

## **English Recipe Book**

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### To Preserve Pippins

Take Twelve Bunches of the Clearest pippins you can get pare  
Core & quarter them, throw them into water To keep them soft  
then put them into a pint of Spring water and let them be  
as fast as you can dont Cover them and when it is boyled  
away strain it out and let it stand till next Day then Take  
the Clearest of it and put to it a p<sup>t</sup> of Loafe Sugar and  
It boile half an hour then Take it off and Squeeze in the  
Juice of a Lemon then boyle it To a little more then putt  
Orange & Citron Peel very thin and lay in every glass  
and paper them up

### To Preserve Ringoes

Take Ringoes new gathered and boyle them Reasonable Tender  
Pick and Peel it and cutt it into peeces as longe as your  
finger then put them into a Reason w<sup>th</sup> as Much Clarified  
Sugar as will Cover them and so let them boyle very  
Leasurably To Make them Look Clear and when they are  
Cold bott them up <sup>for</sup> all the year boyleing up the Sympre  
and then as your Ladyship finds Occasion

### To Preserve Apples

Take 20<sup>n</sup> Apples w<sup>h</sup> they are thorough Ripe & firrion Peel  
them at thers Topis and with a wooden bodkin take out the  
Kernells and put them To water and wash them well In 3  
or 4 waters then boile them in fair water till they be Tender  
then Take To a half a pound of Sappes after they be stoned  
10 Cunnets & a half of Sugar and half a pint of water  
the Apples was boyled In and make the Sympre for the Apples, let  
the Sugar and water boyle and scum it Clean and let it Cool  
and put In the Apples into the Sympre, let it boyle and  
when it is half boyled, put in 2 Cunnets & a half of the  
Tiquor of L. Bare Berries and as Much Sugar as your Sweet  
wags

Take small peaches and your Juice of Amber  
Liquor as they be first till they be Red and sent  
to well and putt it up for use, This taken on the  
of a knife will stop the Flux

### To Preserve Garlick

Take the best old garlick. Peel it Clean and boyle it in running  
Water till it be soft then throw away the water and put it  
in fresh water then take out the Garlickes and waite it and  
put in the water a Double quantity of Loaf Sugar, then  
Let your Sugar and second water boyle up to a Couplet  
Liquor then take your garlick and put in the Syrup  
and let it boyle together Nye or 10 Walnes stirring  
it Leasurly, then putt it into a Galley pott and Cover it  
till it be Cold least it should mouldy and be sure  
you boyle it well then Tye it Down <sup>with leather</sup> for use

It is so good to be taken thus 2 Cloves  
the last thing you do with <sup>the</sup> of the Syrup in a Spoon  
Not Chewing it at all but Swallow it down whole, Cover  
the garlick with Sugar, Be sure you Touch not the Rough  
of the Mouth, It Cureth Obstructions in the Stomach  
It prevents a Consumption, Cureth the green Sickness  
and Scurffs it Clean

### Dry Sweetmeates

Green peash of Plums, Take the plums & boyle y<sup>m</sup>  
In water till they will peel then take off the skins  
& green them in Water on the fire Cover them Close  
when they are Green bruise them thorough a Search  
take their weight in Double Refined Sugar beaten  
& sifted mix it with the Plums with 3 or 4 Spoon  
fuls of water to a pound boyle it till it will stand  
on plates then put them out in little cakes and

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### Raspberry Brandy

Take a gallon of the best brandy, and 4 quarts of Raspberries let  
stand sleeping 3 Day's then straine all out and put in a pound of  
Loaf Sugar to it, let it. Dissolve and Bottle It

### Damson Brandy

Take 2 gallons of the best brandy half a peck of Damsons Cut them  
In their Sides then put in two Ounces of Cinnamon and a Nutmeg  
Quarter'd w<sup>th</sup> halfe a pound of Sugar Bottle it

### To make Ratifea

Take a Hundred of Apricocks stones and brake them and take the  
Kernalls & Peel them and putt them Into a gallon of White Brandy  
let it stand Two Months in a Glass or Bottle In June and then Rack  
It off, put to it a pound of Double Refined Sugar, and let it Stand  
Thorough a swan skin Jelly bagg, then bottle it up for use, It will  
be fitt to Drink In sweet.

### Spirit of Oranges

Take the parings of Two Hundred Seville Oranges and all the  
Juice and putt to it 12 Quarts of the best White Brandy keep it all  
together in a great Stone Pott, Covered very Close and Tie a Leather  
Over it and let it stand so week or a fortnight then Distill in an  
Ordinary still Pasted Downe very Close and keep it well cloath'd  
About the still Preserving a quarter of the Smallest and put to  
About 2 pound and a halfe of Double Refined Sugar and the  
Parings of 3 or 4 Oranges and Boyle It w<sup>th</sup> this Syrup sweeten  
all the water and Mingle all Together then put it into 4 quart  
Bottles Tie them down w<sup>th</sup> Leather Cops well Corked and set  
them in a Cole Seller for use

## Orange Water

Take 2 quartes of White wine, the same of the best Canary, & 20 pound of Wright Seville Oranges Peels, wipe them Clean & steep them in fair water to take of the bitterness for 4 hours  $\frac{1}{2}$ . Dry them in a Cloath and put them into the wine and lett them steep 24 hours then put them in to the still and Draw them off leisurely w<sup>th</sup> a soft fire, and put in the bottles you draw the water in An Ounce in An Ounce of white Sugar of Candy into Each Bottle keep the first by it self Mix them in an Earthen Pan w<sup>th</sup> the second to what strenght you like It and if you Distill the Oranges of the best brandy It will be Stronger and keep longer

## Orange Water

Take a Doz<sup>n</sup> of the fairest Seville Oranges pair of the Outward Rind very thin in little bits, pair them as longe as any Oyle substance is there In, steeping the Pairings in two quartes of the best Canary and a pint & a halfe of the best Plants brandy And lett it stand 2 or 3 dayes then put it into your still and Distill It down and lett It still w<sup>th</sup> a soft fire, Sweeten it w<sup>th</sup> Loafe Sugar you must lett it Drop in One bottle and put it up in another and Cork it Downe Close, set it in your Closet and when yo<sup>r</sup> Ladyship is not well take it first

## Rich Plum Cake

Take a peck or 12 pound of flower well Dryed 12 pound of Rorans pound of Rasins stoned and lett very small, one lb. & a halfe of Sugar well Dryed, one pound & a halfe of Almonds. Blanched & beaten w<sup>th</sup> sack, or Orange flower water, one quart of Ale Yest, One Ounce of Synamon, One Ounce of Cloves and Mac Together, 4 Nuttmegg. 6 Ounces of Ethern, two Ounces of Cauded Oranges Peel, 2 Ounces of Apricok chips. One quart of Sweet Cream 20 Egg 10 Whites four pound

