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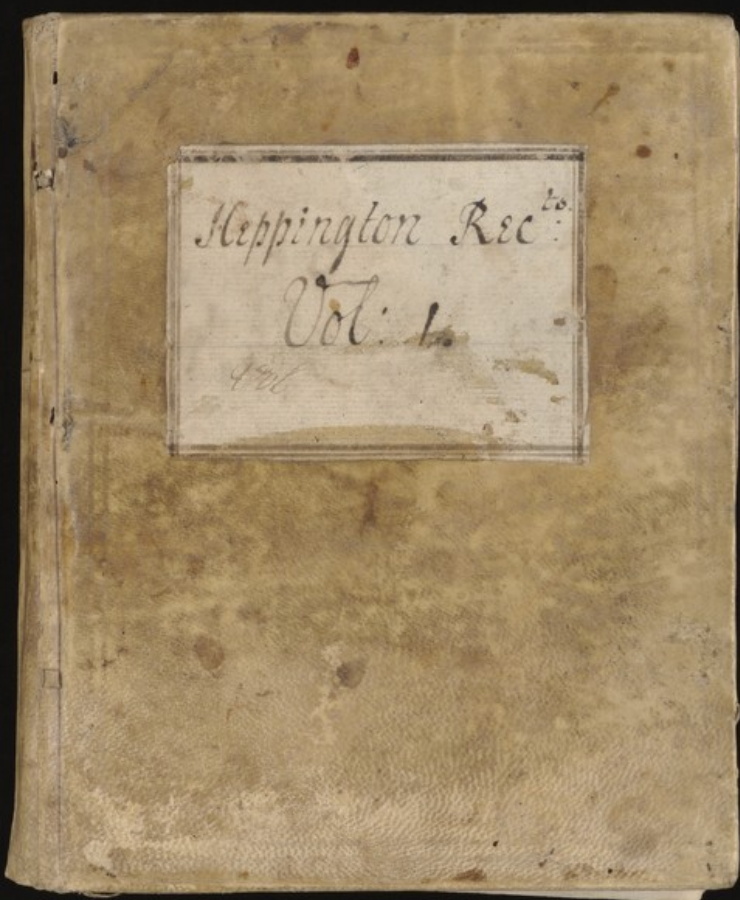
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Heppington Rec^{to}

Vol: 1

1706

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* To make Jelly flowers No 2. P. 27.
No 3. P. 20. 1.

Mix half a pound of sugar & salt as much
then lay a layer of flowers & another of salt
Cover it with cloot & put it in a cold place:

* To spice Cock fish No 2. P. 8.
Slit Eels down y^e back season y^m with pepper & salt
& a little grated white bread with a few herbs
thead very small y^e beyl y^m over chorice
& they are fit to serve in with an Chorice sauce

* A Cake
Break 5 Eggs into seven pound of flour, a quart
of an ounce of cinnamon halfe an ounce of
Cloves & mace, 2 nutmegs halfe a pound of
Cardid orange Comen & Citron & pound of
A pt of Ale yest y^e mace 2 pound of butter in
A quart of cream let it be blood warm mix
all together then mix 5 pound of Currants
put it at quarter of an hour by y^e fire to
rise y^e put it into a hoop, let y^e hoop &
paper be well butter'd bake it an hour & a
halfe y^e yece it over with a pound of double
refin'd sugar beat & sift through a fine
Laine sieve & y^e whites of fresh Eggs whipt wth
shon in a basin wth a whisk

Take a pound of fine flower & put it to a pound
 of sugar beaten & sifted, mix it wth y^e flower
 then take a pound of butter layd in rose
 water all night cut your butter into one halfe
 of y^e flower & sugar & whip up y^e whites of
 three Eggs to snow & beat y^e yolkes wth an
 Egg with a spoonfull of rose water & put
 it into y^e flower, & take a pound of
 Currants washed & dryed, & mingle with y^e
 other halfe of y^e flower & mix it all together
 & keep it stirring till it goes into y^e oven
 you may add Cardus orange Lemmon & other
 you must bake it in tin pans, butter your
 pans & fill y^m but halfe full just as they
 goe into y^e oven, sift a little fine sugar
 over y^e oven, heat y^e oven as hot as you doe
 for manchette, put y^m quick into y^e oven
 & when bakid take y^m out upon a plate
 & y^l they will keep halfe a year.

*X

paste Royall

No. 3. P. 22.

Cut halfe a pound of butter into 2 pound
 of flower mingle it wth 4 spoonfulls of loose
 sugar a little nutmeg & cinamon make it
 into paste with sheery Sack & cream y^e ~~last~~
 kowle in a pound or more of butter & soice it.

A Quaking pudding

No 2. P. 22.
No 3. P. 24.

Boate 12 Eggs with a little sugar & salt put
to y^m 3 p^{ts} of cream 3 spoonfulls of flower &
put it into a cloth well floured, & into a boiling
pot an hour, & it is a quaking pudding tick
it wth blancht almonds quarter'd boate some
butter up thick & pour over it & it is a ~~delicious~~
pudding you would doe well if you would
take y^e pains to lay it round with a
sweetmeats

* good

A rice pudding

No 2. P. 93.
No 3. P. 26.
No 3. P. 104.

Boyle halfe a pound of rice first in water
then in milke till it be very tender y^e put
it to halfe a pt of cream & 4 Eggs beat a
quarter of an ounce of cloves mace &
nutmegs, a glass of sack a little rose water
halfe a pound of sugar with halfe a pound
of currants 2 ounces of Candied Lemmon &
Citron sliced with a little grated white
bread, & 3 spoonfulls of flower mix all
these together & ~~the~~ put it to boyle in a
cloth, y^e some ingredients for an almond
pudding only instead of rice put in halfe a pound
of almonds blancht & beat in a stone mortar with rose water

* Pease pottage { No 2. P. 27. }
No 3. P. 26. } 7

Take 2 quart of strong broth y^e flower of a
pint of pease 2 patoes two sheep Tongues tender
boyl'd blanch'd & cut in slices 20 balls of
forcemeat set it over a chaffin dish of lill
season it with maie pepper & salt. let it
boyle a quarter of an hour then put in a
hand full of sponage a little sorrel & spruce
-mint with halfe a pound of butter. let it
stand till it be thick & serve it up with
sippets -

* To fry oysters - No 2. P. 28.
No 3. P. 28.

Beat 2 Eggs with a little grated white
bread nutmeg & pepper dip in y^e
oysters & fry y^e brown in fresh
butter & they are mightly handsome
to lay round any stowd dish of
oysters -

[Faint handwritten signature or scribble]

Remedy for the Jaundice approved
by Dr Glynn of Cambridge
commended by Col Hankin — July 1856 —

Gather as much new fallen Sheeps Dung as
will fill a Purgish Cullender - pour through
it a pint of Sable Beer - so as not to
disolve the Dung. ^{Add some Saffron} This serves for 4
Doses - - One at Eleven o Clock the another
at 2 Hours before Dinner —

To be made fresh every other day -

* To Stew Oysters ^{to fry} ~~to stew~~ ^{no 2. p. 20.} ~~no 3. p. 28.~~

Take a quart of great Oysters and a little of
y^e liquor a pt of white wine 2 anchovies a little
nutmeg sliced 23 blades of mace & little pepper
& salt, A bunch of sweet herbs bot all these
Shew a quarter of an hour y^e put in a quarter
of a pound of sweet butter & serve it with
Pippets barberries & Common sliced

* To force a leg of mutton ^{or veale} ~~to force~~ ^{no 2. p. 77.} ~~no 3. p. 203.~~

Take out y^e meat of leane y^e skin whole
skroad y^e leane of it w^ory small with as much
fat almost as keif y^e bot with y^e end of
a ruyling pin till you doo not know y^e meat
from y^e fat w^h done break in to it 3 or 4 Eggs
& a hand full of grated white bread, season
it with Ralfe an ounce of cloves & mace
an ounce of pepper 3 nutmegs, salt sweet
margerome & Thyme mix it all well put it in
w^o y^e skin againe sew it up & it is proper
to rost & serve it with anchovy sauce, or
bayle & serve it with Colly flowers boyld
& butterd round

to stew Oysters
to stew to stew

* To Stew a neck of mutton or Lamb of beef ^{11.}

put it into your pot with a bundle of sweet herbs a little mace nutmeg pepper & salt a quart of cleare a pint of water 2 anchovies 3 or 4 shallots cover it close with past & let y^e mutton stew 2 hours & y^e beef 4 hours if you stee it up with lettort or 2 & gravie.

*

An. No

No 2. P. 10. -
No 3. P. 30. -

Cut 3 Chickens or 5 rabbits in pieces as small as an Oyster put y^m in a stew pan with 30 great Oysters 3 blades of mace a nutmeg sliced, a little pepper & salt a bunch of sweet herbs a pint of white wine 2 Table fulls of strong brack let it stand till it be tender if you put in no anchovies halfe a pound of fresh bitter leaf it up thick & serve it with Sippets baskonnoe, common Sauce you may add Oysters forcie meat balls or pellets & Sheepstomachs your Sippets & pellets must be boyled tender Blanched & sliced.

*

To pickle young Turkeys or Rabbits

No 2. P. 10.

No 3. P. 30.

Wash y^m & scum y^m with cleare pepper & salt, boyle y^m first in milk and water & make a pickle with white wine & vinegar Equal & a full of Spice & you may keep y^m in it

212
* good to shoe of Hare — ^{No. 2. P. 10.} ^{No. 3. P. 32.} 13.

beat her well in her blood then cut her in pieces
& put her in a shoe pan with a colle of Clarob
A pt of fair water 2 anchovies 2 or 3 shobts
a little mace pepper & salt let it shoe till it
is tender y^e put in a piece of fresh butter
beat it up & serve it with sippets

* To Colours of veale or of pig

^{No. 2. P. 11.} ^{No. 3. P. 32.}
Bone your pig or veale season it with
allspice, mace, nutmeg & pepper with a little
salt, sweet marjorome & tyme & a little
sage Sewe it up as you doe brayn, then
boyle it in 2 quartes of pickled vinegar, &
one of water if you keep it above 2
months it must be wine instead of water
when it is tender take it out, till it is cold
& keep it in y^e same pickle

* Sauce for Roast Chicken or Lamb — No. 3. P. 32.

Take halfe a pt of white wine a Table full
of strong brack one anchovie 2 or 3 slices of
Lemon 3 or 4 blades of mace a little parsley
boyd green & shred all this shoe halfe an
hour y^e beat it up thick with a piece
of fresh butter, pour it ouer y^e Chicken or Lamb
in y^e Roast you may haue Grapes or other

*

French Bread

No. 2. 11.
No. 2. 93.
No. 3. 33.

15

Breake one egg into 2 p^d of flower a little salt halfe a pt of Ale yest^r make it light with milk & water blood warm set it by y^e fire till it rises yⁿ make it into loaves & bake it three quarters of an hour

*

A Make flouandrie No. 3. P. 36.

Cut a neck of mutton into staks, sweeten it with mace nutmeg pepper salt & sweet herbs yⁿ put it in a dish with halfe a pint of claret & as much fair water 1 anchovy 2 or 3 shalots yⁿ cover it with put paste & bake it you may ad 20 fried mount balls & 20 great oysters

*

To make M^r the py^eNo. 2. P. 11.
No. 3. P. 36.

per bryle y^e Nettle of Dear yⁿ shred them small with as much more sweet as meat season it with mace nutmeg & a little salt let there be in it a glass of sack 2 ounces of Candied orange & Lemmon with Citron Riced, halfe a p^d of Sugar a p^d of Currants & y^e Juice of a Lemmon or two mix all well together

* To season Geese Turkey or pidgeon ¹⁷²⁵
 Bone your geese or Turkey Season it wth an
 ounce of pepper one nutmeg and salt, stick
 his belly with cloves put it into your py^e wth
 a fowles to fill up y^e corners. put 2 pound of
 butter on y^e top when it is baked fill it up
 with butter, thus y^e pidgeons & season y^m
 y^e same way

* To pickle Trout or Sack ^{1722. P. 12.}
^{1723. P. 36.}

Take as much water & vinegar as will cover
 y^m put into it all sorts of whole spice &
 hand full of salt a bunch of sweet herbs
 when y^e liquor boyle put in your fish, when
 tis enough take your fish out & keep it y^e
 same till cold.

