 2 drams of Alloes, and one dram of Diagridium moysten it with a little sack, take 2 pills at once, with a little ponder of Ginger.

For a pin and Web in the Eye.

Take ffennell, ground ivy, Daysy Leaves, and 3 leaved grass such as has in it a white circle) of each of these almost an handfull, and a spoonfull of creeping wood-lice, stamp them together, and devide them into 5 parts, and for every morning, make a part ready in the morning fasting and late at night.

For stone in the Kidneyes.

Take a Cassia extracted with plantane water, 1 Ounce of Venus Turpintine, washed in plantane water, 3 drams of Dr Hollands pouder and Pulvious sanctus of each 3 drams Diegredium prepared with juice of Quinches 1 dram, beat these together to the consistance of an Electuary, with Syrrup of Althea, take of this the bigness of a Nutmugge every other morning and walk an houre after it.

A Pulteß good for any swelling or old sore, or to draw out thornes or dead flesh, or for bruses.

Take a pinte of beer grounds 2 Ounces of bees wax 2 Ounces of Rosin melt the wax and Rosin in the grounds of beer and make it into a pulteß with small Oatmeal, if the sore be very fowle, or that you would have it draw much, put in an Ounce of more rosin and for an inflamed swelling put in as much cream as beer at the first, and warme it with cream every time you use it after the first application, and so break a tumour adde a hand full of Camomile and as much Rue.

For a scald Head.

Take half a pound of fresh butter, melt it, and put it into a pale of fair water and let it stand till it be quite cold, then scum it off into a brode dish, and worke out the water to the last drop, then take a quarter of a pound of the best brimstone beat it and searce it very finely, then take an Ounce and a quarter of Camphire and beat it in a morter with an hand full of blancht pumpion seeds till it be a salve it will require an houres beating, you must beat all the ingredients together but the pumpion seeds and Camphire by them selves a little at the first, when you use it first cut off all the haire, and raise the scabs, rub it hard till it bleed, and dreß it every day till it begin to dry after every other day, it will dry the scratches in an horse.

To cure the swelling of the Leggs after an Ague.

Take rue and Wormewood, of each a like quantity chop them small, then take as much bores grease as one of the herbes beat them all to a pultes, spread it upon a cloth cold, and apply it adde elder Leaves if the season favour.

For the Yallow Faundes.

Take red dock roots, and burdock roots, and red Nettle roots of each a handfull, boyle these in a quart of small beer till it comes to a pinte then put to it 20 grains of Safron drink of this 3 Mornings together fasting as warme as you can, and fast 2 houres after it, stond horse dung drunk after cures this infirmity.

For the Faundes.

Take red Nettles beat and strain them into white wine or ale, and let the patient drink it in the morning fasting and at 4 of the clock.

An infable cure for the Yallow Faundes.

Take a pot of Old Ale, 2 pennyworth of Safron, 2 peniworth of Turmerick 2 peniworth of Treacle mixe them together, and adde the grune of a goose, grate the turmerick into it, and so take it morning and evening at 4 of the clock.

For the falling of the fundament.

Take of Cinnamon 3 drams, Mastick and pomegranate rinds of each one dram, gallingall halfe a dram, make these in fine pouder and so into an Electuary with clarified honey, take the quantity of an hazill Nutt every morn=ing fasting.

To cure any hard Scab
and to bring it off.

Take a breast of Mutton, rost it, and bast it with Tar, and keep what drops from it, and annoynt the sore.

For the ffrog in a Child.

Take the white of a new layd Egge, and put to it two spoonfull of loaf suggar finely beaten, beat it till it come to a Syzrop then take it, and rub it well in the mouth before it swallow it.

A Water for a sore mouth.

Take Burdock roots and a quantity of the iftsarb sealf heal, boyle them in an equall quantity of clarett wine and spring water then make it a little sweet with Marmalode of red Quinch and wash the mouth often with it.

An excellent Sear cloth for any bruse or swelling and to prevent a Gangreen.

Take a pinte of the best Sallet Oyle, and 2 Ounces of Bees wax and melt them together, and then prepare 8 Ounces of Bolearmorick, and as much of red Lead, and 2 Ounces of white lead, and beat and sift them very well, and put them into the Oyle; and set them on a gentle fire, till when a drop of it is cold, you finde it grow stiff then put as many clothes of Holland or fine flaxon as will drink it all up, then hang them on a line, till they be through dry, then smooth them very well, and rowle them up with paper between them for your use, and if you desire to make a salve of it, it is but to boyle it up higher, till you work it into Roules, as you doe any other salve.

To make the Soveraigne Oyntment.

Take 4 pound of butter out of the Churne in May, clean washt and without salt then take hunge tongue, clownes all heal, selfe heal, St. Johns wort, St. James wort, Burnett, Egrimony, worme wood, silver wad, Melilot, balme, sweet mandlen, of each a small handfull, or an equall quantity of every one of these herbes as will well boyle in this butter strip the leaves from the stalkes and mingle them all well together, and shred them small, then put them into the butter, and let them all boyle till they be very green and all the streingth out of the hearbs then strain it, and let it stand in an Earthen pot, till it be cold and take the dregs from it if there be any then put it in the pan and give it one boyle, and take the skin off, after put in 4 Ounces of bees wax, 4 Ounces of the purest refined rosin, 4 Ounces of Venus Turpintine then let them boyle half a quarter of an houre or till it begin to froth, then take it off ye fire, and let it cool a while, then put it into an Earthen pot, and keep it for use.

The use of this Oyntment.

It cures green wounds, sores, or rotten Ulcers, the sore being warht clean every day, with white wine or for want of that with boyes Urine, being under the age of 12 years, if the sore proceed from a hott inflamation, washt with blew milk warme, lay on the oyntment with plaisters or tents made of lint, as you see fit for it, If it be a swelling anoynte the place with melted oyntment, it cures the biting of a mad dogge the sore being clean washt, it helps the swelling in the joynts, that comes either of cold or bruses or Aches or pain in the back, being chaft in with a hott hand before the fire, a brown paper dipt in the melted oyntment helps the sorenes or stuffing in the stomacke coming by cold or coughing being warme laid on.

The green Ointment.

Take 2 handfull of sage, 2 handfull of rue, 3 handfull of Bay of the youngest leaves you can git, 2 handfull of the tops of rosemary, 2 handfull of worme wood, chop them very small together, then put them into a quart of sallet oyle and a quart of purified May Butter that is clarified in the Sun, and 2 pound of the finest sheep suet, when it is hot taken out of the sheep put them altogether into a good large Earthen pot or pipkin, and cover it very close, then put it into a seller 10 dayes till it be mouldy over, then stir it very well, and let it stand 2 or 3 dayes longer, then set a pot of water over the fire till it boyle, and then set the pot of Ointment into the water and let it boyle for 2 houres, then take your Ointment and strayn it into the pot you will keep it in, then take 10 peniworth of the oyle of spike, and stir it well into your Ointment till it be cold and when it is cold close it up, and keep it for use. This Ointment must be made in the month of May or it will be of no value. It is good for deafness to put into the Ears with black wooll; it is good for pain in the head, or for pain or swelling in any part of the body, it is good also against stitches or aches or straines or to put into any hurt or wound.