= Pound of good fresh Butter Rub'd w<sup>th</sup> yo<sup>r</sup> hands Mix the  
 Butter Spice, Sugar, Almonds, all Together before you put in yo<sup>r</sup>  
 Cream and Yest, Strain in the Yest your Eggs well beaten together  
 Add a pint of Sack. or more, in a glass of it, and let these be Dissolved  
 3 or 4 grames of Musk. and One of Amber Greed w<sup>th</sup> the Rest  
 Of the Sack in a large Dish Over the fire in water, but Orange  
 flower water will Do Much better, If you have it One pound  
 and a halfe of the Chipes of french bread finely Dried finely  
 beaten to powder and well steeped, work it up Near the fire  
 and let your hand be never out till it in the Hoop Keeping  
 It continually stirring and It ought not to be Thicker then  
 a Puding when in the Hoop. Set it In the Oven Presently,  
 Butter yo<sup>r</sup> Hoop, & two hours and a halfe will bake it —

To See a Cake Take a little Orange water  
 Or Rose water put it Into a pound of Double Refined Sugar  
 finely beaten and scald it Mix it well Together then beat the  
 whites of four Eggs very well and take of the froth as it Rises  
 and put to the water and Sugar mingle it Together, then with  
 a feather spread it On the Cake after its baked and when it  
 Comes out of the Oven, wipe it Clean w<sup>th</sup> a Cloth that None  
 of the scorcht plumis May Hang on Set it In the Oven a  
 game w<sup>th</sup> the Oven cold down or Else It will Crack the  
 Cake

Goosberry Cream

Take what quantity of Goosberrys you thinke fitt when  
 they are Green Set them on the fire and scald them, then  
 with a spoone Rub them thorough a sieve w<sup>th</sup> a spoonsfull  
 of Rose water, then put them in a dish over a Chaffe in  
 Dish of Cles and Take the Yolkes of two Eggs and beat  
 them well to gether & Sweeten it to your Taste w<sup>th</sup> good  
 fine Sugar then Serve it



## Currant Cream

Take the Juice of 2 quartes of Currans Sweeten it To  $\frac{1}{4}$ :  
 Taste w<sup>th</sup> fine Sugar and put To it The Whites of 2 or 3 Eggs  
 very well beaten Set it in a Chaffin dish of Coles, Stir it —  
 till it be as thick as Cream then grate Double Refined  
 Sugar over it Serve it. //

## Raspberry Cream

Take Raspberys and w<sup>th</sup> a spoon Beat them in a dish &  
 put to y<sup>m</sup> a little Orange flower water and Sugar Enough To  
 Sweeten it, and when its well Beaten Sett it on the fire —  
 w<sup>th</sup> a Mash plum or two, or ambergrace and make snow as  
 you make for your snow Syllibubbs, and the cream y<sup>e</sup> is  
 left after it is whiskt up Mix w<sup>th</sup> the Raspberys and w<sup>th</sup>  
 you take it of the fire w<sup>ch</sup> must be as soon as its thoroughly  
 Hot, then poure it into the Bottom of a Dish and lay the snow  
 upon it and drop some preserved Raspberys upon and down  
 the snow Serve it. //

## Codling Cream

Take about halfe a pint of the Pulph of Codlings and  
 put to it a qua<sup>m</sup> of a pound of Sugar, a little Rose water  
 then Mix them all Together, then take a quart of thick  
 Cream and Stir it into the cream by a spoonfull or two at  
 a time untill it be well Mixed together then serve it to your  
 Ladys ships Table for a good thing. //

Codling Cream; Take a pint of cream put to it 2 Yolkes  
 of Eggs well beaten w<sup>th</sup> Orange flower water & a Mash plum w<sup>th</sup> it  
 then Beat a little Mace and Stir in the cream w<sup>th</sup> a bit of butter  
 and sett it on the fire to be scalding Hot then have ready a qua<sup>m</sup>  
 of a p. of Codling's scraped from the core & Rubb them thorough  
 a sieve Sweeten them well w<sup>th</sup> loaf sugar and dry them in a Chaffin  
 Dish in a silver dish if y<sup>e</sup> have it and when cold poure the cream  
 over it, being both cold & put to gether let them stand over a soft  
 fire halfe an hour and take it w<sup>th</sup> its cold and if y<sup>e</sup> would make it  
 w<sup>th</sup>er Make it of John Appells instead of Codlings then serve it

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To Green Codlings

Take the best wrought Codlings set them on a soft fire and peel  
them till they will Peele and when they are peeled make a deep  
Skillet of water boyle and take it off & put them in, cover them  
Over w<sup>th</sup> vine leaves and afterwards w<sup>th</sup> a Senter dish close, then  
set them Over a fire Embers and lett them Green leasurely (cut  
Out the Cores and when they looke very Green take them out &  
Make use of them as you please

Grape Cream

Take a pint of pippin water and a p. of white Grapes Stones y<sup>m</sup>  
& put them into the Pippin water w<sup>th</sup> 3/4 of a pound of Loafe Sugar  
and boyle them till the Sugar be pretty thick and lett it stand  
To cold then put To them as Much thick Cream as you thinke fit  
And serve them

Quence Cream

Roast a quence tender then Peel it and slice it thin and boyle  
a quart of Cream and put To it Stir it together and sweeten  
it w<sup>th</sup> good fine Sugar To your Feast and serve it

Pippin Cream

Take 8 pippins Slice them into as much Clarrette as will cover  
them put in a stick of Squamon a little Ginger sliced thin, Then take  
a quart of Cream and Boyle it w<sup>th</sup> a blade of Mace and a  
Nutmegg and thicken it w<sup>th</sup> the Yolkes of 3 Eggs, and when the  
Cream & Pippins are Mixed Together, ~~the~~ season them  
with good fine Sugar serve it

Pippin Cream

Take & core 20 pippins cut them To slices, or pieces, put  
them in a Skillet w<sup>th</sup> white wine, Sugar, and a Pece of Ginger  
and a little Lemon peeles cut small, Stir them Together till y<sup>e</sup>  
Appells are tender, then boyle a q. of Cream w<sup>th</sup> Nutmegg &  
put in a dish stirring them well Together till they be cold and  
mingles it well Together as thick as you would have it then  
serve it

## Pippin Cream all the Year

Take 20 pippins par'd, cor'd and cutt into little pieces, putt them in a little Skillet w<sup>th</sup> white wine, Sugar and a raw of Ginger a little Lemon peel cutt small, Stir them Together well till the Appells are tender, then boyle a quart of Cream w<sup>th</sup> Nutmegg and putt them in a dish stirring them well together till they are Cold and Is thick. as you would have it. Serve it.

## Eringoe Cream

Take a pint of good Cream 2 Oranges, and a good deal of Eringoe Roote cutt in Round Slices and boyled w<sup>th</sup> a Quart of Cream, then Beat the Yolkes of 2 Egg's w<sup>th</sup> Orange flower water & Sugar Stir it into the Cream and let them have a little boyle or 2 together and after they are In, put it into a Dish Serve it Cold.