* To pickle Sampies good ^{1722. P. 12.}
^{1723. P. 36.}

Take 2 pints of vinegar & one pint of water
 with all sorts of whole spice let it boyle
 y^e ~~the~~ clap in y^e sampies let it just boyle
 up again y^e take it out & put it into an
 Earthen pot cover it close 3 or 4 days if you
 wou^d boyle your pickles again add more
 vinegar

* * * * * ^{1292. P. 74} ^{1703. P. 36.} 17.

* * * * * Take y^e bottoms of 12 boy'd Hartichok's & 12
y^e th of Eggs boy'd hard 3 ounces of Candied
Orange Common & Citron sliced halfe a pound
of Roasons a blade or 2 of mace a little
nutmeg sliced a quarter of a pound of
Sugar put it into your pipe with halfe a
pound of butter & when it is baked put in
halfe a pint of sack & as much cream

* * * * * A Scotch Collop — ^{1292. 13.} ^{1703. 30.}

Cut y^e lean of a leg of veal very thin slices
beat soundly on both sides & add one halfe of y^e y^e
Collop with bacon season it a little with mace
nutmeg pepper salt & a few sweet
herbs, fry y^e brown in sweet butter with 20 balls
of forcemeat yⁿ clean our your pan, &
put in ^{half} a pint of white wine with as much
strong hold 2 anchovies 3 or 4 shells of 20
oysters yⁿ let this ste a little & put y^e Juice
of a Lemon into y^e Collops halfe a pint
of sweet butter beat it thick with y^e
 yolkes of 2 eggs serve it with Sippets
& garnish it with oysters forcemeat balls
& common sliced

* *

Calfs foot pye

No. 2. P. 13.
No. 3. P. 38.

Soney of foot & shoud. y^m small with as much
Just as meat put in 3 ounces of Candied orange
& Cammon with Citron sliced a glass of sack
a Cammon sliced with y^e kind of it. Reason
it with a little cloves mace Cinamon & salt
a quarter of a pound of Sugar halfe of pound
of Currans & tis fit y^e to fill your pye.

* To pickle Oysters

No. 2. P. 14.
No. 3. P. 40.

Take as much white wine, white wine vinegar
and y^e liquor of oysters as will cover them
put into y^e pickle a little mace & nutmeg
sliced a little whole pepper and salt when
y^e pickle boyles put in y^e oysters & take
out again till y^e pickle is cold y^e put y^e in
again and cover y^e over with leather.

* puff past for a Venison.

No. 2. P. 14.
No. 3. P. 40.

put 3 pound of butter into 1¹/₂ pound of flour
kneade into it 10 eggs & make it into paste
with cold water & rub in 4 pound of butter
more and it will doe very well

* Sauce for ~~indivine~~ indivine 23
No. 2. P. 16.
No. 3. P. 40.

Take a quart of a pint of graine as much
Clarrie a little nutmeg sliced one anchovie
2 shallots put it over a charcolle fire with a
little butter & y^e nocks of y^e foules beat up
thick y^e same, leaving out y^e nocks this
Sauce is good for roales, & adding a pint of
Oysters tis good for Coast mutton

* A Soup No. 2. P. 15.
No. 3. P. 42.

Take a quart of strong broth a loaf of french
bread cut like dice put it into a stew pan with
a little nutmeg sliced a little pepper & salt a
handfull of Spinage with Ralfe as much Fettoll
let it boyle Ralfe an hour y^e Clap in as much
small & Spinage as before with Ralfe & pound
of butter beaten thick then serve it up with
Sippets you may ad 3 or 4 balls of forcement

* No. 2. P. 15.
No. 3. P. 42. A Calves Foot pudding good

3 quarters of a pound of suet, 3 quarters of a pound of
Coriander, half a pound of slyger, 3 quarters of a pound of
Calves feet boyled tender & skreed very fine with y^e secret
take 2 handfulls of fine flower, some Nutmeg, a little salt
egg 3 of y^e whites, then mix it altogether, ty it up in a
Bag & let it boyll neare 2 hours

✱

To Stew A Carp

No 2. P. 17.
No 3. P. 26.

25.

Blow him under y^e lower finne wth a pint of
Clarrow. Ralfe A pint of water a bunch of sweet
Herbs a little pepper mace & nutmeg Shred
put in y^e Carp let him stue first on y^e or side
y^e on y^e other, then take him out & put him
in y^e same liquor, one anchovie 2 Shollts let
it stue a quarter of an hour y^e put in a
quarter of butter beat it up thick & serve it

✱

A Bisk

No 2. P. 12.
No 3. P. 26.

Chine a pike fill his belly with shrimps &
oysters all sort of white spice a few sweet
herbs, y^e run a little bird spit through him
by him on with packthead & 2 splinters Rest
him an hour & fast him with butter serve it
with Carps Rowd on both sides make y^e same
same with y^e liquor of Carps Rowd in a quart
of oysters & some of y^e liquor a p^l of shrimps
y^e bow of a common let it stue a little
beat it up thick with halfe a pound of butter
& serve it with fish fryd & boyled & cold
pickersell

Clean two Calfs feet & take out all y^e greas.
bones put y^m in 10 or 12 quarts of water with 2
ounces of hartshorne & as much Iring glass
A little mace & Cinnamon let it boyle till
it comes to 2 quarts y^e strain it through
a flannel bag Clarify y^m with y^e whites of
4 Eggs y^e strain it again you may color
some red with Sutharoul, green with Juice of
Spinage yellow with Saffron white with milke
As one color cooles you may run another &
till you have run all your colors

* To Hash a Shobber of Mutton

No. 2. P. 17.
No. 3. P. 26.

Half a roast of mutton & cut in as small as
Oysters put in a stew pan with a pint of Clarre
& a little fair water 2 anchovies 3 Shobbers
a pint of Oysters 2 penny worth of Capers A
little mace pepper & salt & a bunch of sweet
herbs then let y^m stew half an hour y^e
Clay in a piece of fresh butter beat it up
thick & serve it; you may doe Rabbits y^e
same way if you use white wine Instead
of Clarre

2 207. 29.
* Same for of Turkey No. 2. P. 19.
No. 3. P. 20
Take halfe a pint of Clarret and as much
Strong both one onyon of little white pepper
one anchovie a little butter let it stee in
Quarter of an hour y^e pour it through y^e
belly of y^e Turkey & it is fit

* To put tongues No. 2. P. 19.
No. 3. P. 20
Cut y^e looke y^e Lun in a knife at y^e great End
Rub it with salt-peter & Bay salt you must use
to Every 4 tongues 3 ounces of salt-peter & quant
of bay salt & a little white salt let y^e lay
& or 6 days y^e dry y^e with a cloth & rub y^e with pepper
& more y^e bake them in pump water with some
of y^e time that came from y^e bake y^e with
household bread when they come out of y^e oven
blanch y^e & rub y^e with y^e same spice again
put y^e in an Earthen pot & cover y^e with clarified
butter & suet.

* To the Wildfowl

No 2. P. 14.
No 3. P. 50

Take best y^m & cut them in pieces y^m put y^m in
a stew pan with a pt of Clarist & anchovies -
3 Shells & a little pepper nutmeg salt with a
bunch of sweet herbs let it stew half an hour
then beat it up with a piece of fresh butter
& so serve it up.

* To hash a Calf head 9.00
A little more yⁿ half Boyle yⁿ Calf head
Cut it as small as Oysters; leave yⁿ Cheek
bones to Carbonado, put in a stew pan with
a pint of white wine, a Ladle full of strong
broth & anchovies of hundred oysters. 2 ox
pallats & sheeps tongues let y^e pallats
& tongues be boiled tender blanch'd &
shred Season it with pepper & salt & a
little mace & a bunch of sweet herbs, let
it all stew a quarter of an hour
then put in half a pound of butter, beat
it up thick & serve it up with a pound of
Bacon fried & shred down it & a pound of
Sausages garnish it with Caribony Common &
pottages.

Take y^e bones out of A flank of Beef then
 take out all y^e fatnes & outside skin flesh
 it on y^e inside with a knife y^e cut it with
 3 ounces of salt peter a quart of bay
 salt with a pt of white, let it lay four or
 five days dry it then with a cloth &
 season it with halfe an ounce of cloves
 & make 3 nutmeggs one ounce of pepper
 A Handfull of sweet marjorom & Fym
 shred very small y^e Collet it up as you
 doe bann put it in a pot with pump
 water & some of y^e brine cover it
 close, when it is bakes take it out &
 hang it up till it is dry you may
 eat it with vinegar of murther

*
No. 2 - P. 23.
No. 3 - P. 54.

10 pot of Hairs

No. 2 - P. 23.
No. 3 - P. 54.

Take all y^e mear off bones & bear y^e meat. Cutt of y^e skin kin with a Rowling pinn then season it with nutmegs pepper & salt yⁿ put it in a pot with a little beef suet & pump water & a few bay leaves Cover it close & bake it. when it comes out of y^e oven clear out y^e gravie yⁿ put it in a fresh pot, & cover it with Clary red butter or Suet

*
No. 2 - P. 23.
No. 3 - P. 54.

A olue Floundre

No. 2 - P. 23.
No. 3 - P. 54.

Cut y^e lean of a lay of veal into thin slices Cook it on both sides with y^e back of a knife season y^e Collops with Clarye maie nutmegs, Salt & a few Sweet Herbs Shred yⁿ some up one by one with a thin slice of Bacon in y^e middle with halfe a pint of white & white wine A little fair water, one anchore 3 shells 2 blades of maie A Common Shred with y^e time off 20 balls of force meate A Hundred Oysters with some of y^e liquor yⁿ cover it with puff past. & bake it

* ^{No 2. P. 25} ^{No 3. P. 56} To make Custards - good 37.
 Take a quart of cream & pint of milk put
 in a nutmeg sliced, & little whole
 Cinnamon set on y^e fire till it does almost
 boyle, yⁿ take it off into a pan till it
 is cold keep it stirring that it may not
 Cream & Top, yⁿ beat 10 eggs leaving
 out 4 whites put in it a glass of sack
 sweeten it, & strain, & be sure you harden
 your Custards in y^e Oven before you fill
 them.

* To make Chescabret ^{No 2. P. 25} ^{No 3. P. 56}
 Run a gallon of milk very tender to a
 Curd yⁿ rub halfe a pound of butter into y^e
 Curd, & rub your Curd through a Hand-sieve
 with y^e back of a spoon, yⁿ season it with
 Cloves, mace & Cinnamon, A glass of sack
 A pint of cream halfe a pound of sugar
 as much Currants 6 eggs beat out 3 whites
 halfe a pound of Almonds blanch'd & beat
 in a Stone mortar with rose water, mix
 altogether, & its fit for use

*

To Dress a Cod Head

No 2. P. 27.
No 3. P. 50

wash y^e head very clean & lay it upon a cloth
 put it into a kettle of boylng water, let
 there be in y^e liquor a pint of wine vinegar
 A bunch of fish herbs a handfull of salt when
 y^e head is boild enough, take it out, & lay it
 over a Chapindish of of Coales Charcoal to
 draine make y^e sauce with a pint of white
 wine, & little white pepper & mace, 2 anchovies
 2 great Oysters, & some of y^e liquor
 A Common sliced with y^e fine, a pint of
 Shrimps, for all this time till y^e anchovies be
 dissolved, y^e put in a pound of flesh
 butter beat it up thick, & pour it over
 y^e head & stick y^e fine bones on y^e top
 of y^e head, & on every side bond stick a
 Shrimp, or an oyster, garnish y^e dish
 with small fish fryed & Common sliced
 & serve it with y^e same sauce as it proper
 for any fish of y^e fish, becoming out
 y^e white wine & using claret of it
 proper for any med or boild fish

*

* Alice florindine

No 2. P. 29

No 3. P. 60

boyle Stalke a pound of Stalke in
 water, & yⁿ in milke till it be as thick as
 Hasty pudding yⁿ mix with it a pint of cream
 4 eggs & 9 Cal of sack a little Rose water
 season it with halfe a quarter of an ounce
 of Cloves & mace, a quarter of an ounce
 of Cinnamon halfe a pound of
 Sugar halfe a pound of Currants a
 quarter of a pound of Lemmon & Citron
 Shred, a quarter of a pound of marrow
 or sweet butter put it into y^e dish & cover
 it wth white puff paste, bake it in
 y^e Ingredient. for Almond florindine only
 Instead dice, blanch a pound of Almonds
 & beat y^m very fine in a stone mortar
 with Rose water leave out y^e sweet meats
 Hit paper for Alice chesocake

*

A Ragoo

No. 2. P. 23.
No. 3. P. 62.