The Flowre of all Ointments, so called because it is good for all these diseases following.

For old sores and green wounds it cleanseth well and engenderth flesh, and healeth more in one week, then others doth in a month. Neither doth it suffer any corruption in a wound, nor evill flesh to be engendred. It is good for the head ach, the singing of the brayn, imposthumes in the head or body, bellowing in the Ears, sinnewes that are shrunk or strayned, it will draw out any thorne or stump out of the flesh,

It is good against botches or fistulas, it is good against biteing of any venemous thing, and as for Cankers, Noli me tangere, it draineth out all manner of achey out of the heart spleen and reins, it breaketh imposthumes, it is good for the Emrods, and heatth them fair, and it is made as followeth.

Take rosin and ffrankincense of each half a pound beaten into fine pouder, but if the frankincense be not old and brittle cut it small, take Virgins wax a quarter of a pound cut it small also, then take rose mary a quarter of a pound and make it into fine pouder of Camphire 2 drams beaten small then take a skillet or pan, and first put the wax, set it over a soft fire, till it be well melted, then put in the rosin and melt it, then put in the frankincense and melt it, but let that boyle as little as may be, when it is melted take it off from the fire, and look if there be any dreggy sub= =stance, and if there be strain it through a strayner, if not poure it into a pan wherein you have put a pottle of white wine, put in the pouder of rose mary and stir it with the gums, so that it may all cleave unto them, then set it on the fire, and let it boyle till the wine be all consumed, but it must be well stird with a stick, that it cleave not to the pan, when you think it is boyled, so that the wine is consumed you shall tzy by putting a little into the fire, if it sparkles it is not consumed, but as soon as the wine is consumed suffer it to boyle no longer, for loosing the best of the gums, but take it off the fire, and put in your Camphire and stir it well till it be half cold, then put into it a quarter of a pound of Venise turpintine, and stir it still untill it be quite cold, then put to it sallet oyle, as much as will bring it to an Oyntment. so keep it for your use. The use of this oyntment is to annoynt the place greived, and to keep it very warme with clothes, with out the oyle it is a good Searcloth, or you may make it up in rowles of Salve, and putting in oyle you make it into Oyntment when you please.

To make a Searcloth.

Take a Quart of Sallett oyle set it on the fire, let it be very hot, then take a pound of red lead, bruse it very small, that there be no lumps in it, then put your lead into the oyle on the fire, then boyle it half a quarter of an houre, then dip that cloth in it, and if it grow stiff, then put in all your clothes and lay them on a board till it be cold, then roule it up and keep it for your use, the longer you keep it the better it will be, keep it stirring while it boyles.

To make a black Plaister.

Take a quart of sallet oyle and put it into a very good and sound Skillett, then set it on the fire, then take half a pound of your finest Castle soap, fine, and then shaven then put it into your oyle and let them boyle very well but keep it stirring. Then take one pound of red lead, one pound of white lead very well bruised that there be no lumps in it, then put it into your oyle and boyle it very well, till it grow pritty thick, but keep it continually stirring then take 12 peniworth of Oyle dolay, and let it boyle a pritty while, and be sure to stir it verly well in, then when you see it grow pritty thick take it off and make it into roules the longer you keep it the better it will be, and it is good for all manner of wounds in Christians or beasts or for a wild sore or for a burn or scald, or for any ach or pain.

A Black Plaister good for any bruse ake or pain in the bones.

Take a pound of black rosin a pound of pitch a quarter of a pound of bees wax, as much of Deers or sheep suet as a hens egge, half an ounce of black pepper finely beaten, melt these together, then put them into a bowle full of cold water, and work them up well into a Lump =

= and after into roules if you please, and when you have occasion to use it, you must warme it on coales and spread it upon soft Lether and apply it cold.

A leaden Plaister good for many infirmities.

Take 2 pound 4 Ounces of Oyle of Olive, of the best red Lead and white Lead of each one pound very well beaten and sifted through a hair seive, untill it be as small as dust, then take 12 Ounces of spanish soap and incorporate all these together in an Earthen pot well glazed, or if you will in a brass pot, and be sure the vessel or pot you boyle it in be so big as that it may receive 3 times so much, by reason it riseth very much in boyling when they be well incorporated that the Soap riseth upwards put it upon a small fire of coales continuing the fire for the space of an hourt and a half at one bigness, still stirring it with an iron spittle at the end of a stick, then make the fire something bigger, till it be turned into a gray colour but you must not leave stirring till it be turned into the colour of oyle or somewhat darker, then drop it upon a trencher, and if it stick not to your finger or table it is enough boyld, then make it into roules and keep it for your use, the longer it is kept the better it will be.

The Virtues of this Plaister.

Being laid to the stomack, it provoketh appetite, and taketh away any grief at the stomack, being laid to the belly it is a remedy for the Collick. Lay it to the raines of the back it is good for the bloody flux, the running of the reines, the ficks in the kidneys and weak= = nes of the back, it helpeth all swellings, bruses, and aches. It breaketh fellons and other imposthumes and health them, being laid to the fundament it cureth the diseases incident to the part, it is good for a sore breast =

being laid to the hinder part of the head it will draw back Rhumes, apply it to the soles of your feet and it will take away the fits of a fever and of an Ague, so it will also if you apply it to the wrests of the stomack, it hath dryd up the shingles, when other medicines have fayled.

An excellent Medicine for an Outward bruse.

Take Onyons and slice them and boyle them in Oxe gall and sheeps suet or tallow and so lay it upon the place.

An approved Medicine for an inward bruse.

Take bitter sweet otherwise called Woodnight shade a handfull, stampit, and boyle it in beer or Ale or Posset drink sweeten it with honey or sugger, and give the patient a good draught of it morning and Evening it will prevent a fever wch commonly followes an inward bruse.

An excellent Pultes for a bruse.

Take of self heal, or sanide of Daizy leaves, of comfrey roots the leaves or roots of Camomyle, of wormwood, of pellytory of the wall each of them at least 3 of them, whereof sanide, Cumfrey, wormewood to be one alike quantity, with some seed beaten into pouder, wash the roots and leaves clean, boyle them till they be tender, then put thereto a good handfull of wheat bran, and Sallet Oyle, or as much as will suffice, then boyle it altogether, with a quantity of water in wch the roots were first boyled, till it be grown to a thickness apply it warme.

A very good Pultes to ripen a swelling.