## Tower Cream

Take Sweet Cream boyle it and when it grows to be pretty thick take up some of it w<sup>th</sup> a Spoon, set it in the middle of a Dish one upon another like a Tower or In what fashion you please Sweeten some Cream and put to It.

Lemon Cream w<sup>th</sup> out Cream

Take 4 large Lemons par them Thru and lay the Peels in Water for an hour before you Use them In as much water as you have Juice then strain your Juice into it and sweeten it to your Taste w<sup>th</sup> Double Refined Sugar, then Beat 5 Eggs very well putt it In and strain it thorough a piece of Musling before you strain it putt In a little Muske or Amber Grease, or you may leave it out, then sett It on the fire and keep it stirring perpetually till It comes to the thickness of thick cream, take care you don't let it boyle then putt into you<sup>r</sup> glass or Eate it Cold — Orange Cream make the same way by 4<sup>th</sup> must thicken that w<sup>th</sup> the Yolkes of Eggs as 4<sup>th</sup> did the other w<sup>th</sup> the Whites

## Chocolat Cream

Boyle yo<sup>r</sup> Cream very well then grate as much Chocolat as you  
 Thinke fitt To follow it and thicken It Enough To be as Thick as  
 good made Cream and of a good brown Colour w<sup>th</sup> The Yolke of  
 An Egg well beaten Then Take your Mills & Mill it up that the  
 froth May lye an Inch above yo<sup>r</sup> Cream in your glasses and make  
 this when you make the Orange & Lemon Cream, serve them To  
 =gether for a very gentle not a Tale Common Creams

## Lemon Cream

Take a fair large Lemon, pair it thin & Shred it very fine, put It  
 Into a porringer then Squeeze all the juice of the Lemon To the Rind  
 and lett it Steep 2 or 3 Hours, then take the Whites of 6 or seven  
 Eggs and Yolkes of 3, Beat them well Together and put them In your  
 Lemon juice and peeles, in a porringer and halfe of water and a  
 bout a quarter of a pint of Orange flower water and stew them well  
 Together and Straine it thorough a Cotten Strainer, and sweeten it  
 w<sup>th</sup> fine Sugar and some Amber Grains, sett it On some Charcole  
 stirring it continually it must scald but not boyle so do till it is a  
 thick as Cream put it out when its cold serve it Take Care its not  
 To thicken, for when it begins To thicken, It will be apt to raddell

## Lemon Cream

Pair the thin Yellow Rines of 4 Lemons and put it into a  
 pint of water 2 Houres then beat 8 Eggs leave out 2 Whites beat  
 them very well w<sup>th</sup> a pint of Orange flower water Squeeze the  
 Juice of the Lemons & sweeten it w<sup>th</sup> good fine Sugar then beat  
 all together and Strain it into a Bason you may lye a little Must  
 if you like It in a piece of Musling and putt in the Reason  
 To boyle it with perpetuall stirring till it is as thick as Cream  
 serve it

## Lemon Cream

Take 6 Lemons Take the Juice of them and put it into a pint of water and let it stand awhile w<sup>th</sup> some of the Peels then take the whites of Seven Eggs Strain it all together and put a pound of Sugar to it, Set it on the fire not to Hott, keeping it stirring and shaking till it is as thick as Cream let it but just boyle up and put it in yo<sup>r</sup> Dish before its Cold that you Intend to serve it in

## Lemon Cream

Take a quart of Cream the yolkes of 8 Eggs well beaten and w<sup>th</sup> your cream Boyles put in yo<sup>r</sup> Eggs w<sup>th</sup> 2 Spoonfulls of grated Lemon Peel so stir it well together and Season it w<sup>th</sup> Sugar To your Teast put it in the Dish when Cold serve it

## Possett Cream

Take 3 Oranges and one Lemon, wring out the Juice and Make it Sweet, then boyle a pint of Cream w<sup>th</sup> a little Orange Flower water, Set the Dish on the ground that your Juice is in and hold your Cream up high to Raise a froth so let it stand all night & the next day, Stick it w<sup>th</sup> Orange and Lemon peel serve it

## To Boyle Cream

Boyle Cream Sweeten it to your Teast, Make little Supperts of Napells Bisketts wet them in Sack & Lay them in the Bottom of yo<sup>r</sup> Dish or Bason, then pour your Cream Over it let it be Cold, then serve it to the Table Madam

## Anselott's Cheese

Take three quarts of Cream, two quarts of New Milke. Set it  
 Together a little Hotter then you do ordinary Cheese, and when  
 It Comes do not broake it, but take it up in a Skimming Dish  
 put it in your vat, let it Run by Degrees, and if it Sinks  
 It up againe and it will be almost aday asinking and if it grow  
 fower it will be never the worse and as soon as it will stand  
 take away the vat and salt it all Over and as it Dries  
 wipe it soundly Every day and Keep it turning and you  
 May lay it In Nettles if you please

## Slipcoat Cheese

Take a gallon of Milke and 2 quartes of Cream, and w<sup>th</sup>  
 It boyles up take it of, and put To it a Handfull of Salt  
 Strain it into the Milke and Runnetts and when it Comes  
 Dip a Cheese Cloath in water and wring it hard and lay it  
 the Cheese vat and when its all In, lay a dry Cheese cloath  
 On the Top of it and a follower over y<sup>e</sup> and let it stand To  
 Settle a little, then w<sup>th</sup> a Dry Cloathes suck up the Whea on  
 the Top gently pressing it w<sup>th</sup> y<sup>e</sup> hands then lay on a dry  
 Cloath the follower & 3 pound weight unless the day be Cold  
 and the Crud be very tender then y<sup>e</sup> may lay on 6 pound  
 let it stand till three of the Clock only Change the cloathes  
 On the Top for Dry ones, Turn it into ano<sup>r</sup> vat in a wet  
 Cloath and let it stand as the former till 9<sup>o</sup> of the  
 Clock then salt and Turn It and let it stand till morning  
 w<sup>th</sup> out any weight but the follower

Then Turn it w<sup>th</sup> Dry Cloathes on a Cheese board and  
 Prinde It about with a fillett and when it will not wet the  
 Lay it in Nettles and at a fortnight or 3 weekes end, you  
 May Eate it or throw it away as you please

Sacke Poffett

Take a quart of Cream Boyle it w<sup>th</sup> a blade of Mace, then beat  
 20 Eggs leave out 10 Whites, beat them well to a pint of Sack. <sup>1<sup>n</sup></sup>  
 Put your Eggs & Sack in a Basin Sweeten it to your Taste w<sup>th</sup>  
 Double Refined Sugar and sett it Over a slow fire of Charcoal  
 keep it stirring till it be scalded Hot, then stir it to your Cream  
 w<sup>th</sup> a quarter of a p<sup>t</sup> of Sweete butter, then pour it to your Cream  
 very Hot to the Sack & Eggs to Raise a froath, then lay a pye  
 plate over your poffett for halfe an hour and when you  
 serve it have Radoyome Snow whisked up w<sup>th</sup> a little Orange  
 flower water to Raise the poffett up high and you must make  
 the froath of halfe a pint of Cream, the Whites of Eggs &  
 2 Spoonfulls of Sack & 2 or 3 Spoonfulls of Milke, if y<sup>e</sup>  
 Cream be too thick Sweeten it up to a thick Snow then lay it  
 Over your poffett and putt in a spoonfull of Orange  
 flower water & serve it