Halfe Poyls of Breast of mutton wth
A handfull of Sweet herbs, All Sorts of
whole Spice yⁿ Take it out, & Add a
little grated white bread on it, lay it
on a gridiron over charcoal till it is
brown, yⁿ serve it in with anchouse
Sauce ✓

*

Boef Alande

No. 2. P. 29.
No. 3. P. 62.

Rub y^e Lean of a Buttick of Boef with 3
ounces of Salt peter A p^{ch} of Bay Salt, with
A handfull of white; let it lay 3 days or more
yⁿ take it out & dry it with a cloth, Rub it
with Ralfe an ounce of cloves & mace, & as
much pepper yⁿ put it in to a pot with pump
water as much as will cover it, bake it with
Rounds bread when it comes out, take it &
~~cut~~ ^{cut} it to pieces & put it into a flesh pot
Cover it with clarified butter or Suet

Sauce for a Pheasant

No. 3. P. 66.

Take a pint of white wine & a pint of
 mace, & nutmeg sliced, let it stew a quarter
 of an hour, yⁿ Clap in a little grated white
 bread & a little butter to make it up thick
 let this sauce be put in a plate by it self
 Clap y^e pheasant in y^e middle of y^e dish
 with 6 wild ducks let y^e sauce for y^e fowls
 be made with half a pint claret, & half
 as much strong broth or graine, 2 anchovies
 2 shallots a little whole spice let it stew
 A quarter of an hour yⁿ strain & beat it
 up thick wth butter & pour it through y^e
 Colly's of y^e fowls let this sauce be in
 y^e dish

to make a Frigacy good

No. 2. P. 31.
No. 3. P. 66.

Buy 3 Chickens or Rabbits cut y^m as small
 as an oyster season y^m a little with mace
 nutmeg pepper & salt yⁿ put y^m in a frying
 pan with a pint of white wine as much
 strong broth or fair water a bunch of sweet herbs
 2 anchovies 3 shallots 20 balls of fine meat
 30 great great oysters with some of y^e liquor
 A common sliced let this stew till y^e meat be tender yⁿ take
 A quarter of a pint of butter & beat it up with y^e yolles of
 2 eggs & some of y^e liquor & garnish it with fine meat

To Cook A Chick No. 2. P. 31.
No. 3. P. 66.

Run A Bird pit through him & make him fast
to it when he begins to crackle he is enough
put one whole in y^e middle of y^e gill, & let
another be buttered in shell & layd round, make
y^e sauce with Ralfe of pt of white wine
one anchovie & little pepper & nutmeg -
Thred y^e gill of A Common, broild it
with Cyllort seed & Common sliced

* Same for waders No. 2. P. 35.
No. 3. P. 66.

Clean their guts & dry y^e by y^e fire, shred
y^e & put w y^e A little clarrif, & grated white
bread & pint of sweet butter let it stue a quarter
of an hour but it up thick & broild it

* A Spinnage Tart No. 2. P. 27.
No. 3. P. 66.

Boyle a gallon of Spinnage green, & let it
bo cold, put it w halfe a pound of Sugar, as
many Currants A little Annamou A little
Rose water halfe a pint of cream, then it
will be fit to fill your Tart

* White Buff paste ^{No. 2. P. 29.}
^{No. 3. P. 68.}

Put a quarter of a pound of butter into 2 pound
of flour then put in y^e white of 3 eggs whipt
snow, make it into a past with cold water -
then Roast in a pound & a quarter of butter -
more & it is fit

* Mine pye, or Egg pye ^{No. 2. P. 33.}

Shred 2 pound of meat with 3 pound of suet
season it with a quarter of an ounce of cloves
& mace, halfe as much Cinnamon, one large
nutmeg, halfe a pound of Candied orange, Lemmon
& Citron Shied, 2 pippins Shred, halfe a pound
of Sugar, A glas of sack y^e juce of 3 Lemons
or verjuice. 2 or 3 pound of fruit; with all
these mixed fill y^e pye

* Pallat pye ^{No. 3. P. 67.}

Take 12 Ox pallats 12 Shoopt Tongues 12
Sweet Breads, porboyle y^e Tongues & pallats -
Blanch & slice y^m Take a pound of Languet
Season it together with halfe an ounce of cloves & mace
3 quarters of an ounce of pepper & salte; put in
In y^e y^e pye with a pound of butter in y^e top when
it is Baked put in Anchovis sauce made with white wine

* Sauce for Capon No. 2. P. 33.
No. 3. P. 68.

Cut y^e necks of your Capons very small, put y^m in
A pipkin wth few water, white pepper, a little
Salt 2 or 3 shallots let it stew halfe an hour
yⁿ put in a piece of fresh butter Boil it up
thick, & strain it into y^e dish before you
put in y^e foules -

* Spring garden boef No. 2. P. 33.
No. 3. P. 68.

Cut a piece of lean boef in slices & lard it
with bacon, season it well with cloves, mace
pepper salt & a few sweet Herbs, put y^m in
your pot, with y^e boef & bake it in pump
water, when it is baked take out y^e Herbs
& clean offe y^e Gravis & fill it up with
Clarified butter & it is fit
+

62. P. 70

[Faint, mostly illegible handwritten text on the left page]

122. P. 35
123. P. 70

parboyle y^e Head, & Cut it as small as Oysters
Season it wth cloves mace pepper & salt
put it in your Dish wth A little mace, sliced
2 Anchovies 3 Shollits 20. great Oysters & some
of y^e liquor 30. or 40. fowmout balls —
A common sliced; halfe A pint of white wine
as much water, So cover it wth puff paste
& bake it ~

* Artificiall Surgeon 123. P. 70.

Lay A Turbut in salt & vinegar 24 hours
yⁿ poult it up wth Bats & good Store of Salt, make
your pickle with A quart of vinegar & halfe
as much water, A good handfull of herbs, all sorts
of whole Spices, when your pickle boyle, put in
your fish, when it is enough take it out till it
is cold, yⁿ put it in y^e pickle again, Adding
more vinegar

*

Artificiall vomison for a pasly ⁵⁵
No. 2. P. 35

* Take a sixe Lync of beef, A Lync of mutton
beat it with a rowling pin & season it with
pepper, salt it. yⁿ Lay it 24 hours in
Shoopy blood or Clarret yⁿ Dry it with a
Cloth & season it A little more & it is fit
to fill your pasly

Strong Broth ^{No. 2. P. 37.}
^{No. 3. P. 70.}

* Take A muckle of veall or skin of Beef
Breake y^e bones to peices & put y^m in a
pot with 10 quart of water & cyriers
& blades of macl a little whole pepper
let it boyle till it comes to 3 quart & when
you have straind it, tis fit for use

Orangado pps ^{No. 2. P. 37.}
^{No. 3. P. 70.}

* Plie your Orangado & plie it in your
pps, & plie over it all sorts of small Conigs
then pour y^e Sirup of your Orangado, &
fine shugar on y^e top of it bake it & serve it
up with very fine shugar

* A Sweet Chicken pye - 57
 No. 3. P. 72.

Break y^e bones of 6 Chicken season^m with A
 quarter of an ounce of mace as much Cinamon
 2 nutmeggs & a little salt fill their Bellies with
 butter & put y^m in your pyes with 6 hastiches
 Bottoms boy^d London, y^e yolkes of 12 Eggs
 boy^d hard Ralfe A pound of Sugar, put
 on y^e top a pound of butter, when it is
 baked put in A white wine Caudle & tie fit
 to use -

* To make Artificiall westfallin Ham
 No. 3. P. 72.

Rub A leg of pork with 9 ounces of salt
 peter & pint of lay salt & as much white,
 let it ly 3 weeks in salt adding more
 salt Every week then dry it with A cloth
 & rub it over with Lam black Rang it up
 in A Chimney for 3 weeks at least, where
 they burn wood when you boyle put lay in
 pot with it -

X

A quarter doze of lean peice of beef, cut it
 in pieces & put it in a stew pan with halfe
 A pint of strong broth, A pint of Claret
 Cover it close & let it stew an Hour, turn it
 & often season it with pepper & salt yⁿ season
 Strain off y^e graine & put it in to a Stone
 bottle if you stop it close you may keep
 it A month, when you take it out, be
 sure warm your bottle; or thus; Chop part
 of A neck of beef to mash then put it in
 to a stew pan with a pint of Claret or bunch
 of Sweet herbs A nutmeg sliced 4 blades of
 mace a little whole pepper & anchovies
 6 Shallets halfe a pint of fair water - then
 Cover it close & let it stew gently 6 hours
 yⁿ take out all y^e graine & strain it -
 & it is fit for A great many things of
 it selfe

*

A Soup

No 2. P. 39

No 3. P. 72.

61

Take A quart of graine A pint of strong
 both Ralfe as much claret, a bunch of
 sweet herbs 4 blades of mace halfe a
 nutmeg sliced A little pepper & salt, put it
 all in a stew pan & stee it An hour, yⁿ do
 a Loafe of bread cut like dice & brove it
 with a Cheeke boyled tender in y^e middle
 of your dish

+

*

To pickle pigeons

No 2. P. 39

No 3. P. 76.

bone your pigeons & season them very
 high with nutmeg pepper & salt, make your
 pickle with 2 pints of vinegar one of salt
 all sorts of whole spice & few Bay leaves
 boyle y^e mixture tender, yⁿ take them out of
 pickle till cold & keep y^m in y^e same

*

To pickle mushrooms

No 2. P. 39. 72

Boil them & put y^m in a dry Skillet, set them
 on y^e fire till they have ~~shrunken~~ shrunk as
 much as they will yⁿ strain y^m out of y^e liquor & make
 your pickle wth white wine vinegar, & white wine & a good deal
 of whole spice & keep them in glas bottles

X

To frye fish

No. 2. P. 61.

No. 3. P. 78.

Skim & whiting & take out all y^e bones, then shred
it very small with three or four Eggs, A little
grated white bread, Season it with cloves maice
pepper salt & A few sweet herbs, Shred y^e may
small & make y^e into balls & frye y^e up in A
Cloth y^e clap them in A boiling pot & take
y^e out again, in halfe A Quarter of an Hour
frye y^e in sweet butter & they are proper to put
in y^e sauce of any broiled or broyled fish

X

To pickle Green Peas

No. 2. P. 61.

No. 3. P. 76.

Gather y^e dry & fan out y^e husk, pick y^e clean
& lay A layer of salt, & one of peas, so fill
y^e pot as full as you please Cover y^e with
white wine vinegar & keep y^e close covered
by 3 or 4 times & they will be the
greenest

for y^e yellow Jaundes

Take as much Castile soape scraped thin, as will lay upon a five shilling peece; & boyle it in half a pint of white wine till part of it is consumed; & drink it warm, three mornings, fasting one houre after each dose

A Brown Pottage

№. 2. P. 43.
№. 3. P. 78.

Take a quart of Gravy & as much Strong Broth put it in a stew pan with 30. or 40. Balls of fine meat, let it boyle y^e pul^m in a Loafe of French bread cut like dice & roasted, let it stew a quarter of an houre then put in a quarter of a pound of mutton fryed brown, a handfull of spinage, stir it a little & serve it with Sippets & a Duck boned & roasted in the middle

To Pickle French Beans

№. 2. P. 69.
№. 3. P. 78.