Take of Mellilot and Camomile flowers of each a handfull of red rose leaves of hollyhock leaves of Mallowes, of each one handfull, a great spoonfull of linseed pounced, boyle all these in a sufficient quantity of milk, and when they are boyled tender, take them out of the milk and pound them and put them in again; then thicken it up with wheaten bran and put in a little fresh hogslard and so apply twice a day, if you would have it very drawing then boyle these things in strong beer grounds and leave out the milk, then when you see where a sore will break, take some white Lilly roots and boyle them in milk and roast some sorrell in a brown paper in Embers and mixe them together and lay it, where it is likely to break, then lay the pultes upon it, wch will break it with speed.

A very good pultes to dissolve a swelling.

Boyle a little Safron in milk till it be yallow, then put to it as much Manchet grated, as will make it thick, and the Yolk of one Egge beaten, then put in a little Oyle of roses, and apply it twice a day hot.

The Lime drink.

Take a pound and a half of unquenched Lime, and put in two gallons of faire sprint water, let it stand 24 houres, then scum it of the top, and gently clear of the water, put it into a clean earthen Vessell, put there foo of Liquorish very small, and beat the Apniseed, and let it all infuse keeping it warme by the fire 24 houres then strayn it, and keep it in bottles for your use. Take half a pinte of this, half an houre before dinner, and the same at 4 of the clock in the after Noon, walking half an houre after.

To make the Lime Water.

Take a peck of unslect Lime, and put it into 10 gallons of spring water, let it stand 40 houres, take off all the clear water, and put to that a pound of bruised Annisseed a pound of sasafras sliced thin, a pound of Liquorish pilled in peices, like in Rinels to a brown thread, an Ounce of Mace, and half an Ounce of Nutmegg bruised, let them stand till they be the colour of Muscadine, then let the patient drink half a pinte of it at 4 of the clock in the after Noon a wine glass thereof after dinner and another after supper, and like wise in the Morning fasting and if you would have it purge put it in Rhubarb.

A water to stop any Rhume in the Eyes or Bloud-shot, or weaknes caused by Rhumes also it preserves the sight.

Take of lapis Tutia one Ounce which must be thus prepared, first beat it to fine powder, then steep it 3 houres in womens Milk then drain it out and put too fresh Milk of the same kind so doe 3 times letting it steep 3 houres each time, and then doe it immediatly just so in white or red rose water, and it is prepared then take Aloes, Scatrina, One Ounce the brightest white sugger Candy one Ounce beat both them together, take of Camphire half an Ounce, cut it small, and beat it as small as you can, beat first a blancht Almond or two in the Morter, and take it out, and the Camphire will beat the better, fling away the Almonds then put all these together into a quart of the best sherry sack, shake it well in the glass thrice a day for 3 dayes together, when you use it poure forth the clear and drop in each corner of the eyes, first in one corner then in the other, though but one be afflicted, and when the smart is over drop them 3 times before you rise being laid down and the eyes held open, that the water may run all over, so as to wash the eyes, this water will keep good 20 years, and when it is half gone, put in a pinte of the same sort of sack, and it will be very good, you must use it constantly for a week or a fortnight together at first, but after it will repell the rhume at twice or thrice dropping night and morning.

For Pearles in the Eyes.

Take white dazie roots and ground Ivy bruse them and take some of the juce and put it to a little fife honey drop it into the eyes, lying upon the back and holding it open till it be dissolved.

For any running in the eyes.
or pearls if they are not too far gone.

Take Hemlock and salt, and beat them together, and lay it to the wrists of the Armes contrary to the sore Eye.

For the Convulsion.

Take Huna seeds, Fennell seeds, Caraway seeds and Comming seeds, each half an Ounce, give these one boyle in french wine, so give it to the Child after it be cold, as soon as it will take and as much, 10 grains of scutchin neel, in a little wine white, is a great help to Urine, and for stoppage of water, put the partise hand into cold water when they are a sleep, put them in above the wrests.

A pouder good against miscarying.

Blanch some Almonds then take the Brown Husks, dry them in an Oven, and beat them to powder, and when you fear to miscarry take what will lye upon a shilling of the pouder in a small draught of Burnt clarrett every two houres if your pain or weakness be great, else night or morning is enough.

To help the falling of the pallat of the Mouth.

Take an egge boyle it hard, then cut it at the whole length of the egge through the midle, take out the Yolk and fill up the hollow with pouder of Cummin seed, and lay it as hott as you can yeilding to the top of the head, the haire being long cut clean away.

For blud shot or any New bruse upon the Eye.

Take the white of an Egge beat it a little, then take a little bit of allome, and stir the egge about with it till it turne like a posset crud, then bind that upon the eye when you goe to bed, and it will take out all anger and redness.

To help Rhume in the Eyes.

Sue a pretty quantity of salt in a Linnine bagg and lay it to the Nape of the Neck.

For convulsions in Children.

Make an issue in the Nape of the Neck, and if the child that is subject to it be apt to be bound it is very fit to keep it solvable either by giving a glister of Milk and Sugger, or with a Mallow Stalk dipt in butter, or a Violett comfort made a Suppository, or you may give it a Spoonfull or two of Syrrop of roses or Syrrop of Sucory, with Rhuebarb, every night at bed time, give the child betwixt 5 and 10 grains of this poulder, take of prepared pearle, and of the skull of a man prepared and poudered of each 20 grains, mixe them toother, and give the above mentioned quantity in the spoonfull of black cherry water, or brest milk if the child suck. Also take the weight of a quarter of an ounce of the root of Malepiony, hang this in a bag of a silk or fine Linnine about the childs Neck; that the bag may reach near the pit of the childs stomack, let it hang there, untill the root is dry, then take that away, and put a fresh one into the bag, beat the dry one into fine pouder and mixe the pouder in equall quantity with the pouder above mentioned, and give it every night and morn=ing as above directed, if the child be troubled with a cough, apply to the Soles of the feet, pultises thus made. Take Garlick roast it in the embers as you doe a warden, when it is tender, =

(which it will quickly be) then peel it from the skins, and with a little hoos greate, beat it into a pultes, spread it upon linnen ragg and bind it to the sofer of your feet, as hot as the child can endure, apply this pultes fresh every night, for 3 or 4 times one after the other.

For the stone or any stoppage of Water.

Take 2 quarts of new Milk & and adde to it, Saxafras, plantane, Tormentill leaves and roots, pellitor of the wall, balme, wild time Rue of each one handfull shred small, fennell roots, parslay roots Liquorish sliced 2 ounces, Annis seed one ounce, 3 garden radish roots, distill all this in a cold still gently to a person at full age, give 6 spoonfull of this with as much Rhenish or white wine and to proportion the quantity as they are of less age, you can hardly mixe two stillfull together, but it will sower with standing, but you may git hearb enough for double the quantity, but let not the milk stand too long, beat the liquorish and other roots to make the vertue come, more easily out.

For convulsions, falling sickness or any fits of the Mother.