Sacke Poffett

Take a quart of New milke put into it 2 or 3 Shives of Nutmeg  
 sett it On the fire and take 20 Eggs beat very well then putt  
 to them a pint of Sack and 3 quarters of a pound of Loaf Sugar  
 and sett your Reason on a slow fire on a Chaffin Dish of  
 Coles and when it begins to thicken take the milke boyleing  
 off the fire and putt to the Eggs and Sack stirring it all the  
 while its pouring in, then stir it no more but cover it and  
 lett it stand till it is as thick as Custard then serve it

Sacke Poffett

Take a quart of Good Cream putt a Nutmeg into quarters and  
 Boyle it then take 20 Eggs Whites and ale and beat them  
 halfe an hour longer, then putt in halfe a pound of Sugar and sett  
 it on the fire very high stirring it very softly till it be scalded  
 Hot and putt in the Cream from the fire and stir it out  
 about, cover it very close with a Dish and lay on a thick  
 Coath, for a quarter of an hour, then serve it

## To Make a Cheepe Sack Poffett

Take a pint of Milk and a nutmeg Cut Into quarters then take half a pint of Sack beat 2 Eggs whites and all, then Beat the Sack and Eggs very well and sette them on the fire to be scald hott and keep it stirring all the while one way, then pour It in the Milke scalden hott and keep them stirring, sweetten it to your Taste before you putt In the Milk w<sup>th</sup> good fine Sugar then serve It to the Table

Sack Poffett w<sup>th</sup> out Milk or Cream

Take a quart of Ale and a pint of Sack and a pound of Loafe Sugar beat It and putt it all Together and lett it stand over the fire till they be scalding hott In the mornig time beat 20 Eggs Yolkes & Whites Together and beat them half an hour then putt them Into the other Ingredients keeping them stirring till they come to the Thickness of a Sack Poffett then serve it

## Whipped Silli bubb

Take what quantity of Cream you thinke fitting and put it into a milk pan and putt in the whites of 20 Eggs into a quart w<sup>th</sup> 3 or 4 Spoonfulls of Sack sweetten it to your Taste w<sup>th</sup> good fine Sugar then take a Chocolate Mill and Mill it up to a very high froth then have ready your glasses and putt into every glass several Sills of Wine and sweetten it to y<sup>r</sup> Taste then fill them up w<sup>th</sup> your froth and lett it be an Inch above your glasses Pattning it On lightly that your wine may looke quietly and Clear at the Bottom of the Glasses then serve it



## Snow Sillibubbis

Take a quart of Cream and half a pint of White Wine then  
 Squeeze in a lemon and put in a Musk plum or two well  
 Beaten Sweeten it w<sup>th</sup> Sugar, then Take a whisk & Whisk it  
 up Till it be full of froath then w<sup>th</sup> a spoone take it  
 lightly off, then whisk it up againe as long as any froath  
 will Rise then lay it on very lightly that it may be an  
 Inch above your glasses and if in a Season The same

## To Make frakety

Take Rapells biskett or white loaf putt of the crust &  
 Cutt it thin into Slices and lay it into a pretty Deep  
 Season as will Cover the bottom and strew on it Cynamon  
 & Sugar Mixed together and Sprinkle a little Rose water &  
 sack upon it and strew a few Musk Confects then lay a  
 layer of biskett againe and strow it as before and so do  
 till you think your Season will be full w<sup>th</sup> a quart of  
 Cream boyle & pour it scalding hott on the biskett and  
 things in the Season and Cover it Close and sett it on a  
 Chaffin dish of Coles to scald but let it not boyle so  
 lett it stand 3 houres then boyle half a pint of Cream  
 w<sup>th</sup> 2 or 3 Yolkes of Eggs Maco & Sugar then pour on this  
 of the Season and lett it stand a little while to Harden  
 it, then take it of the fire and serve it in the Season it  
 was made in and strow upon it Grated Musk Plum's  
 Cynamon and loafe Sugar serve it

## Almond Leach

Take 2 Cances of the best Freing glass Slice it thin  
 and Infuse it over Embers till it be Dissolved then sett it to  
 be Cold and take a quart of Cream or new milk and take  
 a quarter of a pound of Almonds beat them very well w<sup>th</sup>  
 2 or 3 Spoonfulls of Orange flower water to keep them  
 from

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from Cyleing then strain them into the milke as longe  
 as you strainie any Juice out, then putt the Jaggelack into  
 the Milke and almonds and boyle it till it will putt out  
 Sweetten it w<sup>th</sup> good fine Sugar you may putt in a little  
 Orange flower water in the Infusing and a little Must  
 In adish and when its Cold putt it into small pieces and  
 lay it between The Jelly when its hott, and you putt it into  
 Scollop shells in to what fashion you fancy or cut it  
 into Dices

Almond Caudles

Take the best Jordan Almonds putt them into Cold water  
 blanch & beat them w<sup>th</sup> a little ale then strain them out  
 into as much ale as you Intend to use in The Caudle and  
 boyle it with a blade of maw when its boyled Sweetten it  
 with good Sugar to your Feast

Almond Milke

Take half a pint of Conduits Water and one Bugles Root  
 as big as your finger Clean washed and Scraped take four  
 Borrage leaves and 12 Cloves putt also w<sup>th</sup> 6 Spoonfulls  
 of Red Rose water into the water putt them all into a Clean  
 Skillett let them boyle till the water tastes of the Cloves  
 then take a q<sup>ty</sup> of a p<sup>ty</sup> of Almonds blanched & strained into y<sup>e</sup>  
 water putt in as much Milke as you thinke fitt and sweetten  
 it to your Feast w<sup>th</sup> fine Sugar

To Make a white Pott

Take a pint of Cream and boyle it w<sup>th</sup> a manchett then let  
 It be almost Cold then putt into a blade of maw w<sup>th</sup> a little  
 Orange flower water, then slic a white penny loaf thin &  
 putt it into the Cream then take 6 Eggs leave out halfe y<sup>e</sup>  
 whites and slic 6 Beates, slow some Rains of the Sun &  
 put in the marrow of two beads butter your Dish and  
 Bake It

Almond fool

Take a qt. of Cream boyle it w<sup>th</sup> a blade of Mace a Nutmeg  
grated Sweeten it then take a qt. of a pound of Almonds  
Blanched & beaten very fine w<sup>th</sup> 2 or 3 Spoonfulls of  
Orange flower water, put it In The Cream w<sup>th</sup> The yolkes  
of Eggs beaten very well and put to The Cream serve it.