Gather y^m before they are stringy y^e rub y^m Clean & boyle y^m a little in salt water. Take y^m out & drain y^m very dry, make y^e pickle wth white wine vinegar all sorts of whole spices — A handfull of sweet marjoram & lay in your beans with sweet marjoram between y^m put your pickle by long let on y^m, keep them close 3 or 4 days & boyle your pickle to green them

* To Pickle ^{small} Cucumbers 67

^{No. 2. P. 6.}
^{No. 3. P. 80.}
Gather y^m very small rub y^m clean & dry y^m lay y^m in
in A pot with salt & dill make a pickle with
2 pints of vinegar & one of white wine
all sorts of whole spices & dill seed & dill:
when it boyls put it over your Cucumbers
in doing so 3 or 4 times they will be green
Cover y^m close & let y^m ^{stand} 3 or 4 days
betwixt your boyling of the pickle.

* To pickle mustard ^{No. 2. P. 6.}
^{No. 3. P. 80.}

Dry y^e stomes of large mustard make your
pickle with vinegar & salt A nutmeg sliced
whole pepper A little ~~vinegar~~ ^{water} sausage
when your pickle boyls clap in your mustard
let it just boyle up before you take it off
Cover it close in An Earthen pot boyle your
pickle once or twice more.

* To Coler ~~an~~ an Egg: ^{No. 2. P. 6.}
^{No. 3. P. 80.}

Skim A large Egg & slit him down y^e belly cut off y^e lead
and take out y^e bone season him on y^e inside wth mace nutmeg
pepper salt sweet marjoram & a little Thyme roule it up as you do brown
& tie it fast with wire tape y^e boyle it in 2 quarts of vinegar &
one of water all sorts of whole spices, till it be tender y^e
take it out & keep it in y^e same pickle; if you would keep
it long let your pickle be onley vinegar & spices

668. 69.
A Lumber pyc

Shred a quarter of a pound of lean veall wth 3 quarters
of a pound of beef suet, let there be no skyn amongst It,
& shrede till you do not know y^e meat from y^e suet,
then beat it with y^e end of a rounding pin, break into it
one egg, a litte grated white bread, beat it again, &
season it wth cloves, mace, nutmeg, cinamon, & salt, wth
a few sweet herbs, shread a quartern of Dates small,
make it into balls, as big as y^e yolke of an egg, then
have a fowle or too boned, and cut in peices, 2 or 3 or palle
& 2 sheeps tongues, boyled tender, blanched & cut in slices,
12 cocks combs, 2 or three lamb stones, 2 sweet breads,
12 yolks of eggs boyled hard, 4 harttikoak bottoms,
boyled tender, 4 Jerusalem harttikoaks tender boyled, &
sliced, season all this with, cloves, mace, nutmeg, & cinam
on, put into your pyc salt wth your balls, halfe a pound
of shuger, a pound of butter, then lead it, when it is
baked, put in a caudle made wth sack in steade of white
wine, in time of year, add grapes or gooseberys,

Boyle y^e Skerrets tender blanch them &
 slit y^m in 2; Lay A laying of y^m in to y^e
 pye yⁿ show A little nutmeg maco —
 Cinnamon & salt, yⁿ put in a little shugar
 & A laying broad figgs split, some yolkes
 of Eggs boyd, soe lay till y^e pye is filld
 then put halfe a pound of butter on y^e
 top, lid your pye, bake it & when it comes
 out of y^e oven put in a white wine sauce
 in time of year you may Adde mulberrys
 or grapes | So Make A florondine |

*
 No 3. P. 82
 Take A quart of new milk & 6 Eggs well beaten put y^m into
 y^e milk stir it all y^e while till it be ~~to~~ byd & curd &
 then take it out & let it be cold yⁿ take A quarter of A
 pound of butter & halfe A quarter of Almonds —
 blanch y^m & beat y^m then take halfe A penny Coupe
 grated, A nutmeg 3 Spoonfulls of rose water — 15
 Spoonfulls of cream, as much fine shugar as will
 sweeten it 3 Eggs leaving out 2 of y^e whites
 mix all these together with y^e curd & put it into
 A dish with puff past —

Take 4 sweet breads of veal perbyle & mince
 y^m very small yⁿ take y^e curd of A quart of new
 milk curd with 2 Eggs & halfe a pound of Almond
 paste & A penny loaf grated, mingle all these
 together & take halfe a pound of Currants & A
 Spoonful of sweet hearts minced & 5 ounces of
 Candie orange minced, yⁿ take Dates & a quarter
 of A pint of cream with 2 yolkes of Eggs
 then mingle all these together & make it up
 in long balls as big as an Egg & in every ball put
 in a good peice of marrow, yⁿ put y^m into A
 pye, put in A quarter of butter, halfe A lemon
 sliced yⁿ bake it an hour & A halfe, put in
 A Canicle of white wine or verjus & butter &
 Sugar

Green Būdins. {No. 2. P. 61.
 No. 3. P. 60.
 No. 3. P. 60.

Take A pint of milk & A penny loaf
 grated & scald in y^e milke then lett it cool a little
 yⁿ put to it 2 Eggs & a pint of Juice of Spinadge
 then sweeten it to y^e taste & lye it up in a cloth
 & boyle it an Hour & a quarter X

✱

To Dry Tongues

No 2. P. 13.

No 3. P. 82.

Take 3 Tongues & a quart of salt peter
 let ym be 9 days in y^e salt yⁿ take ym
 out & beat ym well with A Rowling pin
 boyle ym 3 hours & hang ym A drying, if
 you have A stove wth sand & fire, they
 will be dry in a day & night; if in a chimney
 they will be longer when you beat ym make
 A hole in y^e tip to hang ym up By
 {To make Jelly of Harsh Horn}

Take to every ounce of harsh horn A pint of pure Condit
 water & to every pint of water 2 Spoonfulls of white
 wine if you please put it into A gally pot & set
 it in A Skillet of water to boyle 7 or 8 hours
 untill you perceive it to be in A Jelly yⁿ strain
 it from y^e harsh horn & boyle it again with
 soe much Sugar as will please your Taste
 putting to it 2 or 3 slices of Lemmon peel with
 A few drops of y^e Juice & 3 or 4 grams of
 Amber great in A little piece of Lambick or Lawn
 y^e last boylng must not be above halfe an hour

*

No Dry Apricocks No. 2. P. 45

Take y^e fairest apricocks you can possibly get
 & cut ym in y^e side & take out y^e stone & put in
 A Quarter of an other apricock yⁿ make weak
 Sirrup for ym & put ym in A fair basin on A pot
 of boyling water & let ym boyle softly & when
 they are tender take ym out & turn ym over &
 over, now & then cast in more shugar on them
 & it will clear & dry ym then box ym up

*

To preserve Apricocks No. 2. P. 67

Take a pound of loaf shugar & beat it very small
 & put as much clear water to it as will melt it
 yⁿ boyle y^e shugar a while over A chuffing dish of
 Coler take A pound of Apricocks without y^e stone
 pair ym & put ym into y^e sirrup & let ym boyle
 pretty fast continually turning ym & picking ym
 with A bodkin, when they are tender take ym
 out & lay ym on A plate, afterwards boyle
 y^e sirrup untill it will stand in A spoon like
 A Jelly yⁿ take y^e Apricocks & put ym into A
 Glass & when y^e sirrup is almost cold put it upon
 ym & keep ym for your use

Take A pound of Loafe Sugar & beat it very small
 & put as much cleer water to it as will melt it, y^m boyle
 y^e Sugar A pretty while over A chafin dish of Coals, Take
 A pound of Apricocks without y^e Stones, p^{ar}ce y^m &
 put y^m into y^e sirrup & let y^m boyle pretty fast
 continually turning y^m & picking y^m with A bodkin when
 they are tender take y^m up & lay y^m A place one by one
 afterwards boyle y^e sirrup till it will stand in A spoon like
 A jelly y^e take y^e Apricocks & put y^m into A glass & when y^e
 sirrup is almost cold put it into y^e keep y^m for y^e use

{ A water for sounding debility of }
 { spirits & principall parts }

Take A pound of Cinamon grossly beaten & pound
 of white Sugar a gallon of Tack & A quart
 of rose water steeped together 24 hours
 soe distilld

An Excellent Ointment for A ^{81.} round

Take y^e herb called Adders Tongue & steep it in
Oyle Olive Cover it in some close pot or
pipkin bury it in A dung hill 12 or 13 days
yⁿ take it out of y^e dung hill & keep it for y^e use
To make good bisket bread?

Take half a pound of Hoop Sugar beat it very fine
Small & search it through of fine search take A
Quarter of A pound of good wheat flower finely
searched A quarter of A pound of y^e best starch
beat it very small & search it through of fine search
four yolkes of Eggs & another yolke & white
~~in y^e mortar~~ Six Spoonfulls of rose water beat
y^e Eggs a little in y^e mortar yⁿ put y^e Sugar
into y^e Eggs & mix y^m first in your mortar yⁿ
mix y^e flower & starch together & when you have
so mixed y^m put y^m into y^e mortar wth y^e Sugar & y^e Eggs &
beat y^m altogether an hour when you take A Batch of bread out
of y^e oven yⁿ put in A furd faggot after sweep y^e oven very
clean y^e oven stand till you can butter your plates yⁿ
put A few Caraway seeds & A little milk into y^e biskets
be sure y^e biskets continually beaten or else it will be
yellow put y^m into y^e oven as fast as you can
stand by y^e oven & move y^m often when you
think they are risen enough take y^m out & prick
y^m out of your plates —

Take y^e head & cut in peeces as big as y^e 3 fingers -
 season it wth pepper, salt, nutmeg & a blade of
 mace, y^e hyle y^e bones & make strong broth of
 which take A pint, & halfe a pound of butter
 & put it all in y^e frying pan it will require a good
 deal of frying & if y^e liquor decays supply it wth
 strong broth, & when it is ready pour in y^e gravie of
 A leg of mutton with y^e yolkes of 6 Eggs very
 well beaten y^e juce of A Lemmon or 2 or 3 drops
 of Spirit of Salt, you must keep it very well
 stirred for y^e Eggs doe Curdle, you may add to this
 Oysters or Parsadges or balls of force meal
 which force meal it is to be made of y^e Lean of
 A Leg of veal beaten in A moler you must
 have A little beef suet or marrow finely shred
 some grated bread y^e lean of A peice of bacon
 one Anchove 2 or 3 shallots, penevall y^e Tops
 of A little young otime, A little winter Savory &
 A little sweet marjeron, put 3 Times as much of
 Any of y^e rest of y^e Herbs as of y^e penevall
 season it wth pepper salt nutmegs & a blade of mace
 then role it up into balls with yolke of Eggs
 & fry y^e mth sweet butter & lay y^e mth upon y^e hash
 Let y^e Herbs be very finely shred

Take A leg of porck & parboyle it Take Rags
 Suet & Sage & mince y^m all together very small
 as small as you can yⁿ put yⁿ of good quantity
 of pepper & salt as much as you think fit, yⁿ
 stir y^m well all together yⁿ take sheep's guts &
 scouse y^m well with salt & fill y^m. Tye them
 up in links & hang y^m up smoking till you
 vll y^m — To make A Cake.