Take of the roots of Malepiony, and of the roots of Elecompany of each one ounce, Masistry of Cornall and Misleto of the Oake of each 2 ounces of the skull of a man unburied one ounce, make all into fine pouder let the patient take every morning fasting a little spoonfull of this pouder till it is all spent either in Aques Epileptica Langij, or if that cannot be had in a little white wine, if the disease be not very violent 3 mornings every change of the Moon may serve the turne.

The Convulsions in Children.

Take Eel skins and keep them dry that you may have them ready and when there is Occasion either in or before the fitt, take one of the skins and dip it in hott water, till it is gentle as Leather then lap it single being slit open, upon the childs Legs like a swath lay plasters of Mithridate to the soles of the feet and a little bag of rosemary flowers to the crown of the head, you may also safely give one drop of Oyle of Amber in fine sugger.

The stoppage of Water.

Take a good quantity of the Creepers, with many called wood Ive, wash them clean and bruse them small, then mingle a little white wine to make it strayn the better, and put some of that into a good draught of white or Rhenish wine, and let the patient drink of it Night and morning or after the pain or swelling be great give it every two years, if it be a child or young body let them take it in half wine and half water wherein parsley roots are boyled.

To help Miscarying.

Take Gizards of Chickins Dry and beat them to pouder take a spoonfull of thy pouder ever and drink to a draught of spring water after it.

For the Piles.

Take one hundred of beetles found in Cow dung or horse dung 2 hundred stones found under bark of trees rotten wood or stones, Mullin leaves shred 2 handfulls, the whole plant not and leaves of brown wort shred 2 handfulls, one handfull and a half of Orpine, one handfull and a half of Garden Night shade, of the inner bark of Elder 2 handfulls, of the flowers of Cammomyle inchlott and St Johns wort of each 3 pugals of sallet Oyle one pound of Barrow grease new, and sweet as fresh butter out of the Churn of each one pound and a half, of the juice of water bettony newly drawn 2 pound boyle all these together till the juice be consumed, and the herbs rotten, then strayn yo liquour or grease which must be beaten very long in a leaden vessel. so keep it in an Earthen pot for your use.

To make the Oyle of Malloes.

Take good sweet sallett Oyle, and boyle in it good store of Marsh Malloes till it look very green, and the herb begin to be crisp then strain it, this will keep by you all the year. When your pains are great take of the former compounded oyntment half an Ounce of the Oyle of Malloes, one Ounce of Unguentum populium wch may you buy ready made a quarter of an Ounce, let these melt together upon a soft fire then adde a little of the yolk of an Egge well beaten, inject this with a short pipe blown warme, but the pipe must have onely one hole at the end like a sering; keep this injection as long as you can, and renew it so often that the guttes be never empty till the pain be eased if the compounded oyntment cannot be had, the party that is in pain, may use the Oyle of Malloes and Unguentum populium in the same manner, and I doubt not but they will finde great ease.

For an Ague.

Take as much Cobwebs as will be the quantity of 3 pills, roule them up round like pills then cober them over with conserve of roses, and take them an houre before you expect the fitt.

For an Ague.

Bruse a quantity of Garlick and mingle as much saffron with it as will make it yellow then put to it as much soot as it will make very moyst bind it to the wrests 2 houres before the fitt and put on fresh every day till you finde your self perfectly well.

For an Ague.

Drink all the water you make in the morning when you rise, drink it warme and fasting do so for 8 or 10 days.

For the falling of the fundament.

Strew some powder of Ginger upon a chaffin dish of coales and set the patient sit over it to receive the fume, also the steam of new milk taken in the same manner will help it or wash it in warme new milk and put it up with a red cloath and man it next you, or a warme a wooden stool and sit upon it 2 or 3 houres as for ye collick, and still as it cooles have another ready.

A plaister for the Stomack and to help digestion and for a consumption or pain in any part.

Take 2 Ounces of Burgundy pitch, 1 Ounce of Bees wax, 1 Ounce of Rosin, 2 Ounces of conix turpintine, 1 Ounce of milhridate, 1 peniworth of powder of spear Mint, 1 ounce of the Oyle of Mace melt this together and so spread it upon a peice of sheeps Leather a quarter long and half as broad for the stomack, grate some Nut mugge upon it, for want of good oyle of Mace, half an Ounce or rather more of Mace made into pouder will doe as well.

For wormes in children.

Take too half a pound of currens clean washt and picked an Ounce of Worm Seed and half an Ounce of Sena in fine pouder, and as much pouder of Annis seeds as you think fitt to correct the windiness of the Sena, then beat all together to an Electuary. To a child of 9 or 10 years old give the quantity of a walnutt, and so give proportionable to other ages, when they take it (wch should be 3 dayes at the full or New Moon, mixe as much virgin honey with it, as will make it a little soft, let them fast 2 houres after it.

For a woman lying in, or for any body faint, or in a feaver.

Take a pinte of New milk and boyle it, and put into it a pinte of sack as it boyles on the fire, then take of the curd clear, and when tis pretty coul, let them drink what they please of it.

For an Ague.

Take 12 balls of stone horse dung, steep it 12 houres in a quart of Ale then strayn it out, and make a poset of it, with a quart of New Milk A man or a woman must drink this quantity an houre before the fit begin, and walk an houre after it, then goe to bed and sweat if you will, a child may drink as much of this as you can get them to take. Use this 3 or 4 times it is infallible, and is good also in feavers and pluresies.

Eye Water.

Take 40 grains of white Vitriol put it into a quart of rain or snow water and in 24 houres it will be dissolved, put of this water into inflamed bleard bloud shot or weak eyes 5 or 6 times a day, and often both the eyes with a rag dipt therein.

Eye Water.

For sorenes or redness or Rhumes or heals or dust or any such like, it is approved good, but not for pearles or Catzalls take 2 drams of fine bole armoniack 2 drams of white copperas, one dram of Camphire all made into fine pouder take 2 quarts, or rather more of spring water, set it on a clear fire in a clean scoured skillet. let it stand till it begin to bubble at the bottome, then take it off the fire, and put it into an earthen pot, so put in your 3 pouders mingled together, and with a clean wooden splint stir it continually till it be as cold as it was before you used it. Then keep it in a stone bottle stopped close with a cork, stir it sometimes together, and in winter keep it near the fire, for it will freze sooner then any thing. When you use it, take some and set it before the fire till it be bloud warme then take a fine rag and bath your eyes a good while night & morning, goe not into the air soon after it.

A plaister to stay Rhume from falling into the eyes.

Take the white of a new laid Egge, beat it well, then take one penniworth of sanguis Draconis, as much bole almoniack, beat them severally, then put them together, and with the white of the egge mixe them very well, then take a spoonfull of the best wine vinigar, and put to it, then lay it on the rough side of the Leather, pricked full of holes, and lay it on the forehead for 3 or 4 dayes. Probatum est.

For the Stone.