Goosberry fool

Take green Goosberry's & scald them and when they are  
Enough poure the water from them and beat y<sup>e</sup> very  
small w<sup>th</sup> the back of a spoon and to a quart of Goosberry's  
beat the Yolkes of 5 Eggs Whites and also very well, then  
put them together and give them all over or two over  
the fire and sweeten it to your Taste and pour it in a  
Dish serve it.

To Preserve Pippins Whole

Take pippins and scoupe out all the Cores then pair y<sup>m</sup>  
and put them into water and take a pint of Jelly made of  
pippins and put to it a pound of Double Refigned Sugar  
In Lumps set it over a quick fire and when the Sugar is  
melted then scum it Clean then put in a pound of pippins  
and boyle them up Quick till you can thrust a straw through  
them then put them into the glasses and strain into the  
Jelly the Juice of Two Lemons and add a little more Sugar  
and boyle the Jelly a little more, then fill up the glasses  
set them round the Stove and paper them up set them  
Dry

Jelly of Sliced Pippins

Take a qt. of Pippin water strong boyled and put to it 2  
pounds of Double Refigned Sugar Clarifie your Sugar & boyle  
it, scum it very Clean then have Ready your pippins  
finely shread & put them In and lett them boyle and  
keep them Down w<sup>th</sup> a Lid till the Syrup boyles over them  
Put it into Dry gallypotts for use

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Pounded them w<sup>th</sup> fine Sugar and let them be thorough<sup>ly</sup>  
before you put them In yo<sup>r</sup> Stove and when one side is  
Dry Turn the other side —

### To make Quince Cakes

Take the fairest Quinces & boyle them in fair water very  
fast that they may not turn till they are very tender, then  
par them and take the Pulp and run it through a Hair Sieve  
w<sup>th</sup> the back of a spoon and to every p. allow a p. of White  
Sugar well beat and sifted then do it as the Plums —

### To Make Orange Cakes

Take some pippins & boyle them in water then put in  
yo<sup>r</sup> Juice and Meats that come from yo<sup>r</sup> Oranges & boyle  
it together and then put in as much Sugar as your  
stuff is and let it well incorporate but not boyle  
put it in glasses or Drop them in Plates and put y<sup>e</sup>  
In a stove to Dry —

### To Spin Eggs

Take the Yolkes of three Eggs w<sup>ch</sup> quantity is enough  
To do at a time, take half a pound of Double Refined  
Sugar put as much water as will wet it, boyle it up to  
a Caddy high, take a Skimer that is full of holes y<sup>e</sup>  
Must beat your Eggs very well and put to them a little  
Orange flower Water to them in the beating, then pour  
Eggs through the Skimer holding it up very high  
So let it run into the Hot Sugar as thin as you can  
let it boyle a little again then take it up w<sup>th</sup> a Slice  
as clean as you can from the Sugar, Dry it upon  
plates and w<sup>h</sup> it is a little Hardned take it off the plates  
& lay it on paper and when its thorough Dry put it up  
In boxes Its a fine thing for a third Course —

## To Dry Plumis or Damsins

Take a pound of Muscels Plumis or the largest Plumis that  
 will dry Cut them down their Sides and take out the Stone -  
 but if Damsins do them w<sup>th</sup> their Stones In Cut them Cross  
 the Top take care you dont break their Skins, Take a pound  
 or quarter of Sugar to 3 p. of plumis boyle your Sugar  
 in a pint or more of water Scum it Clean, then put in  $\frac{1}{2}$   
 Plumis and Cover them Over whilst they are on the fire  
 and let them be ready to boyle then take them off againe  
 let them stand a little then set them on againe and so do 5  
 or 6 times till they are very soft then put them into a  
 broad Earthen pan and let them stand 3 Dayes then  
 boyle up the liquor and put them in againe and let them  
 stand 5 Dayes more then lay them on Clean sieves &  
 when you thinke they are dryd enough wash them in warm  
 water and wipe them w<sup>th</sup> a Cloth then set them in  
 the Oven againe about 4 hours then box them up  
 and if they are Muscels or Peare Plumis when they are  
 ready to wash, take the worst of them and put w<sup>th</sup>  
 in the Other and Close them up let them stand a  
 little in the Oven then wash paper and box them up

## To Dry Plumis

Take 3 p. of Plumis cut them a Cross the Top take out the  
 Stones and put in One pound of Sugar set them on the fire  
 let them do easurly 4 or 5 days or a week then take the  
 smallest and stuff them whilst their Skins hold and  
 Heat them Sealeden Hot for a week together but not in  
 a brass pan for it will make them loose their Ollour take  
 care they dont break then give them a small Heat in y.  
 Oven Just to plume them not to Dry them too much then  
 lay them between 2 Pewter Dishes and put them into a  
 black

a Black Oven and Turn and order them in the Oven till they  
have their Colour, then put them into y<sup>e</sup> Stove and dry them  
enough and paper and box them up Let them dry

### Receipt of Any Kind of Plums

Take Plums & Put them in an Earthen Pott and break them in  
y<sup>e</sup> Oven, Then take Manchett bread then pour out all the  
Liquor from them and Strain the Plums thorough the Jelly  
Bagg and take their weight In Sugar boyle it to Candy  
Height and put the Plums into it and let it boyle together  
a little then fashion it as you fancy up on a Dye plates &  
set it In y<sup>e</sup> Stove or Oven Then

### To Dry Pippins

Take the largest and clearest pippins then put them into a  
Dripen pan after household bread is Drawn and when y<sup>e</sup>  
Draw them out of the Oven Patt them down gently w<sup>th</sup> your  
hands and set them in y<sup>e</sup> Oven and take care when y<sup>e</sup> patt  
them down you dont break their Skins, So dry them keeping  
them patted Down <sup>as you</sup> Dry them, Dont Dry them to Maer but let  
the Pulph be Moist in the Midle according to your Taste  
Then paper them & box them up

### To Dry Pippins

Take a pound of fine Sugar Melt it in a pint of water  
and when Its Melted put in the Pippins Bore a whole  
thorough them and Cutt some of them in halves and let  
them boyle in the Sugar till they be Candy high Then take out  
the pippins and lay them on a thin board Let it be  
put In to an Oven when the bread is Drawn and the next  
Day paper them up

## To Dry Pears —

Take the largest baking Pears those that will bake red without  
 spots or specks and every six pound one pound of Light  
 Penning Sugar w<sup>th</sup> a little Cloves & Cynamon put in as  
 much water and Steal beer as will Cover them Then Tye  
 the Pott down and putt it In the Oven w<sup>th</sup> brown bread —  
 when they are baked take them out of the liquor and lay  
 them on Sives and w<sup>th</sup> your hands patt them Down as y<sup>e</sup>  
 did the pippins Dipp them in the liquor they were baked In  
 and lay them on Sives and w<sup>th</sup> y<sup>e</sup> Hands patt them down  
 as you did the pippins, dyp them in the liquor they were  
 baked in 3 or 4 times, then Dry them but not To much  
 and when they are Dry'd enough Dipp a Cloath In warm  
 water and wipe them To take away the Caminess, sett y<sup>e</sup>  
 In the Oven again To Dry the Out sides Only     