Take A peck of flower 7 pound of Currants
 3 pound of butter one ounce & halfe of
 mace halfe A pound of Almonds halfe A
 pint of Rose water halfe A pint of sack
 one penny worth of Carraway seeds & pound
 & A quarter of Sugar A quart of Balme

Take A quarter of A pouck of white pease
boyle y^m till they are all of A pulp yⁿ
Straine y^m through A cullendar put y^e pulp in
A pot Season it with pepper & salt & ~~water~~
Then take 2 handfulls of sorrell & one of
Spinage & few oynions Sweet herbs & mint
& a little chapt, Take A souse pan put in it
halfe A pound of butter put in y^e herbs let
y^m over y^e fire & boyle y^m till they are tender
yⁿ put into y^e pulpe with some thin slices of bread
& as much milke as will make it thin Enough
to Eat Stir it together & let it just boyle Finish
it up you may ad oysters Stued Liquor &
all if you please

Gather yo^r walnuts when they are tender &
 lay yo^m in water & salt nine days, shifting
 yo^m every day into fresh water ~~change~~
 & boyle yo^m till they begin to be a little
 tender, yoⁿ take yo^m out of yo^r water &
 let yo^m stand till they are cold yoⁿ dry yo^m
 with a cloth; yoⁿ lay in your pot some Dill
 yoⁿ a layer of nuts fill yo^r pot is 3 quarters
 full or better & upon yo^r top strow some
 cleaves of garlike w^h yo^r own liking
 yoⁿ cover it with dill & fill yo^r pot up
 with yo^r best white wine vinegar, with
 a pretty deal of mustard mix't with
 it; yoⁿ cover yo^r pot very close & let it
 stand 2 or 3 months let yo^r vinegar be
 put in cold without boyling

* N^o 3. P. 16. To make a cordial for one's self

Take a little mallaga sack a little Cinnamon water
 a little spirit of saffron and a little syrup of gillyflowers

A Receipt for A Cold

Consume of Kid Loss & Reasons of ye Sun
Powred of Each 4 Ounces powdered, Surrup
of Coltsfoot & Diacordium of Each one
ounce, one ounce of Brown Sugar Candy
powdered, 12 Drops of Spirit of Sulphur
6 Drops of Spirit of Vederal, mix this
well, & take about y^e bignesse of a nutmeg
in y^e morning & at night late keeping melting
in your mouth

Aqua mirabilia

Take 2 quarts of white wine one pint of sack
or one pint of Garic, one pint of Juice of
Pulldome one Dram of mellilet flowers
A Dram of Cardamuns a Dram of Cubebes
A Dram of Galingall, nutmegs mace ginger
& cloves of Each a Dram mingle all these
together over night y^e next morning set
A Shilling in a Rose Pitt you may ad y^e Juice
of mint balm & angelica of Each halfe A
pint

To make Orange water

Take a Hundred of Oranges & pare off
 the y^e yellow keep these parings 24
 hours in 3 quart of sack & Mill it in a
 Rose Mill close planked, Drive down y^e head
 with wet cloths, put in y^e glass that it drops
 into some hard loaf sugar finely beaten

To make Cherry water

Take 5 quart of Clavel 3 ounces of
 Cinnamon 4 nutmegs a handfull of rosemary
 2 handfulls of balme 6 pound of cherries
 Stoned bruse y^e spices & lett ym all in fuse
 together one night in A pot close covered in y^e
 morning put ym in A Rose Mill let it be
 distill'd with A soft fire, in y^e glas where in it
 drops put some sugar finely beaten & a little
 musk fixed in A cloth & let y^e water drop upon
 it

A Receipt to make surfeit water

Take 4 Quarts of Spirit of wine poppy water
 Red one pint, Damask Rose water one pint
 one ounce of Large mace, halfe an ounce
 of Cinamon, Cloves & Nutmegs Halfe an
 ounce of Each, Dates A quarter of A pound
 Liquorish one ounce, Galligan Cubike &
 Cardinum seeds of Each one Dram Aniseeds
 & Sweet fennell seeds of Each one ounce,
 Raisins of y^e Sun A pound Anid, put all
 These into y^e wine, let y^e spices & seeds be
 bruised & put y^m into an Earthen pot &
 Cover it 5th days, yⁿ put halfe a peck of
 pepperys, Cover it 5th days more, yⁿ Strain all
 & put in A pound of Loafe Sugar & A pound
 of Smooth Caraway Comfigs or Caraway seeds
 & let it stand 5 days more & after that
 Strain it & Boile it

A receipt to make surfeit water

~~Take 4 quarts of spirit of wine poppy water one pint,
 Damask rose water one pint, one ounce of large mace
 halfe an ounce of Cinamon, Cloves & nutmegs
 halfe an ounce of Each, a quarter of a pound
 of Dates, Cardinum seeds of Each of these
 one dram Aniseeds & Sweet fennell seeds of
 Each one ounce.~~

A Receipt for Convulsion fits

Take A small Quantity of Ove, A Quantity
 of y^e Roots of Single piony, one ounce of y^e
 powder of y^e Hoofe of an Elfe one ounce of
 mamey powder, one ounce of Liquorish one pound
 of figgs boyle all these together in A quart
 of Strong Ale, till it comes to a pint, yⁿ put
 in halfe a pint of sack & halfe a pound of
 y^e best white ~~brandy~~ Sugar take one spoonfull
 thereof fasting in y^e morning & another going
 to bed

1 ounce of camomyl flower haue an ounce of gentian
 1 ounce of cardus seeds brused 1 ounce of sentry flower
 boyll all this in 3 pints of water till it comes to a quart
 if for purging ad one ounce of seana & when all is
 saw boyled put in 1 pint of white wine & let it
 haue but 2 or 3 boylls then strain it out and pour
 it upon 2 Drams of saffron & 1 ounce of ruburb &
 take a quarter of a pint every morning. If not for
 purging leaue out of seana & ruburb

A receipt against the curacy

An raphan silvester composit 1 pint syrup of y^e opening
 roots 2 ounces mingle them, take 9 spoonfulls every morning
 fasting one ounce of perill take a scruple of it every
 night

✱

To make white marmalade N^o. 2. P. 67.

Take fair yellow peire quinces & boyll them tender in y^e
 wine & when they are cold pare them & scrape ~~them~~
 all y^e pulp from them & take as much sugar as y^e
 pulp doth way & boyll it to a candy like with as
 much rose water or fair water as will melt your sugar
 then put in y^e pulp of your quinces into your hot
 sugar & so let it boyll stirring it till you se it boyll from
 y^e bottom of y^e pan if you boyll it in then box it up
 and so put it into an oven or a stove uncovered & if will
 crust it on y^e top & when it hath bin Dried 2 or 3 Day

and you se it Dry in y^e top cover it & so you may keepe
it all y^e year

* A red cordiall rusfit water

No. 2. P. 91.

Take haufe a bushell of red poppy & infuse in 2 gallons
gall of brandy 7 Daye then strain them out & put
in 1 peck of Cloue gillyflowers onely y^e red 2 quart
of white wine 1 pennynorth of aniseede 1 pennynorth
of carywaycede 4 pennynorth of maiden haire 3 penny
worth of Licorich 6 pennynorth of saffron haufe a pound
of fige slit haufe a pound of raisins stoned let it stand
7 Daye then strain it & put in as much soft suger
beat small as you think fit & so bottell it up

* ~~No. 2. P. 91.~~

No make an orange pudding No. 3. P. 96.

Take 24 yolles of eggs 2 ounces of butter melted
3 quarters of a pound of suger 1 ounce of cardid orange
pelle shred thin 1 ounce of siltren shred thin let your eggs
be well beat & stir it alltogether then make some very
good puff past & role it thin & put it at top & bottom of
y^e Dish & let it stand in y^e oven half an houre

* ~~No. 2. P. 93.~~

No make lemon or orange pudding No. 2. P. 93.
No. 3. P. 96.
No lemons pels grated half a pound of suger half a pound
of butter teen yolles of eggs mix it well together & roll a
little past & put at y^e bottom of y^e Dish and let it stand
all most half an houre in y^e oven & then Dish it up

✱

24 pound of black cherries beat them stones & all in a stone mortar then stepe them in an earthen pot wth 9 quartis of sack & 2 quartis of brandy put to them 3 ounces of castor 2 ounces of gallingall 3 ounces of cammills hay of sprickard contrayerva cardamum species liberantis kernies berries of each 1 ounce & half of rithern pebbles Dried 6 ounces of burrage comamerrill costifs bugles clovegilliflowers rosemary flowers marigold flowers & silky of yellow flowers of each 6 ounces let all these steep in y^e sack & brandy 40 eight hours

✱

Walnut Water N^o. 2. P. 91.

2 pecks of walnuts 2 pottles of clove giliflowers as many popies as will fill 2 quartis beat y^e walnuts & put to them four ounces of mace 2 ounces of cinamon 2 ounces of nutmegs put them into a crock big enouge to hold 2 gallons of brandy 2 gallons of sack & 2 gallons of strong beere put 4 handfulls of coustifs & handfulls of marigold flowers this must all stepe 24 hours you may Draugh of 12 quartis out of it

A medicine for fits

2 pennyworth of assifeteta a peice of stone sent as big as a walnut 2 egg shells shyr them & beat ~~all~~ them all together as fine as you can then put them into a quarter of a pint of brandy let it stand 4 Days shaking y^e bottel every Day if it be a child of 2 or 3 years old let it take 2 spoonfulls if a grown person 4 spoonfulls it be taken 3 Days before y^e full of moon & 3 Days after for a year or 6 months

To Make Elder Wine No 2. P. 61. No 3. P. 97.

Take 20 pound of malliga rasons picked & rubed but not washed & shreed them very small, Let them stand to steep in 3 gallons of spring water 10 Daye & pour y^e Lickquer throo a hare sine haue in a redines 6 pintes of Elder Joye bottled in a pipkin or rug close stopt in a kelle of water as you Doe currants for belly put y^e Juice of elder cold into Liqueur & stir it well together & put it into a vessell let it stand in a warm place 6 weekes or 2 monthes & bottle it out it will keep in a cool place a year & if you make a greater quantity it must stand longer before you bottle it

To make y^e wound Drink

Gather these herbs following in y^e month of may & Dry them in a close room free from aire & turn them once a Day till they be Dry & mingle them altogether & put them into a canvas bag they will keep all y^e year you must get your buds in April y^e names are as folowes

- | | | | |
|--------------|----------------|------------------|---|
| Prunells | sothern wood | strawbery leaves | } first take off these herbs 3 handfulls & put them into a quart of white wine & a pottle of spring water & boyle it together till a 3 ^d part of it be wasted & strain y ^e liquor from y ^e herbs & put to it a pint of honey set it on y ^e fire |
| wood betony | Dasy mois & | sanatle | |
| egrimony | leaves | herby graze | |
| golden rood | mint | hantken buds | |
| Tribworth | wild angellica | jelte kele | |
| oach buds | bugle | plantine | |
| san ra fine | D fagons | lung wort | |
| sinkfeild | huking suckle | wroth leues | |
| bramble buds | sabitt | dandelion | |
| comfrey | wormwood | Comfilly | |
| whie bottles | mugwort | Core hounce | |
| | alens | | |

and scum it cleare y^e take it of & let it stand till it be cold
 and y^e put it into bolles & let y^e patient drink 6 spoonfull in
 morning & fast 2 hours after it but if it be a great sore y^e
 drink as much at 4 a clock in y^e afternoon if there be p^rov^d
 flesh in y^e sore you must lay something to eat it out you
 must not tent your sore but geck it with a tent for y^e Drink
 will Drive it out

✕ For a child y^e has y^e Gripes 105.
N. 2. P. 90.