Small radishes 6 handfulls, Mother time as much, pellitory of the wall 4 handfulls, saxifrage as much, Filupendula one handfull, Safferal wood 3 Ounces, slice and cut all these grossly and put them in a gallon of new milk let them stoop 24 houres close covered, then distill them in an ordinary still, it will yeld 3 quarts it should be distilled in May, but the begining of June may serve.

The manner of takeing it.

Over night infuse a quarter of an Ounce of Lignum Nephriticum in a pottinger of fair water, being first sliced very thin, and let it steep 12 houres. Then drain it from the chipps, and to the water put 3 spoonfull of Rhenish wine, or for want of it white wine, and 4 Spoonfull of the distilled water afore said, the juice of a Lemmon and about 2 spoonfulls of loaf sugger with half an Nutmugge thin sliced, put it in a spoon with a little of the water and swallow it down, following it with the rest of the water, and fast 2 houres after. Doe this at the New of the Moon 3 successive Mornings, but if you find no great pain, then take it one Morning in a Month, use it constantly, stop the water close after distilling and sun it for a Month. But in regard this water can be made but at one season, use may be made of the following water in the mean time, pargley roots washed and the pith taken out, and polypody of the Oake and bearbind or withy bind bearing a white bell flower of each as much as you can take between the thumb and 2 fingers slice the 2 first and shred the last stalkes and leaves infuse them over night in a good half pinto of Rhenish or white wine, and next morning drink of the wine drained from the ingredients this is a good Diuretick and will cleanse the Ureters from gravil and small rags if the stone be not confirmed.

For an Ague.

Take of the juce of Cammomyle 2 spoonfulls or more to a Man give it in warme posset drink an houre before the fit begine, and let them use exercise to make them sweat.

For a Lask.

Take a gallon of new milk, and put it into 4 ounces of Cinnamon beaten into powder, let it steep together for 7 houres then still it in a rose still and drink a draught of that water night and morning it must be stilled fresh every 4 or 5 daies.

To make Lozanges good for all Manner of colos.

Take a pinte of Borrage water, a pinte of red rose water, make these scalding hot then poure them upon these things following: Maiden hair, Century flowers and rose mary flowers of each one handfull, Elitompany roots half an ounce, burnet leaves and buglas flowers of each one handfull; Cowslip flowers 2 handfull, a quarter of a pound of reasons stoned, 12 figgs sliced, one ounce of China roots, Lycorrish one ounce, of Senna half an ounce as much ginger. Let all these stand in infusion on hot Embers 24 houres, then strain it and poure the infusion upon 2 pound and a half of suggar, then boyle it up to a Lanny height putting in towards the latter end, ponder of Liquorish half a pound ponder of juniper berries a quarter of an ounce, ponder of Gentian roots half an ounce. Note that the Suggar and decoction must not be boyled to the full height before the ponders are putin, At the second making putin a quarter of a pound of the Lozinges, as much of Liquorish ponder & quarter of a pound of green Ginger sliced and bedden in a morter, and as much of candid Angellico, halfe a quarter of an ounce of the best juniper berries made into fine ponder a pound and a half of sugger make it up as before, wett your sugger with what water you like, or think proper for you.

To mingle Succory water, endive and fumitory water.

To a quart of any of these waters you must put a quarter of a pinte of mint water: Take a pinte of new milk, warm it good warme, and put into it 5 spoonfull and a little loafe sugar and drink it.

To make one Fatt

Take a quarter of a pound of Currens and bruse them, boyle them and a good handfull of harts horne in 2 quarts of Milk till it be half boyled away and drink a Draught of it morning after Noon and Night.

For the Collick.

Take a pint of English Honey, half a pound of figgs, a handfull of Slipps of Hysop and bruse them together, and boyle by a conserve and take the quantity of a walnutt last at Night and first in the Morning as long as it lasts.

For the drink.

Take a pound of Annisseeds 2 handfull of water Cresses an handfull of scurvy grass, an handfull of worm wood an handfull of rue, stamp them and put them in 2 gallons of New Ale almost at tunning and take it for your drink while it lasts.

To prevent sore breasts in lying in.

Take 2 drams of Virgins Wax, half an ounce of Oyle of Almonds a dram of parmacity, a dram of Oyle of Aloes set this upon the fire in a pewter dish and when it is melted have in readines 2 pair of clothes cut fit for your breast, with holes for your Nipples (for this quantity will doe two pare such is as much as you must use) put one pair of these on the next day after you are brought to bed, and let them stay on a fortnight looking at your breasts twice a day, to put them streight, if you doe not nurse at the fortnights end, you may put the other plaisters on and keep them on all the Month, but you must use fresh flax every day twice.

For milk that is by cold or any other accident hardned in lumps.

Burn a good quantity of ash wood to ashes as clean as you can, then fill 3 or 4 Linnine bags with the ashes, such as will be big enough to cover the breasts, apply them as hot as you can, suffer it, and as it cooles take a fresh one.

For sore or chipt Nipples.

Take the marrow out of the bones of Calves feet, then take of Oyle of cream and bees wax of each an equall quantity to your marrow, melt altogether, and annoynte the breast heads with it, and lay a dryd sage leaf next to them.

For akeing or cold in breasts.

Take of wax and butter melted without boyling and oyle of roses of each an equall quantity, warme them together, and squeez in as much saffron as will make it yallow, dip cotte clothes in it, and lay it all over the breast, cutting a whole for the Nipple.

To prevent sore Nipples.

Boyle a good quantity of parsley in spring water, with some salt, and wash the Nipples Night and Morning with a fine rag dipped in it.

For sore breasts.

Take a peice of wax candle and make it into pills of the usuall size of other pills, take 3 at goeing to bed, at any other time when you can fast after them, you may take them in a little Beer or what you please, and they are proper at any time, when you perceive hardness or heat in your breasts.

For sore Nipples.

Take the bone of a roasted shoulder of Mutton, and take out the marrow, and mingle it with loaf sugger, and annoynt the Nipples with it, and keep them hollow for touching any thing if you can, and also keep your breasts cool.

FINIS.

To make Almond jumbles.

Take 2 pound of Almonds blanched, and beat them very small with some rose water then take 17 Egges use only the whites of 7, beat them very well with 2 pound of double refined sugger the almonds beaten altogether, and set them upon a chafin dish of Coles very hot continuelly stirring it till they be thick enough to roule then take some of the double refined sugger strown upon your plate roule and lay them on, and put them into an Oven in the mean while have a pie plaite ready with sugger to ley them on when they come out of the Oven, so let them lye still till they be cold to half a pound 4 Egges but not all out two whites.

To make Juniper water.

Take a pound of Juniper berries put them in a glass bottle and poure to them a gallon of Brandy put it in a Lymbeck or a rose still and let it stand 4 or 5 dayes in degesting dis still it dry, and poure the distilled Brandy upon some fresh berries; letting it stand till the water a little gellbreth; then poure it off and keep it close stopped for your use; a little wine with the brandy it will not be amisse.

To make Marmalett of Cherries.