## Aqua Pedimica

Saltedmie, Sage Rosemary Rose abolu's mugwort Pimperell  
 Scabusi, Dragon Armony Palma Scardom Carduus Buttoney  
 Flowers and leaves Mary gold flowers and leaves, Centary —  
 Toppes and Toroncutis Alloy Campaigne Piany sedewary —  
 Aquorish all Clean & Scraped Take of these one Ounce  
 and a half and The Herbs before Named 3 good Handfulls  
 Shred the Herbs and Slice the Rootes and putt them Into  
 3 Gallons of sack & lett them Infuse 3 Dayes, then  
 Distill it In a Cold still and Mix it In abroad Pan  
 with Mice J<sup>t</sup> to make Sweeten J<sup>t</sup> To your Taste with  
 Double Refined Sugar and Bottle J<sup>t</sup> —

## The Lady Allen's Water

Take Rue, Sage Sallcardine Wormwood Carduus Dragon Rofes  
 ufolius Mugworth Pimperale Balme Scabina Scardnem Bittonay  
 flowers and leaves Centory Tops and flowers Mary God Flowers  
 leaves The Rootes of Pinoy Tormentall Angellico Ellicompaine  
 Ledny Liquorish all Cleare Scraped of each half an hound let  
 the Herbs be well Dryd in a cloath not washed then shred them  
 all together Slice the Rootes thin and mix them w<sup>th</sup> the Herbs  
 put to them 2 Quarts of white wine, let them steep together  
 In an Earthen pott well Pleas'd 2 Days and Two nights Cover  
 them Close keep them stirring once a day then Strit them of  
 Cold Still Sweeten it To  $\frac{1}{4}$  Teast

## Doctor Stephens water

Take a gallon of Gapecon wine, then Take Guinger Cloves Anniseed  
 gallingall Cynamon nutmegs Cammonise Fenell seeds <sup>aniseed</sup>  
 seeds of each One handfull then take Sage mint Red Rose  
 Urnie Pellitorie of the wall Rose Mary wild Margoram  
 Argane Every One of them A handfull Pound the spice and  
 Wring the Herbs and putt all together into half white wine  
 and half brandy and lett it stand 12 Hour's stirring It  
 Divers times and Strit them in a Lumbick and Sweeten To  $\frac{1}{4}$   
 Teast w<sup>th</sup> loafe Sugar Bottle It up

## Cynamon Water

Take a gallon of Rhenish wine or white wine and Bruise  
 a pound of Cynamon and put in the wine and let it  
 stand in the Vessell 24 hours at the least then put to It a  
 Handfull of Burrage flowers w<sup>th</sup> a pint of Rose water then  
 put them into a pott together Sweeten It To your Teast w<sup>th</sup>  
 loafe Sugar and Draw them thorough a Lumbick and Mix  
 It together but Dont Mix It To small



## Saffron Water

Take the best Brandy & Canary of Each 3 quartes put to it  
 One Ounce of Saffron and a quart of an Ounce of this Spice  
 Nutmeggs, Mace Cloves ginger & Cynamon let all these be grose  
 = slip beaten and the Saffron bru'd and all put into the  
 Liquor put in the Peels of 12 Seville Oranges and 12 Lemons  
 parced thin from the Whites and put to it Rosemary flow:  
 and Single Clove gillij, flowers and Cowslip flowers of  
 Each a Handfull, Mary gold flowers and Single wale flowers  
 of Each half a Handfull set all in a vessel w<sup>th</sup> a narrow  
 Mouth Close Cover'd let it stand two Daye shake it Often  
 Distill it in a glass still put in the Peels uppermost in  $\frac{3}{4}$   
 still and let it Drop on white Sugar a Candy an Ounce  
 To Each quart w<sup>th</sup> safe Gold pulled small put also a  
 grain or two of Amber greas, the 4 first quartes  $\frac{1}{4}$   
 must Mix, make it what strength you Please w:  
 Some of the small, then Bottle it

## The Feavor Water

Infuse a quart of the spirit of Cardus or small spirit  
 of Poppey's 6 Ounces of Indian Snake Root 2 Ounces  
 of London Trachle 4 Ounces of Cardus seeds 2 Ounces  
 of Harts horn 46 green Wallnuts shred an Ounce  
 of Mary gold flowers let all these by & Infuse byne  
 Or 10 Daye stirring them Once

## Snail Water

Take pints of Snails w<sup>ch</sup> w<sup>th</sup> must bruise w<sup>th</sup> w<sup>th</sup> Pestle before  
 you put them In your still w<sup>th</sup> a pint of Earth wormes 2 gallons  
 of Nettles w<sup>th</sup> Their Rootes, six Handfulls of wild Angellicoe  
 1/2 of Bank, Moley 7 Agromany Bittony of Each 3 Handfulls  
 Rue one Handfull Wormwood 2 Torrells Rootes 4 Ounces  
 Inward Bark of Barberries 3 or 4 Ounces Tormentall  
 Angellicoe Elliocompane Rootes Piney Ldory all these  
 Clear Scraped of Each One Ounce Distill them in a  
 Lembrick one part sack the Other white Wine Mix it  
 Not to Small Sweeten it w<sup>th</sup> Double Refigred Sugar

## Snail Water

Take Brucklime Lemeteary Suchery & Plantain of Each  
 3/4 these 4 Handfulls a pint of Snails when their shells  
 are of a pint of Earth wormes slit half an Ounce of  
 Dryd lemon peel 20 Whites of Eggs beath to a froath  
 wash the wormes but not the Snails putt the herbs 3  
 or 4 times a Cross & bruise them a little gently that the  
 Juice may still out, Distill all these in 4 Quarters of  
 Misch in a cold still w<sup>th</sup> a moderate fire and take from  
 this Quantity 6 quarters of water

As to be Taken in The Morning, as  
 Much at 4 in The After noone, at night as much going  
 To bed and if you take this for six Months It will Cure  
 a Consumption

Pigg Water

Take a fat Pigg of Nynedages old Kill it and order  
 it as to Roast Only save the blood and fling away—  
 Nothing but the Gutts then take the Pigg and brake  
 all the bones and take out all the Inwards and the  
 blood and put it into a Still w<sup>th</sup> 2 quarters of  
 Canary and a pound of Unwashed butter Unsalt-  
 ed 2 quarters of Shales wash them in Milke & bruike  
 and put them in the Still w<sup>th</sup> your Pigg and 2 lemons  
 sliced the Peels being first paired of if they be distilled  
 at Once or twice according as your Still is in bigness  
 and you may put in your Still a quarter of bean  
 flowers a quart of Elder flowers if you Still in the  
 time of Year and when its Stilld sweeten it to 4<sup>or</sup>  
 least w<sup>th</sup> Double Refigned Sugar or white Sugar a fluy  
 Doth Mix it to Smales