Take half an ounce of burnt hartshorn finely powdered a spoon
 full of crums of bread very stalle & grated a quarter of an ounce
 sliced boyll it in a quart of water till a third part of it is
 consumed sweeten it with a little Double refined shuges let
 y^e child Drink frequently of it for stiring it with a spoon y^e
 white powder may rise

A powder for convulsions

pyony seeds a Dram & a half mis leto of y^e cake one Dram
 perle white amber prepared correll of each half a Dram, beizer
 2 grains, & leaves of fine gold, make all these into a powder &
 give in a spoonfull or 2 of black chery water, you may
 give as much as will lay upon a 3 pence to a child of a
 month old when it is troubled with fits and at y^e change and
 full of y^e moon 3 Days together to prevent fits

plaster for a womans brests when they ly in
 half an ounce of palmeacitty an ounce of virgin wax half
 an ounce of oyle of sweet almonds

* A receipt for white Latypha No 2. P. 107
 Take 2 quart of brandy 200 of apricock stones & kernalls
 bruised, one Dozen of very ripe apricock thied, a quarter of
 an ounce of cinamon, one pound of white sugar candy
 put y^m all into a glass bottle well stoped & let it stand in y^e
 sun 6 week & strain it cleare

To make treacle Water

Take of Orisole flowers, burrige flowers, of each one handfull,
 of rosemary flowers, & marygold flowers, of each 2 handfulls,
 Common wormwood, spermint, of each half an handfull,
 roman wormwood, scordium, nippe, pennyroyall, caron,
 dragons, fennell, of each one handfull, red, one ounce, balme
 half an handfull, rosmotis, 2 handfulls, pimpernelly, neeg:
 sterwort, of each one handfull, one spoonfull of carroway
 seeds, saffaron one scruple, metridaote 3 drams, one ounce
 of ueams treacle, half a quarter of an ounce of mace,
 3 nutmegs, six cloves, one quart of sack, shreed your herbs
 small & mix it together & steep it ~~one~~ one day in a night
 in your sack & stir it now & then & still it in a cold still
 put it in but thyn into your still at a time & saue it first
 running by it set for if it is best you must put some green
 waltheads into it / This receipt is very good to cure ye ulcers
 in y^e lungs and pthitick or consumption, take pauls betony
 ground ivy, hoppi, sage, monsear, sunwort of each a handfull,
 Coesfoot roots, an ounce, infuse them in water of ground Ivy
 burnet & white wine of each a pint & half four & twenty hours

108
with y^e harts of a catte sliced & still it of in a cold
still you may ad some conserve of roses to y^e rest & when it is
filled of let y^e party take 2 spoonfulls of it morning noon
& night ~~and~~ ^{enriched} with syrup of consoupe

For to make A Cordiall water 109

Take Rosemary Egrimmory Quance Burnet Balm
Bitteny Cardus Dragons Petherfew Mugwort
New Astalabous Sage Scordium Scabians
Sullendine Lentery Sarrell Pimpernell ^{Manys gold}
Leaves wormwood of Each 2 Handfulls, y^e Roots
of pioney Elicompaine Tormentille, Jewell
Liquorish of Each 2 ounces Bruise your
Roots & shred your Herbs, steep y^m in an
Earthen pot Overwise or soaked over ^{with Ale}
2 days & then distill it, take 2 Spoonfulls of
this & 4 Spoonfulls of syrup July flowers

to preserve plumes

y^e plumes must be preserved as Apricocks only
they must be scalded to take off y^e skin & if you
Dry y^m when they are done Enough you must take
y^m out of y^e syrup one by one & lay y^m on A
seive for 29 Howes that all y^e syrup may be
y^e lay y^m upon glass in y^e sun put some double
Reddish Sugar in A little heer muslin & dust y^m
Every Day & turn y^m they will be dry in A week

Take uenous treacle spirit of saffron Syrup of gillyflowers
 & a little spiritmint water

To make a Syrup for y^e pain in y^e stomach
 Take 2 good handfulls of young ren boile it in a quart of
 good white wine w^{ch} u^e get till it be half consumed, so soon as
 it is throw cold strain it and put to euery pint of it liquer
 1 pound & a quarter of loaf sugar & boile it till it come to
 a Syrup & when you use it take a good spoonfull of it in y^e
 morning fasting & take nothing in 2 or 3 ourse after, this
 is good for a pain in y^e stomach y^e proceeds from windy uapors
 and it is excellent good for y^e lungs obstructions of y^e breast

(for a stopage in y^e stomach)

Take mugwort mother of thyme yarmander petriall entery
 of each one handfull 1 pennyworth of bayberies take of y^e fat
 ward shell 1 pennyworth of grains of paradise these boile & take
 2 quarts of small beere & boile all these together till it come
 too a quart & half a pint then put in half a pint of white
 wine & let it simmer a quarter of an houre then strain it out
 & Drink a quarter of a pint euery morning & as much at
 a clok in y^e afternoon and y^e last thing at night as much
 more, it must be all blood warm

A Diet Drink for y^e Dropsy or swelling in y^e Leggs

Take green broome 100 handfulls, of Dane wort, mayweed, liverwort, & wormwood, of each 4 handfulls, boyle these in 4 gallons of sweet ale till one gallon be reduced, & let it work with yeast in y^e working put in a baggs there must be bayberries, seaana, aniseeds, fennell seeds, & liquor of each 2 ounces, when it is 6 Days old you may Drink it half a pint in y^e morning fasting, & half a pint about four in y^e afternoon, you may walk or Doe any thing after it

Like Herbs

- Balm } Mother time
- } Mint
- Betony } Wormwood
- } Cardus
- Bedysage } Maidenhair
- Rosemary } Scordium
- Rosason } Gentry
- Agrimony } white Ma
- } strum
- Chabrus
- Dimpernell
- Harttounge
- Liverwort
- Mallendine
- Mugwort
- Solmethewood
- Angelica
- Tragon
- Burrage
- Marigold flowers

To make ruffit water

Take of each of these herbs two handfulls to the sack & a gallon of white wine, to each gallon of wine one ounce of gentian roots, & one ounce of roots, wash these herbs if have need of washing & let y^e Drain till y^e water is out of them & take y^e herbs & chred them, slice y^e roots, in fine all in y^e wine but y^e rosason put all into y^e still & lay upon y^e herbs 3 ounces of methridate or somewhat more & then put in y^e rosason & part y^e still up close, & y^e water y^e is to receive y^e water

If it be stilled in a Limbeck y^e methridate may be left out

And if one still will not hold this quantity, y^e methridate & rosason must be proportioned to y^e quantity stilled at once

* To Make little fine Cakes. ^{No 2. P. 1.}
^{No 3. P. 80.}

Take 1 pound of fine flower 1 pound of fine loaf shuger sorted
1 pound of currants 1 pound of butter half a nutmeg half an
ounce of mace 4 yolks of eggs & 2 whites of eggs 4 spoonfulls
of rosewater & shuger & butter must be first broken very
well in ones hands when it is all well mixed & upon plates
take a little rosewater with a feather & powder a little loaf
shuger upon it & so set it in ye oven half an houre

* To make a puding ^{No 2. P. 67.}
^{No 3. P. 82.}

Take a white loaf grated, 6 eggs, 3 of ye whites 2 spoonfulls of
sack, 2 spoonfulls of rosewater, a little nutmeg & shuger

* Aqua Mirabilis ^{No 2. P. 1.}
^{No 1. P. 119.}

Take of Cloves, Gallagall, Cubels, Mace, Cardamoms, nutmegs,
Ginger, of each two drams flowers of Gorage, buglawe, and Cloves,
of each one handfull, Juice of baume, mint, & Celandine of
each 1 pint brandy 1 quart, white wine 3 quarts bruise
the spices & flowers & infuse them 24 houre in ye liquors then
Drane of about 3 pints

* For a Cough in any Man ^{No 2. P. 2.}
^{No 3. P. 80.}

Take as much flower of brimstone as will lay upon a shilling
cupp it up in a new laid egg 4 or five mornings

Take one pound of Leafe Sugar finely
 beaten, one quart of fair water, mingle
 them & let ym stand 2 houers, Strain ym
 through A Linen Bag twice, Strain into
 this one pint of good Damask Rose water
 Strain all this twice, Strain into this 4 of
 Angelica water, Strain all this twice, Strain
 into this 4 of Clove Water, Strain all again
 Strain into this 4 of Rosemary Strain all again
 Strain into all this one pint of Cinnamon water
 Strain all again; Strain into all this three
 into a quarter of good Aqua Vitae more
 les as you please as you please to have
 the water stronger or weaker Strain all this
 twice

* To make Drink for The Eyes ^{No 2. P. 2.}
_{No 2. P. 52.}

Take an handfull of wood lice & bruse them well & then
 strain a pottle or 3 pints of ale thorow them & sweeten it
 with 10th sugar & Drink every morning

* A Frigorie of Rabbits Or Chickens

119.

No. 2. P. 29.

Take 7 Rabbits or Cut them in peices, take y^e heads
 & y^e bones & make strong broth melt butt ut thise,
 Take your spice & put it in wth sweet hearts &
 some strong broth, & put y^e butter & when it is melted
 enough then take 3 yolles of eggs, & a quarter of a
 pint of white wine, 2 anchovs, lemon, Capers, Lampie
 shreeded put this to your thickening when it is ready
 toss it up in y^e pan, & if it is not thick enough shade
 y^e flour over it /

See Page 115. of this Vol.
 Aqua Mirabitis Vol. 2. P. 1.

Take Gallinall, Cloves, Cubeb, ginger, jetwell, Cardimons
 mace, nutmeg, grains, of each of these a Dram, of y^e
 Juice of Helandine 8 ounces, of mellelot a handfull mix
 gle all these together made into powder wth y^e said Juice
 a pint of a quantity & 3 pints of good white wine &
 put them all in a stillitory of glass let them stand all
 night & in y^e morning distill them with an easy
 fire & Doe Down y^e Still very Close wth past

Take of sundrie flowers Clean pickt & stripp'd fill
 a glass of a Gallon then pour on them good spirits of
 wine to fill y^e Glass, then fill y^e glass y^e let them
 Circulate in a warm place, for six weeks Close
 stoped. if you cannot have spirits of wine y^e
 take Exceeding good Aqua vita y^e take —
 flowers of Sage Rosemary Bettony of Each
 one hand full, Borrage flowers Buglas flowers
 Lillyamvally flowers & Cowslip flowers of Each
 pick 2 hand fulls Digest y^e in good spirit of
 wine, Every one Gather'd in it's time, then
 having Digested 6 weeks Each according to
 it's season put y^e all together y^e take Balaiz
 mother wort Spikenard Bay leaves & if you
 can get y^e Leaves of Orange Trees & y^e
 flowers of Oranges of Each one ounce,
 Cut or chop these flowers & Herbs & put
 y^e also to digest 6 weeks in good spirit
 of wine or very good Aqua vita then
 take Citron peels y^e yellow thin peels

Or for want of them, Lemmon roots ¹²³
 half a pound of Each & drams Cinnamon,
 half a ounce, Nutmeggs, pepper Cardamoms
 Cubes yellow Sanders in powder of Each
 half an ounce, Lidgum Alloways one ^{drum}
 of the said Spirit in digestion & wd be ym of
 kernels or stones taken out & shewd small
 & let it degest together again & washes
 yⁿ distill ym in a limbeck drawing it in
 several glasses until y^e vertue be out -
 put in this Liguour of fine dissolved pearl
 2 drams, of prepared marriage Stone one
 scruple, of ambergreen musk & Saffron
 of Each half a scruple, dyed Red roses,
 of yellow Red Sanders shawon small of
 Each an ounce put these in a fine paper
 bag & hang in this distill'd Liguour Close & yd
 y^e virtues Recet are as followeth

It is of exceeding Great vertue in all Apoplexies
 palsies also in all pairs of y^e joints Coming

of Cods In all Bruises Outery Baked & vint
 in it & Layd into it, y^e virtues Therof are 125.
 More yⁿ Man can Create, it Strengtheneth &
 Comforteth all unanimal vitalls & naturall
 Spirrits & Therewith y^e Externall senses it Strengtheneth
 y^e memory restoreth Lost Appetite, all weakenes
 in y^e Stomack Both taken inwardly & Baked
 outwardly, Take of it A Quarter of A Spoon
 full & fast A Quarter of an hoire after it
 it taketh Greedness off y^e Head, helps lost
 Learning, Bringeth A pleasant Swath & I can
 Tell noe better Remedy in palseies Apoplex-
 =plexies, both to help in y^e fit & to prevent
 it if you take it morning & Evening A
 Quarter of A Spoon full with Cones of white
 Bread & Sugar it helpeth y^e Lost speech & all
 Cods Dispositions of y^e liver & of Stomack
 droppe it helpeth all Cods diseases of y^e Mother
 in fine none can sufficiently Express y^e virtues of
 this water

D^r Stephens Water - M^{rs} Baggs -

Take a gallon of Gascoyn wine red, take Ginger, Gallangall
Cinamon, nutmegs, grains, Cloves, anniseeds, fennell seeds,
Caraway seeds, of each a Dram, of sage, minte, red roses,
some pillitory, rosemary, wild thyme, camimoyll, lavender, of
each one handfull, 1st bray 1/2 spices small, 1/2 bray 1/2 herbs
put 1/2 into y^e wine & let it stand 12 houres stirring
it 2 or 3 times 1/2 fill it by Lymbeck keep 1/2 first water by its
self for y^e best keep 1/2 second for y^e 1/2 is good but not so good
as y^e first and y^e water will be much better if you let it in
y^e Sun one summer /

A receipt for a Sinker Bough

Take of each of y^e Sanders 6 drams, Infuse it in eight pints
of water for y^e space of 6 houres 1/2 let it be boyled to the
Consumption of 1/2 third part then let there be added 1/2 leaves
of coltsfoot, maidenhair, monshair, speedwell, 1/2 flowers of
snooze wort, of each two handfulls, sweet fennell seed 6 drams
liquorish half an ounce rasons of y^e sun stored half a pound
boyl these till y^e drink is half waisted let it be strained 1/2
take twice a day 6 ounces

* for a woman in labour - No 2. P. 2.