Take your ordinary red Cherries not over ripe and pluck of the stalkes and stone them, to every pound of cherries 3 quarters of sugger, make most of the sugger into syrrop with a pinte of water to every pound a pound of sugger the sugger left out must be strown upon the cherries to the syrrop, and let them boyle as fast as you can breaking them with the back of the spoon, in the boyling you must acde after they have boyled a little 2 or 3 spoonfull of the juice of currons wch will cause it to jelly and when it will you must take out some of the thinnest then glass the rest uncover it with that you took out.

To make poppy Water.

Take as many poppy leaves as will yeild 3 pints of water distill it take 6 handfulls of fresh poppy leaves and steep them in the distilled water one Night then distill the leavs and water over again then take another handfull of fresh poppy leaves with 4 sprigs of rose mary 2 Nutmugs slit and quarter of a pound of loaf suger let them stand in the set of the sun in a glas pottell 10 or 12 dayes shaking the glas every day then strain it gently and keep it for your use.

The vertue of this water.

It cooleth the head stomack liver and rayns it is good to procure sleep it seases pains in the head and fevers alayes thirst stops the bloudy fluce its admirable in a plurisie, surfitt or when the blood is over heated if you give 4 or 5 spoonfulls 2 or 3 times a day it much helpeth the sharp= =ness of urine, it may be given in all hot diseases.

For the Tooth ach.

Take half an Ounce of Venus Turpintine, a peniworth of Mastick a peniworth of Bugantery pick and half a peniworth of red lead put all these together and set them on a coal fire and let it boyle till it come to the top of the zoot and be thick to spread upon Velvett then apply it behind the ear.

To make yallow salve.

Take rosin 6 Ounces virgins Wax and frankinsence of each 4 Ounces mastick one ounce, harts suet 4 Ounces Camfrey 2 drams, beat the rosin, Mastick and frankin= =cense in a morter together then melt the pouder and wax and when they are melted strain it through a cloth into a bottle of white wine, and boyle them together till they be something thick then let it cool and put in the camfrey 4 Ounces of Venus turpintine drop by drop least it clamper stiring it continually, then make it into roules keep it for your use.

To make Cheese Loafes.

Take a pound of fine Cheese Curds and a quarter of a pound of butter, 6 Eggs one spoonfull of bloom as much suger as you see, sauce a little fine wheat flower to make it sad enough to make up into loafs so bake them in an Oven and make yo: sauce sack suger and butter serve it up, make them not too sad but as light as you can make them into loafes.

To make Chaineay Aile.

Take 4 gallons of Ale a pound of sugger 3 pints of white wine & an ounce of chainey roots and an ounce of Colliander seeds tun these all into a pot and let it stand 24 houres then draw it out and bottle it for your use.

To make Unguentum album Camphelat: to heale any outward heat.

Take a pinte of hoggs grease put to it a dram of Camphey being beaten well with a blanched almonde such you may doe with pounding them both in a Morter together then mingle it up with Ceres finely searsed as you think good.

To make Curran berry wine.

Gather the berries dry pick them clean from the stalkes and bruse them and to ever gallon of bruised berries put a quart of rain water boyled. and let them stand 3 or 4 dayes ~~close~~ close covered then strain them through a flamine bag and to every gallon of liquour adde 3 pound of sugger tun it up and let it stand till Michalmas or Christmas then boyle it and put some suger into every bottle you may adde to it a bole of sack if you please when you tun it up.

To make Cheese Cakes.

Take a pinte of Cream 16 Eggs batter them well with a whisk and then put them to your Cream, and set them over a Chaffin dish keeping them stirring put to them a little grated white bread with seasoning a little sack or rose water.

To make piramink Cream.

Take a quart of fair water and 6 Ounces of harts horne and put it in a glasse bottle that will hold a pinte more or else if it be fyll it will break stop it very close with a cork and lyg a cloth over it, put the bottles in a pot of boyling water and let it boyle 2 or 3 houres, remember to put into your bottle gume dragon and gum arabeck the bignes of a small Nutt then take as much Cream as there is jelly and half a pound of Almonds well beaten with rose water so yt you cannot discerne what they be, mingle the Cream and Almonds together then strain them and doe so 2 or 3 times together all you can out of the Almonds then put the jelly to when it is cold into a bason and the Cream with, sweeten it to your taste put in 3 grains of musk and amber greace set it over the fire stirring it continually scum it till it be boyling hott, but let it not boyle soe put it into old fashioned glasses and let them stand till they be cold and when you would use it, hold it in your hand and loosen it with a knife and whemble it into your dish.

To make Cracknells.

Take a pound of sugar and searse it, put a pound of flower to it, then take the Yolkes of 4 Eggs and the white of one spoonfull of Carroway seeds or lesse if you please wch have been steeped a quarter of an houre in white wine vinegar and rubbed dry in a cloth bruse them very little take also a spoonfull of rose water and a quarter of a pound of butter so make this into a paste and fonde it as thin as you can on butter pye plates and lay them on, prick them well and wash them over with an egge bake them in as quick an Oven as for burneing.

To make Lemon Cream.

Take 4 Lemons pair of the skin very thin shred them very small squeesing the juice of the Lemons into them, let them stand 2 or 3 houres to steep then take 7 Eggs but 3 of the yolkes and beat them very well, then put the Lemon and juice and halfe a gill of Damask rose water a gill and a halfe of spring water sweeten it with suger to your taste, strain it into a skillet and set it over the fire let it be clear, and keep it alwayes stirring till you see it begin to thicken then take it of and put it into your dish thus you make Oringe Cream but with half the quantity of the Oringes and 5 or 6 of the yolkes.

An excellent green Ointment.

Take of bay leaves and wormwood of each half a pound, pick them clean, and wash them not, put sage a pound gather them in the heat of the day, bray them very small in a morter, then take 4 pound of sheep suet new killed pickt and shred small, put all these together, till they be well incorporated, then take a pottle of Oyle olive the best you can get, worke it well with your hand till it come all of one softness, and then put it into a large earthen pot, set it stand close covered in some cool place 8 dayes then boyle it with small coles almost a day stirring it well and after it hath boyled 4 houres or more put to it 4 Ounces of the Oyle of spike, to know when it is boyled enough take a drop in a clear scummer, if it boyle duskish boyle it longer if a fair green take it off and strain it through a new Canvis and keep it close in a galley pot, it lasteth for 8 years it cures all strains, swellings Cramps scales and burnes it banisheth outward the Sciatica, gout, and all swellings in the face and throat.

A most excellent Water for a Consumption.

Take a pinte of new red Cowes Milk, and a pinte of red wine the Yolkes of 21 Eggs new layd dissolved in the aforesaid liquour, then take as much fine sliced Manchett as will suck up the Liquor then put it into a with a soft fire, and when the Liquor is distilled let the party take it in all drinkes or broths as he eates to the quantity of one spoonfull in a draft of Beer and with gods blessing in one months time you shall be sensibly better.