And put in a Leage Gold Van Bunces  
 of Maesteralli Pearl and the Older this water is the  
 Better, shaking up the Glas Every time

Milke Water

Take a good Old Cock beat into pieces & put it into a gallon  
 and a halfe of Redcows Milke w<sup>th</sup> 3 or 4 blades of Mace  
 one handfull of Nary & a handfull of Harts horn gett  
 ready beaten halfe a pound of Dates a q<sup>ty</sup> of ap<sup>le</sup> of Rasms  
 and as many Currants 2 Bunces of Chasia 2 Bunces  
 of Kingoes Roots, and take of flowers of burrage bugles  
 a little Rose mary flow. & Mary gold flow. when yo<sup>r</sup> Milke  
 has boiled a q<sup>ty</sup> of an hour pour it into a Still & you must  
 put into it Sweet Margoram & Mint of each a little and  
 good handfull of balme of mast. Still it w<sup>th</sup> a pretty  
 good fire and lett it Drop upon white Sugar a fluy then  
 bott it up & Bruik it as often as you please

## Gordiall water for a Consumption

Take a Running *Goat* pull him alive then *Stile* him and when  
 He almost Cold Cutt him abroad by the back and Take out the  
 Intrailes wipe him Clean and Cutt him in pieces or Quarters  
 And brake his bones then putt them in a Common *Stile* into  
 A pottle of Sack one p. of Raisins of the Sun Stoned one pound  
 of Currants one p. of Dates Stoned and Cutt Small three hand  
 fulls of *Pimpernell* Bone Top One Handfull of wild *Tunie*  
 One handfull of *Burrage* and 2 Handfulls of *Buggles* 4  
 Handfulls of *Orange Rootes* One pottle of Red cowe milke  
 Distill these in a *Timbrik* w<sup>th</sup> a q. of a p. of Sugar candy  
 put w<sup>th</sup> the Sugar 4 grames of Amber Greas Ten grames  
 of prepared Pearl You must Mingle the Strong w<sup>th</sup> the  
 Smale

And Drink 2 Spoonfulls in the Morning fasting &  
 2 Spoonfulls an hour after supper and shake the glass  
 before y<sup>e</sup> Drink it, Drink and drive Care away wee  
 will see

## Benjamin Water

Take a pint of the best Spirit of Sack and an Ounce  
 of Benjamin let all the red of it be pickt out w<sup>th</sup> a *Scize*  
 that none be left but pure white beat the Benjamin and  
 putt into the Spirit of Sack then putt it together in a  
 strong glass Bottle Close stoped sett it into a *Shillett*  
 of water Over a soft fire till the Benjamin be Dissolv'd  
 but let it not boyle when you would use it Mingle a  
 little of this w<sup>th</sup> a little of Milk or Spring water putt as  
 much of the Spirit into it as will Turn it white y<sup>e</sup>  
 wash your self with it

## Sweett water

Take Marjoram & Rosemary 2 Handfulls of the Youngest Bay leaves 12 Sweett bryer leaves and Gilliflowers & Lavender of Each 3 Handfulls for want of Gilliflowers put in a dram 3 Cloves of Damask Roses 2 Handfulls of Maudlin Tansey & Camomile of Each half a handfull put all these into 3 pottles of Strong ale let it stand in a vessel Close stopp'd or cover'd 4 Days then the first day Distill it w<sup>th</sup> a soft fire then put them in vials in the Sun for 10 dayes and put those in 3 grames of pure Musk then stopp it Close for your use and 4 Spoonfulls of this will Sweeten a q<sup>t</sup>. or Bottle of Cordial water and a very little will Sweeten water for 40<sup>o</sup>.  
 Lady Shippes Table, but it is out of fashion now

## Lucells Balsom

Take a q<sup>t</sup>. of a pound of yellow wax Cutt it into Many pieces and put it into an Earthen pott or Pan w<sup>th</sup> a pint of Sack and then Melt it and when its quite Melted take it from the fire then take a pint of Venice Turpentine and wash the Turpentine into plantain Water then poure both the Turpentine and Oyle into a pan when the wax is melted then boyle them all together w<sup>th</sup> a very soft fire then let it by to be thoroughly Cold take away the Sack from the Sack then Melt the Sack in the pan a gaine and when its Melted put in an Ounce of the best Red Sanderis you can gett and so keep it stirring continually till it be Cold then put in a galley pott and make use of it as you find Occasion

(59)  
Gaskoing. Powder

Take of the Rags of Pearl or Seed Pearl Corall Rabbs Eyes, Harts  
= Horn bearer, white Amber of each a little Quantity also three  
severely beaten into a powder and searcht thorough a fine sieve  
Then take as much of the black Tipp Toes of Rabbs Claws & rub  
= oyled as of all of the rest of the powder it being the main  
ingredients and mix them w<sup>th</sup> the Jelly of Hartshorn w<sup>th</sup> a Gill  
of sack and Infuse some Saffron More or less as you please  
but Dissolve the Pearl & Corall in the Juice of Lemons then  
Dry them in 90<sup>o</sup> Stoves and roule them up in Round Balls a  
little longer then a Nutt an egg and a little bigger

The powder being  
finely searcht may be taken in a spoon full of Tagoon or  
Cardus water 15 granes at a time washing it down w<sup>th</sup> another  
spoon full of the same water, but for young Children seven  
granes may do or suffice

Syrup of Gilliflowers

Take 40<sup>n</sup> Gilliflowers Cutt of the Red to the white and sett on 40<sup>n</sup>  
water and let it boyle very well then way 40<sup>n</sup> flowers and to a p<sup>t</sup>  
of Gilliflowers a pint of water and half a pint of sack and  
put on 4<sup>n</sup> water boyleing hott and cover it Down Close for 2  
Days and then wring them Out and to every pint of liquor  
a pound & a half of ten penny sugar and boyle it up to a  
Syrup but take care you dont do it so much to loose the  
Colour or Candy and 4<sup>n</sup> may infuse the flowers if you  
please

Syrup of Violetts

Cutt the blew of the leaves then take as much water as will  
cover them in a silver Tankard and sett it in a Skillett of hot  
water let them infuse easurly and when the leaves are very  
white and the water blew then strain it from them and  
put to every pint a pound of Loaf Sugar and sett the same  
Tankard

Transfer into the Shilleth a game and let the Syrup in safe  
as before till the Scum Rises w<sup>ch</sup> you must take off the Syrup  
take care you dont boyle it To Candy height, Syrup of Cowslips  
Marke the same way