2 ounces of bever water, 2 ounces of mugwort water,
2 ounces of syrup of mugwort, 2 penyworth of spirit
of castor, mix all these together, & give one half of it at
her being first ill, & y^e rest one houre after

Mr Sheldon's red Drink Aluminary its made thus
 take Oatmeal & pound it & put it into fair
 water & when it is almost beginning to be
 sower take it & strain & that which is strain
 out, by standing will thicken & be fit to eat
 you must make it once in 2 or 3 days, powder
 of ground Joy which is made thus, there are 2
 sorts of ground Joy, y^e Reddest is y^e best —
 which beareth a Blue flower, gather that when
 it is ripe, y^e pound it & sift it & put y^e powder
 of it into severall little vials, in which it must
 be press'd down hard & stop't close, y^e reason
 why it must be put into little vials is because
 by often opening of it, which is requir'd in
 great vials before it be spent, y^e will stir out
 come to it oftener, then which nothing is
 more prejudiciall to it, water smell is
 thought very good without plums or shugars
 likewise Barley broth sweet things & fat
 are not good likewise things Over nourishing
 or too much milk is not good without it be ten-
 stantly taken & nothing else when you bleed
 if possible loose not any blood by Breathing
 A vein but for that kind y^e upper part of your Arm & thigh

✕ For the rising in the throat of any Child No. 2. P. 131.

Take of black Chery water four ounces of Langras antipteric
 water 2 ounces of treacle water 1 ounce & a halfe
 of pennyroyall water of same of spirit of salt armoniac
 33 drops of spirit of Juniper 14 Drops of Venice treacle one
 Dram of Syrup of peony 6 Drams, mix & make a rulepp
 take a spoonfull or too when you see occasion once in two hoire

✕ To make orange bisket No. 2. P. 91.
No. 3. P. 96.

Take your oranges & lay ⁱⁿ in water 2 Day changing
 of water, then brill them very tender then take them up
 Cut out all y^e meate within of orange & strain it then
 take y^e peell & way it to a powder of pill take 2 pound
 & a halfe of Dutch refine shuger beaten, put your
 pill in & some shuger & beat it a while then put in
 y^e rest of your shuger & y^e rice if you strain out by little
 & little at a time, beat it very well y^e spread it upon
 glasse not to thin & set it in your stove a Dring when
 you find y^e side Dry cut it in little square cakes & lay
 them on your glasse till they be Dry

[Faint, mostly illegible handwritten text]

*whitt of meate is stewing put in one anchouie, a little
leamon threed a few caper, threed & sweet herbs*

To pot a kage

Cut all ye meat of ye bones

Godfrey

No 2. P. 51.
No 3. P. 80

* To Make An Oatemeal pudding

Take Half A pint of chopt oatmeall & put
it in a pint of milk & let it simmer over ye
fire till it is pretty thick y^e let it stand till
it is almost cold y^e put to it eight eggs leaue in
out foure of ye white, a pound of suger but verie
fine, a quarter of raisins half a pound of Currants
into a little salt & nutmeg, y^e tye it up close in
A bag & let it boyle 2 houres, y^e serue it up wth
butter, sugar, & a little sack
add a quarter of suger in mixing

* So Make rarsone wine

No. 2. P. 92.

Put to every gallon of water (nine measures) four pound of malliga rarsone pick'd blan & cut in peices put ⁱⁿ into an open halt tubb put in your water yalding hott & let them stand ten days stirring it some A Day after ten Days press ⁱⁿ your hand, when you put it into y^e uenell strain it through a charge stue, stop up y^e uenell & let it stand four or five months then Draw it of into bottles; if y^e weather is uery Cold Cover y^e tubb wth A blanket

you make small wine by putting some water to y^e rarsone when you have made this

* So Make new Colledge puddings No. 2. P. 65
No. 3. P. 90

Take 6 penny marchets grated one pound of beef suet shred small 12 new layd eggs A pound & half of Coranti A quarter of an ounce of Cinamon & as much mace A pound of fine shuger A quarter of ot pint of rose water mix all these together y^e work it up in balls as big as eggs y^e stew y^e in Clarified butter y^e put y^e in another Dish & strow some fine shuger ouer y^e when you send y^e to y^e table remember to put in a little salt

To Bake Herrings & Diver ^{112. p. 53} ^{113. p. 72} ¹³⁷

Wash y^m & rub y^m very Dry; y^m strow y^m all over
wth a little salt, pepper, & nutmegs. y^m lay y^m in a pott
very close & hard, fill not your pott full of Herrings,
but lay a few bay leaves on y^e top, & fill it up with
vinegare, as much as will keep y^m moist, y^m part it up
& bake y^m wth brown bread, when they are thoroughly
baked, fill up y^e pott wth hot boyled vinegare, which
will keepe y^m some times boyled y^e pickle to
keep y^m from changing

— 112. p. 95.

X To Make Mangold or Cowslip wine

take foure gallons of spring water to which add
eight pound of loaf sugar & let it boyle gently
one houre then take foure gallons of cowslips
bruse them in a mortar & when y^e liquor is
blood warm put y^e flowers into it wth the
of eight lemons & y^e peeces of two then take
six spoonfulls of ale yest & beate it very well wth
some of y^e liquor & put it to y^e rest let it stand
close covered five dayes y^m strain it out hard &
put it into a barrell y^e is fit for it & after it
hath done working stop it close & let it stand one
month y^m draugh it into bottles & let y^m stand six
weeks before you drink it, it will keep a yeare

To
Make Shrub

Take 6 Quarts of y^e best French Brandy
 put it into a Stone or Earthen Crook then take
 18 Lemons & wth a sharp knife pare y^e outside
 rind in little peeces about y^e bignesse of a
 great y^e pound you in a water not very much
 & put them in y^e brandy at y^e same
 time wringing in y^e juce of all y^e Lemons &
 let it stand very well cover'd wth a cloth
 set down upon a Gyle for 4 days then take
 3 quarts of y^e best white wine & put it in to
 some other Earthen pot or vessel. & pound very
 well 2 pound of double refined Shugar. Let
 it infuse in y^e wine one hole day & mix y^e
 same & y^e brandy together. Let it all be put
 into some little vessel that is just fit for it
 & after 3 days standing it is fitt to be
 bottled & drunk when it is fine y^e best way
 is to decant it about 3 times, one day
 after another till all y^e settlement is gon

[Faint, mostly illegible handwritten text on page 140]

x

How to doe Hams

No. 2. P. 53. 141

Take 1/2 of a gallon of bay Salte of quarter
of a pound of salt peter one pound of
Corse shugar, mix these together in two
quarts of water, Steepe ye legs of
porke or Hams 3 weeks in the pickle
then take ye out & dry them in the
Chimney

To pickell tongues

No. 2. P. 53.
No. 3 - P. 92.
No. 3 - P. 95.

x

To two tongues 2 ounces of peter salt & 2 ounces
of salt peter & a good handfull of white salt
a quarter of a pound of brown shuger mix
it altogether, & rub y^e tongues wth it, double
y^e quantity & it will doe 400 hams

[Faint, mostly illegible handwritten text on page 142]

* To make pancakes No 2. P. 67
No 3. P. 68
No 3. P. 95

Take one pint of cream 6 eggs leaving out one white, six spoonfulls of flour, a little nutmeg & shuger; fry y^e (three) in ~~the~~ butter

X X

* To make mango liquer No 2. P. 55
No 3. P. 92

Take 2 quarts of y^e best white wine vinegar, 2 ounces of mustard seed, bruised, 2 ounces of ginger sliced, a large cod of garlick pickt cleare, salt to your liking, mix y^e together in an earthen pott, stop it up close & let it stand a month before you use it

[Faint handwritten text at the bottom of page 143]

So every gallon of water 3 pints of y^e best
hony & make it beare an egg (before it is boyled)
& Let it stand A day & A night & y^e boyle it
an houre & A quarter, keep it well scumed &
when it is cold, turn it

~~So make ginger bread - No. 2. P. 57~~
~~No. 3. P. 92~~

So hatt A peck of flour take 4 pound of treacle
one pound of suger a quarter of a pound of ginger
one ounce of carraway seeds one pound of butter
some orange & leamon peele shred very small
4 eggs half a pound of candied orange & leamon
put your treacle butter & suger over y^e fire &
keep y^e stirring till they are melted then mix all
your other ingredients together in y^e flour; so
mix it up as quick as you can, if it is to light you
must rub out your hands wth a little of flour

so make it up in what shape you please &
besture your oven be not too hott

~~Recipe for sturgeon~~

* pickle for sturgeon

No. 2. P. 3.

No. 2. P. 55.

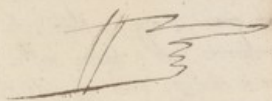
No. 3. P. 96.

Take to one quart of stale beere 2 quarts of water of large handfull of salt & another of brann boyle it altogether & let it stand till it is cold y^e straine it of & put your sturgeon in it

For A Tansie

Take half a pint of Juice of pinesapp, & a pint of cream, a penyng leaf grated, & eggs, a little salt, & sugar to your taste, put all these ingredients into a bason wth a quarter of a pound of butter, set it over a chafin dish of coals, & keep it stirred till tis so thick it will not run from a plate, y^e take a large pie plate & rub it over wth butter, & lay y^e tansie upon it, set it over y^e coals, & keep it up as y^e sides wth a spoon y^e thickness you would have it, when tis done so much to beat cutting, turn it upon another pie plate without butter, so serve wth sliced orange or leamone & sugar sifted on it

[Faint, mostly illegible handwritten text]



* To Make Cullibour 149
 Take a pint of cream, half a pint of white wine, a
 quarter of a pint of sack, & Juice of one Lemon, & a
 peel grated, & three quarters of a pound of Loaf sugar mix
 all this together, & put them into an earthen pot (or
 pan) & beat it all one waie with a whisk till it is thick
 & if it will stand upright in it, & put it into glasses & let
 it stand two or three days; you must be care to beat it all
 one waie or else it will not be a curd

— No 2. P. 94 —
 — No 3. P. 95 —

Take a pound of Malice Leasons
 pick'd & drow'd but not wash'd, then cut
 ym small & let them stand to steep in 5
 gallons of Spring Water 10 Days, then put
 y^e liquor through A Hair sieve, Rane
 in A ready net 6 pints of Elder juice —
 boyl'd in A pipken or Jug close stop'd.
 in A Kettle of water as you doe Currants
 for gelly, put y^e juice of Elder Cool
 into y^e liquor & stir it well together then
 put it into A vessel let it stand in a
 warme place 6 weeks or 2 months &
 then bottle it

If you make A greater
 Quantity it must stand longer

150. 20 0000 00 00 00 00
 6666 6666 66

30 quarts of elder Juice

To make suger cakes or Jumballs - No. 2. P. 63. No. 3. P. 90.

Take two pound of flower dry it & sack it very fine, take a pound of fine suger & sift it, mingle your flower & suger very well; take a pound & half of butter, wash out y^e salt & break it into bits, wth your flower & suger, y^e take y^e yolkes of six eggs, & six spoonfulls of creame, three spoonfulls of orange flower water, & half an ounce of caraway seeds, make it into a past, & y^e in what shape you like ball.

To Make a Mange Blanch - see No. 2. P. 57. No. 3. P. 98.

Take three spoonfulls of rice flower, & half a pound of loaf suger finely beaten, & added into it, a quart of creame y^e beat five yolks of eggs, in five spoonfulls of orange flower water, y^e mix it all together on a quick fire, till it is as thick as a custard, y^e put it into a dish, as hot as you can, never cease stirring it whilst it is on y^e fire.