How to make little Cakes.

Take a pound of butter a pound of flower well dryed and a pound of suger searced fine, a pound of Currons clean washt 6 Eggs 3 whites taken away, a little Mace beaten with 3 or 4 spoonfulls of rose water, mix your flower and suger together then part them in two, and put your butter to one half thereof and work it well together, then put in your Eggs being a little beaten and your rose water with the remainder of the flower and sugar, work all very well together, then plump your currons and put them in soe set them in bisket panns being first buttered, and bake them in a temporate oven.

To bake little plum Cakes.

Take a pound and a half of flower dry it well, then rub very well into it 3 quarters of a pound of butter, then put to it 3 quarters of a pound of suger, then put to it 1 pound and a half of Currans or 2 pound grate in half a Nutmugge put in a little salt 2 yolkes of Eggs 3 spoonfulls of cream mixe them very well together, and worke it to a paste then make it into little Cakes round & bake them.

To make Orange water.

Take 6 Oranges pair off the rinds and shred them very small then take halfe an Ounce of clove gilli flowers and as many Cowslips, of rosemary flowers and burrige of each a dram, Mace 1 dram 2 or 3 spriggs of Balme and spear mint put all these into a pinte of sack to steep two dayes being close covered, that the streingth may not goe out.

And when you put it into the still adde thereunto one quart more of sack, then paste up your still close and draw it with a moderate fire, break some fine hard sugar and put it into the glass that you set for your water to drop into. If you would have your water to retaine the colour of the Oranges you must pair one, and put the Rhynd round the hollow of the topp of the still before you set it on.

To make clear Cakes of Currons, Gooseberries, or Rasberries.

Take a pound of Currans clean pickt from the stalk put them into a silver tankard soe put them into a Kettle to boyling water and as the Currans sinks soe poure the juice of them Lazurely if it be white for fear the standing may make it loose its colour soe to a pound of this liquor you must take a pound and 2 Ounces of double refined Suger just wett in water soe let it melt in a jelly. then set it upon a clear fire and boyle it to a Candy height and have yo: Liquor ready in another skillett and very warme when yo: sugar is ready mixe it with the liquor then put it into your cake glasses and set them in your stove and doe not keep too hot a fire, but a constant heat.

How to make a brown Soope,
The Spanish way.

Take good strong broth and gravy the gravy must be brown make it so strong with gravy as you would have it, then set it a stirring with a faggot of sweet herbs 3 or 4 Anchovis, an Onyon stalk cloves some salt then have some ore pallat boyled and cut in little peices and fryed brown in butter and there to some sheeps tongues dipped in butter and fryed Oysters in the same manner, lye in a crust of french bread in your soope as it is stewing then have a duck half roasted and then stewed lye in larded dish your soop with the duck in the middle, put in them pallett sheep tongues and Oysters.

The true and genuine receit of that famous spirit called the Queen of Hungaries Water.

Take 4 pound of rosemary flowers gathered in a fair morning 2 or 3 houres after sun rising and picked from all the green part put them into a Cucurbite and poure upon them 3 quarts of spirit of wine well rectified; press down the flowres into the spirit and then cover the Cucurbite with its head and allembick, Sute well all the juncture with paste and paper, then place it in a sand bath, and sute a receiver to it then leave it so untill the next morning, then disstill it with so moderate a fire, that whilst the spirit disstilleth the head may not be soe much as warme or to hasten the disstillation, you may cover the head with a Linnine Cloth doubled several times and dipped in cold water, and dip again and cool the head severall times; continue the disstillation untill you have drawn about 3 quarts of spirit wch will be very pure and charged with the best and volatile substance of the flowers then take out all the fire and let the bath cool, voulute the vessels and put the spirit into a bottle well stopped, then strain and press out the Liquor that remains in the Cucurbite and clarifie it then put it into the Cucurbite again and disstill it untill it remaineth in the bottome of the consistence near as thick as honey or a thick Syrrop wch put into a pipkin well glazed and boyle it ouer a gentle fire to the thickness of an ordinary extract put ye fast spirit into a bottle by it self.

Take Gooseberries full ripe cut them in two put them into your stand take river water and put it upon them cold to be a finger length above the berries to stand 24 houres then draw off your liquor, and put half a pound of sugar to every quart, and tun it up in a barrell, let it be 3 or 4 months before you draw it off, then bottle it, and a year old is best.

For the bite of an Adder.

Take a male plantine and Cellandine an equall quantity, chop them together, spall with stale Urine and a little sallet oyle, then apply all to the place affected like a pultes give a little juice of Celandine in a glass of white wine inwardly to strike your poyson from the heart.

probatum est.

Finis.

Take Ameshenr of codlins and set them over the fiar with as much watter as will cover them well keep them stiring and turning till sm tims as you see them turn yellow but not to be soft then take them out and put them in otems to cool and set on the watter agen to boile very well with a quantity of the worst of the ~~worst of the~~ codlins cut in peesis a score of codlins cut is in nofe for one meshner and one halpnorth of Roch allom when it is boiled well all together strain the lickur through a sive and when yu have laid yr codlins into yr pot with a slait stone at tope to keep yr codlins from swiming and when this lickur is could pour it on to yr codlins and see that yr codlins be a prity way under yr lickour then melt a little butter or or Rendert shuet and pour it on them and keep them for yr use in ten months tim the will peel like apoteto when yu peel them take a little of the clearest of yr lickur and put to it a littel sider and a but mover Allom and a bit of lemmon pill and boile it and so the will keep all the year

How pickell Elder buds.

take as many Elder-buds as yu pleas only taken from the trees put them in a pitcher with a slat stone clos ton them and having a pickel mude strong with watter and salt and a little winicker and a good lump of allom boile all these all well together let it stand till it be

could and so put it upon ye buds let them be
pretty deep under lickur and skim them as often
as ye find black coms tow the top boiling the
lickur up once amonth and skining it very well
and when the lickur is could put it on ayen
and so ye may keep them all the year on this
manor ye may pickel elder buds Radish buds or
ashe keeys or broum buds but only put ye
broum buds in littell bags this pickell is for lettis
or for purseley or ~~sallyflowers~~ to make a pickell for concumbers
or any of thees

take halfe watter and halfe whit wine vinicker
and set it on the fiar to boile and a pretty
quantety of salt and som hole peyer and som
bruised ginger and a blade or two of mace and
a bit of lemon pill boile theas all well together
and put it in an Earthen pot to coule then wipe
ye concumbers and put them in the pote ye
will keep them in in layers with dill then lay
a slait stane close tow them to keep them
a pretty way under the pickell and when ye
ye pickel is could pour it on them then melt
a little butter and pour on the tope of them
and so ye may keep them all the year

for Astram in any part

take an Ounce of tack ama hacka tow
drams of the stiptick plaster of parra
selsis and one pennyworth of organy pich melt
all theeas well together over a gentell fiar and
so spread it upon sheeps Lether and lay it
to the place strained

for abruse in any part

take goose droung and gates greees and fryes
them to gether and lay it on as hott as ye can bide
it and as it coules apply more hott tow it till ye
find ease

for Stone or Gravell

Take a Spoonfull of the Beeryes of haws of the hawthorne tree dryee and beat to powder and as much of Rosemary dryee and beat to pouder and of groundgui the like quantity stired all wich to be mixt together and drink every morning fasting in a gill of white wine or ale

An Almond Pudding.

Take a pound of pounded Almonds wet them with Rose Water then beat a pound of butter to a cream, put in a pound of Loaf Sugar with the Yelks of 15 Eggs with half a pint of good Sacka a Nutmeg & a little Salt beat a pg. whites of 5 Eggs with all thick then mix them all to=gether & put it in a buttered dish with Puff Paste round the Brim

Green Pease Soup.

Stew a leg of Beef to a strong Gravy put in a handful of sweet herbs one Onyon a little whole pepper a few cloves a little Mace boil 2 quarts of pease pound on a very wod strun & bruise them thro a sieve inklinted boil about 12 Lettices & make forced meat of a little Veal suet sorrs Eggs a few sweet herbs & a little Spice to give it a good Taste so beat it all very small together

open the Leaves of the Lettices & put the forced meat with them, cover the Leaves over it strain of the Gravy & put it to ye pounded pease, place your Lettices & let them stew all together a little, so serve it up

To pickle Onyons white or red

Peel the smallest Onyons put them in Salt & Water 3 Days boil 'em pretty soft in clean water take them out & let them cool your white Wine Vinegar & spice boiled & put cold to the Onyons

To preserve pears in Sirrup

Take smooth handsome pears free from spots, put 'em on the fire in a pot of water till they Colender, hang them pretty high y^t they may not crack nor break then take 'em off & weigh them & take their weight in Sugar pill them & strew Sugar on them & so let them stand till the next Day, to every pound of Sugar take 3 parts of a pint of water to make the Sirrup, put half the Sugar to it let it boil till the Sugar is melted then put in the pears & the Sugar that is left with 'em let them boil a little till the Sugar is melted take it off let it stand about half an hour put it on again so do 2 or 3 times keep stirring them as they boil boil them very quick & keep them till the next week then boil them with the rest of the Sugar till the Sugar will stand on your nail then take them off & put them in Glasses & let them stand till they are cold, cover & keep them for use

Marmalade to fill the plumbs.

Stone a quart of Damasons in the preserving pan, put half a pint of water to them let them boil till all the water be boiled away then put in half a pound of Sugar beaten & boil it up to a marmalet stir it all the while lest it burn put it in a broad Dish in the oven with the plumbs & fill the plumbs with the outside, put it in the oven with the plumbs again.

Chicken pye

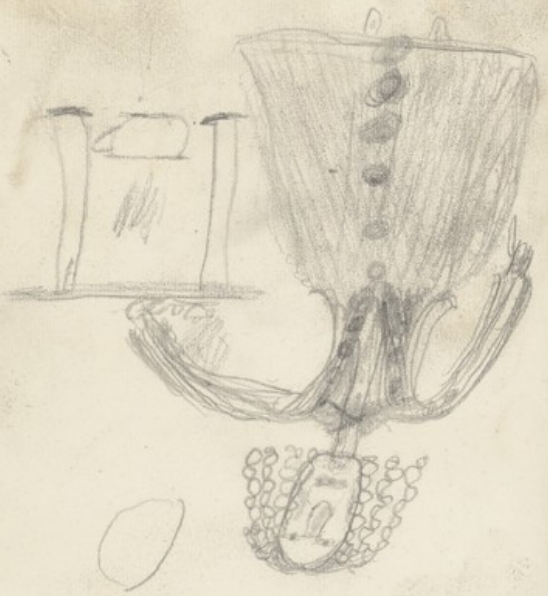
Take out their breast bones & break them season them with nutmeg, cloves, mace, cinnamon, Sugar & Salt if you have marrow enough roll it up in the seasoning & put it in their bellies, if not use butter if Artichoaks put the bottoms of em between the Chickens or Spanish potatoes cut in long pieces & dipt in the yelks of Eggs with Cinnamon & rose water beaten well together & a few gooseberries or Grapes if you have neither put in a Lemon sliced or 2 or 3 Spoonfuls of Lemon juice lay on the top of the pye sliced Penchelly Dates & large mace if you will have it rich cover their breasts with Gold or ~~Amber~~ Grease of Lumborgrass mince the yelks of 4 boiled eggs fine, throw on it a Candle of white wine or Sack Straw Sugar & serve it to the table Bake it there.

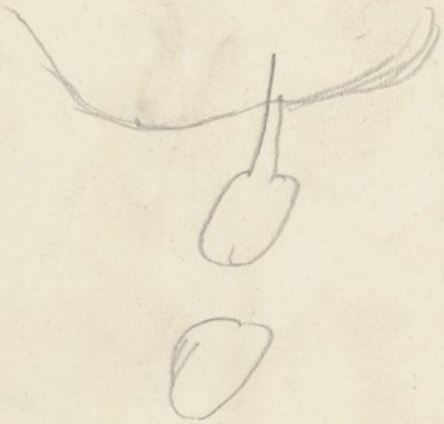
Plumb Cakes.

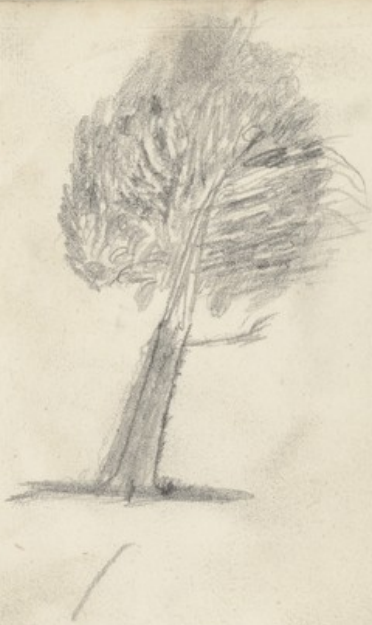
One pound of flowr & Quarter of a pound of Currans half a pound of butter half quarter of sugar, One nutmeg a spoonful of Sach one Egg

0

0 0







The Table of Cookery &c.

A Table of Surgery.

For the Yallow Faundis — — — 90
For the Faunois — — — 90
An infallible cure for the Yallow Faundis 90
For the falling of the Fundament — — 90
To cure any hard Scab and to — — 91
bring it off — — — — — 91
For the frog in a child — — — 91
A water for a sore mouth — — — 91
An excellent sear cloth for any bruse 91
&c — — — — —

Recd Jany the 12: 1736/7 of Wm Rigg in full
for a Table and all accounts
Recd Jany fifteen shillings by Jno Wilkinson