To Make a Tansiey

take eighteen eggs, & break them, & take from them all y^e whites, but six, beat them very well together, put half a pint of thick cream, five spoonfulls of sack, & three of orange flower water, then stamp a good quantity of pineage, a little tansiey, strain your herbes into y^e eggs, & season it wth suger, nutmeg, & half y^e grate a helle penny white cheese, or a little more, mix all together & so fry it.

e

To Make Soliman

N^o. 2. P. 90

Take 2 ounces of Opium, cut it in thin slices, & one ounce of y^e best saffron, & pick it all so peeces, put it in a stone pot, & put to it, a quart of y^e best sack, & sett a peice of bladder, & put it on y^e top of y^e pot very close, but prick some holes in y^e bladder, in a pite, set it by a gentle fire, to stea, till a third part of it be wasted when tis cold, strain it out through a cloth, you must press it very hard, or great part of y^e opium will remain in y^e saffron.

A.

A la Mode Beef- 43.
 Apricots- to dry- 77.
 Apricots- to preserve- 77-79.
 Apoplexy- on Palsey, to cure, 121.
 Appetite lost- see Palsey- Water.
 Aqua Mirabilis- 91. 115. 119.
 Artichoke Pye- 19.
 Artificial Sturgeon- 53.
 Artificial Venison, for a Pasty- 53.
 Artificial Westphalia Hams- 57.

B.

Baked Herrings- 137.
 Beans- French, to pickle- 65.
 Beef a la Mode- 43.
 Beef collard- 33.
 Beef- Spring- Garden- 51.
 Beef- Rump of- to stew- 11.
 Bisk of Fish- 25.
 Biscuit- Bread- 81.
 Biscuit- Orange- 131.
 Bitter Draught- 97.
 Blanch- Mange- 153.
 Blood- Spitting, to cure- 129.
 Bread Biscuit- 81.
 Bread French- 15.
 Breast- Plaster, for- 105.

Breast of Veal, to collar- 13.
 Broom- Budds. to pickle- 63.
 Broath- strong- 55.
 Brown Follage- 65.
 Bruises- see Palsey- Water.

C.

Cakes- 1. 3. 85. 115. 153.
 Cakes- little fine- 115.
 Calves- head- Florendine- 53.
 Calves- head- hashed- 31. 83.
 Calves- Foot- Pudding- 23.
 Calves- Foot- Pye- 21.
 Capons- Sauce for- 51.
 Carp- to stew- 25.
 Cress- Cakes- 37.
 Cherry- Water- 93.
 Chicken, boyled- Sauce for- 13.
 Chicken, fryeacy'd- 119.
 Chicken- Pye- 57.
 Children's Grips- 105.
 Cods- head to dress- 39.
 Cold- a Receipt for- 91.
 Collard Breast of Veal- 13.
 Collard Beef- 33.
 Collard Pie- 67.
 Collard Pig- 13.
 Collage- Puddings- new- 155.

Collops Scotch. 19.
Cordial. 111.
Cordial for old Persons. 89.
Cordial, red Surfeit Water. 99.
Cordial Water. 109.
Convulsion Pills. 95. 101. 105.
Cough to cure. 115. 127.
Couscup Wine. 137.
Cucumers pickled. 67.
Custards. 37.

D
Deafness. see Palsey: Water.
Draught, bitter. 97.
Dist: Drink for the Dropsy. 113.
Drink: Dist for Dropsy. 113.
Drink for y^e Eyes. 117.
Drink, Wound. 103.
Dropsy. Dist Drink for. 113.
Dry'd Tongues. 75.

E
Eels Collard. 67.
Egg: Pyes. 49.
Elder Wine. 103.
Eyes, Drink for. 117.

F
Farc'd Fish. 63.
Farc'd Leg of Mutton. 9.
Farc'd Leg of Veal. 9.
Fish to farce. 63.

Fish to pickle: cock. 1.
Fish. a Dish of. 25.
Fitts convulsion. 95. 101. 105.
Florenaine. 71.
Florenaine, Calves Head. 53.
Florenaine, Olive. 35.
Florenaine, Rice. 61.
Florenaine, Steaks. 15.
Flowers: jilly, to pickle. 1.
French Beans, to pickle. 65.
French Bread. 15.

F
Fricassey. 45.
Fricassey of Chicken. 119.
Fricassey of Rabbits. 119.
Fry'd Oysters. 7.

G
Giddings. see Palsey: Water.
Jilly: Flowers to pickle. 1.
Ginger bread to make. 145.
Gobbe: Pys. 17.
Gravys to make. 59.
Green Pudding. 75.
Grips in Children. 105.

H
Hams to make. 141.
Hams, artificial Westphalia. 57.
Hare, to poll. 35. 133.
Hare, to stew. 13.
Harts Horn Jellies. 75.

Hash'd Calves Head. 31. 83.
Hash'd Shoulder of Mutton. 27.
Head Loads to drye. 39.
Herrings baked. 137.

J
Jack to pickle. 17.
Jaundice, yellow to cure. 64.
Jellies of Harts Horn. 75.
Jellies. Ribbon. 27.
Joynts Pain in. see Palsey Water.
Jumballs. 152.

L
Labour to hasten & ease. 127.
Lamb Sauce for. 13.
Laudanum to make. 155.
Leg of Mutton to farce. 9.
Leg of Veal to farce. 9.
Lemon Pudding. 99.
Liquor for Mungots. 140.
Lobsters to roast. 47.
Lumber Pys. 69. 73.
Lungs, ulcerated, to cure. 107.

M
Mange: Blanch. 153.
Marigold Liquor for. 143.
Marmalade white. 97.
Mury gold Wine. 137.
Meat to make. 145.
Mined Pys. 49.

159
Monsieur's Water. 117.
Mushrooms to pickle. 61.
Mutton Leg of to farce. 9.
Mutton Neck of to stew. 11.
Mutton Shoulder of hash'd. 27.

N
New College Puddings. 135.
Neck of Mutton to stew. 11.

O
Oatmeal Pudding. 133.
Olio to make. 11.
Olive Florenaine. 35.
Oranquado Pys. 55.
Orange Biscuit. 131.
Orange Pudding. 99.
Orange Water. 95.
Oyndment for Wounds. 81.
Oysters to fry. 7.
Oysters to pickle. 21.
Oysters to stew. 9.

P
Pallate Pys. 69.
Palsey Water. 121.
Pancakes. 143.
Pain in y^e Stomack. 111.
Pain in y^e Joynts. see Palsey Water.
Paste, Royal. 2.
Paste, puff. 21. 49.
Past y^e Venison puff Paste for. 21.

Pasty Venison artificial 55.
 Pease Pottage 7. 87.
 Pickled Broom: Budds. 62.
 Pickled Cucumers 67.
 Pickled French Beans 65.
 Pickled Gillyflowers 1.
 Pickled Jack 17.
 Pickled Oysters 21.
 Pickled Pigeons 61.
 Pickled Purslane 67.
 Pickled Rabbits 11.
 Pickled Sampire 17.
 Pickled Sturgeon 167.
 Pickled Tongues 161.
 Pickled Turkeys 11.
 Pickled Trouts 17.
 Pickled Mushrooms 61.
 Pickled Walnuts 89.
 Pigeons, to pickle 61.
 Pigeon Pye 17.
 Pigg-collard 13.
 Pheasant Sauce for 65.
 Plaster, for a Woman's Breast 105.
 Plumbs, to preserve 109.
 Pitch: cock'd Fish 1.
 Potato Pye 19.
 Potted Hare 35. 133.
 Potted Tongues 29.
 Pottage, brown 65.

Pottage Pease 7. 87.
 Powder for Fills 105.
 Preserv'd Plumbs 109.
 Pudding-Calve's Foot 23.
 Pudding 115.
 Pudding-green 73.
 Pudding-Limon 99.
 Pudding-Orange 99.
 Pudding-Oatmeal 133.
 Puddings, new, College 135.
 Pudding-quaking 3.
 Pudding-Rice 5.
 Puff Paste 21. 69.
 Puff Paste, for Venison Pasty 21.
 Purslane pickled 67.
 Pye=Arctichoke 19.
 Pye=Calve's Feet 21.
 Pye=Chicken-sweet 67.
 Pyes=egg 69.
 Pye=hoose 17.
 Pye=Lumber 69. 73.
 Pye=Pigeon 17.
 Pye=Potator 19.
 Pyes=Mixed 69.
 Pye=Orongado 55.
 Pyes=Palate 69.
 Pye=Skirret 71.
 Pye=Turkey 17.
 Pye=Umbel 15.

Quaking Pudding 5.
R.
 Rabbits-pickled 11.
 Rabbits-fricasee'd 119.
 Ragoo 63.
 Raisin Wine 135.
 Ratapia-white 107.
 Red, cordial, Surfeit-Water 99.
 Red Wine 151.
 Rice Florndine 61.
 Rice Pudding 5.
 Ribbon Jellies 27.
 Rising in y Throat, in Children 131.
 Roasted Lobsters 67.
 Royal Paste 3.
 Rump of Beef, to stent 11.
S.
 Sampire, to pickle 17.
 Sauce, for boyld Chicken 13.
 Sauce, for a Capon 51.
 Sauce, for a Pheasant 65.
 Sauce, for a Turkey 29.
 Sauce, for Lamb 13.
 Sauce, for Wild: Fowl 23.
 Sauce, for Woodcocks 67.
 Sausages, to make 85.
 Scotch Collops 19.
 Shrub: to make 139.

Skirret Pye 71.
 Soup 23. 61.
 Shoulder of Mutton, hash'd 27.
 Spinach Tart 67.
 Spring-Garden, Beef 51.
 Scurvey-to cure 97.
 Spitch: cock'd Fish 1.
 Steak Florndine 15.
 Stew'd Carp 25.
 Stew'd Hare 13.
 Stew'd Neck of Mutton 11.
 Stew'd Rump of Beef 11.
 Stew'd Oysters 9.
 Stew'd Wild:Fowl 31.
 Stomach-Pain in 111.
 Stopage in y Stomach 111.
 Stephens, D. his Water 127.
 Spitting of Blood, Cure for 129.
 Strong Broath, to make 55.
 Sturgeon-Pickle for 167.
 Sturgeon-artificial 53.
 Sugar-Cakes 153.
 Sullibubs, to make 169.
 Surfeit Water 99. 99. 113.
 Swooning-a Water ag't it 79.
 Syrup, for Pain in y Stomach 111.
T.
 Tansies 167. 153.
 Tart-Spinach 67.

Throat, Rising in it, to cure. 131.
 Tongues, to dry. 75.
 Tongues, to pickle. 161.
 Tongues, to pott. 24.
 Tracles: Water to make. 107.
 Trouts, to pickle. 17.
 Turkeys, young, to pickle. 11.
 Turkeys: Pye. 17.
 Turkey: Sauce for. 29.
 U.
 Ulcer, in y Lungs, to cure. 107.
 Umbel: Pye. 15.
 Vapour Water. 101.
 Veal, Breast of, to collar. 13.
 Veal, Leg of, to farce.
 Venison artificial, for Pastys. 55.
 Venison Pastys, Crust for. 21.
 W.
 Water: Cherry. 93.
 Water: cordial. 109.
 Water: Monseigneur. 117.
 Water: Palsey. 121.
 Water, Dr. Stephens's. 127.
 Water: Orange. 93.
 Water: Surfeit. 96, 99, 113.
 Water: Vapour. 101.
 Water: Tracle. 107.
 Water, against swooning. 79.

Water: Wallnut. 101.
 Walnuts, pickled. 89.
 Wallnut: Water. 101.
 White Marmalade. 97.
 White Ratafia. 107.
 White Puff Paste. 64.
 Westphalia Hams, artificial. 57.
 Wine: Cowslip. 137.
 Wine: Elder. 103.
 Wine: Mary gold. 137.
 Wine: Raisin. 135.
 Wine: red. 151.
 Wild: Fowl: Sauce for. 25.
 Wild: Fowl: sterd. 31.
 Wood: Cochs: Sauce for. 67.
 Woman, in Labour. 127.
 Wound: Drink. 103.
 Wounds: an Oynment for. 81.
 Y.
 Yellow Jaundice. 66.