### To Make Metheglin

To Every ~~ten~~ gallon of water one gallon of honey let 40. honey  
be melted before 40 water be hott and lett it be the best honey  
you can gett then putt in an Egg and if your Egg Com up half  
way in the water w<sup>ch</sup> you must feel w<sup>th</sup> your hands, then it  
will be strong enough for it will be much stronger when its  
boyled and you must boyle these Herbs in it 4 or 5 Spriggs of time  
as many of Sweet Margoram a sprigg of winter Savory, a good  
deal of Sweet bryer and almost as much Bay, Tye all these  
together w<sup>th</sup> a thred being a grate handfull it will serve to boyle  
In ten gallons, Then Make a quick fire and let it boyle an  
hour and no more then ~~take it~~ off the fire and let it boyle  
halfe an hour and ~~let it~~ <sup>let it</sup> ~~stand~~ <sup>stand</sup> abroad in 2 or 3 wooden vessels  
and lett it stand 24 hours w<sup>th</sup> out stirring then softly draw it  
Out leave the Dreggs behind then putt in The Cloarets in a  
Vessel w<sup>th</sup> a bagg of spie and if your vessel hold ten gallons  
put in about 5 Aces of Ginger the Cut side paired away  
2 Nutmeggs and a grots worth of Cynamon all the Mace  
Cajew Cloves bruid a little but not so much then put  
them into a bagg and putt it in the vessel its made in, you  
must make it at Michalemas and not to be Drunk till Lent  
when its Drawn putt in the vessel an Egg to trye the  
strength it must bear the Egg no Broder then a penny and  
if you find it to strong you must Make sound smaller  
and mingle them together when they are cold and Scum it  
very Clean as longe as any Scum Rises

(65)  
Elder Wine

Take Eleven q<sup>t</sup>. of water and putt in temp<sup>r</sup>. of Mallicoer Raisins well pickt and Rubbed not washed Let them stand and Infuse seven dayes then Strain out the Raisins from the water and put into the water 3 pintes of Elder berries that have been Infused Stir it well Together and put it into a vessell & stopp it Close and let it stand 2 months in a Moderate place not so hott nor so Cold then bottle it and lett it stand three weekes before y<sup>e</sup>. Drinke it

## Elder Wine

Take 20. of Mallicoer Raisins Rubbed and pickt not washed Chop them & put them into 4 Gallons of water Let them stand Ten dayes then Strain in the liquor thorough a hair Raine and have in readines 6 quarters of the Juice of Black Berries being Infused in a Tugg in a pott of boyleing water and when its Cold put it into the liquor stirring it well Together untill It be well Mixed then Turn it up into a Vessel and lett it stand in a warme place 6 weekes at least before you Drinke it, It will keep in bottles all the year

## Damsin Wine

Take a Gallon of water & 2 pound of Sugar boyle it three q<sup>t</sup>. of an hour then put in three quarters of Damsin stoned and let them boyle a little while on a quick fire then strain It and when its Cold put it into the vessell stopp it Close for a month then Cork it Down w<sup>th</sup>. New Corkes



(66)  
Apricock Wine

Take some Apricocks that are thorough ripe and wash them  
and to Every 4. a quart of water w<sup>ch</sup> you must boyle &  
lett it be cold and when they are powdered put them into  
It and put ap<sup>d</sup> of Sugar to Every 3 q<sup>t</sup> of water lett it stand  
a day or two that it may settle in the bottom then pour  
the Clear gently into a barrele and keep it Close stop<sup>d</sup> 3  
Weekes Or a month then bottle It w<sup>th</sup> a lump of Sugar  
and if it be not sweet Enough put more in, for it will  
Require more Or less according to the Goodness of the  
Apricocks and if y<sup>e</sup> please y<sup>e</sup> may boyle the water a  
hour before the fruit goes in and boyle them together  
till they are tender but if so pound the Apricocks lett  
be Engle. Refined Sugar a pound & a half to a Gallon

Goosberry Wine

Take 4 p<sup>d</sup> of Goosberries wash them and put 3 Gallons of  
water boyling upon them & lett them stand 24 hours then  
straine them Out and putt in 12 p<sup>d</sup> of ten penny Sugar  
then pick y<sup>e</sup> Berries very Clean and put them In a Barrell  
that will hold about 6 Gallons and it will worke about  
2 or 3 Days like New Ale and when it had Doneworking  
stop it Down Close but be sure it had Don frothing for  
It will froth beside work then lett it stand 3 Months  
and if it be fine draw it of in bottles, but if not, draw  
It into ano<sup>r</sup> Vessell and lett it stand longer then Bottle  
It and put a lump of Sugar in Each bottle Cork it down  
w<sup>th</sup> New Corkes lett it in y<sup>e</sup> Seller

Curran Wine make the same  
way Only strip the Curranis of the Stalkes and to a Gallon putt  
2 p<sup>d</sup> and a half of Sugar a quart or more of Raspberries  
for that gives a fine Taste and Colour putt a lump of Sugar  
to Each Bottle

## Curran Wine

Take To Every pound of Currans one q. 6. of water Bond of  
of Sugar Stir it together and strain it out put it into a glass  
lett for the Quantity and after a month bottle it, and it must  
not be kept so hard at first but 2 or 3 Days after knock in the

Cork

## Raspberry Wine

Take 3 Gallons of Raspberries & Gallons of Canary one of  
white wine steep the Raspberries in an Earthen pott close  
stopped then strain it thorough a Tupperaw bagg w<sup>ch</sup> being  
Done take a pound of loafe Sugar beaten small only to serving  
out of it a lump for each bottle then put it into the bottles but  
fill y<sup>m</sup> not to full. Put to the necks then cork y<sup>m</sup> down  
w<sup>th</sup> new corks and set them in y<sup>e</sup> cellar

## Raspberry or Gilliflower Wine

Take One Quart of Raspberries and In Lase they in a gallon of  
fair water w<sup>th</sup> a pound of Sugar infused. then strain them out  
into a Millott and boyle it and scum it Clean then pour it  
into an Earthen vessels well glass'd and when it cold make  
a large brown Toast and spread it Over w<sup>th</sup> Honey and Yeast  
and put it in then let it stand over w<sup>th</sup> a Toast until  
it hath wrought and after it well Cleasued from the bottom  
put it into Stone bottles well Corked put a lump of Sugar  
into each bottle and keep it at least a fortnight  
before you drink it and if for present use put in Mustard  
Seed in stead of Honey

(68)  
Red Cherrie Wine

Take Ripe Cherries pickt Clean from the Stalkes bruise y<sup>m</sup>  
To pieces Stones and all then Strain out the Juice and put  
It into an Open vessel for 24 hours then pour it off the Lees  
and to every gallon a pound and a half of powder Sugar put  
It into a v<sup>l</sup>bell and keep it as close as possible you can  
for 2 Months then draw it from the Lees putting an  
Ounce of Sugar into each bottle keep it 2 Months be-  
fore you Drink it

Black Cherrie wine

Take Black Cherries w<sup>ch</sup> y<sup>m</sup> full of all the Stalkes and  
beat y<sup>m</sup> in a stone Mortar till all the Stones be all  
brocken then put them in a stone Sugg and Infuse them  
8 hours then take y<sup>m</sup> out & let y<sup>m</sup> stand till they be  
almost Cold then strain them through a Cotten bagg and  
to every 2<sup>l</sup> of Liquor 4 Ounces of <sup>white</sup> Sugar beaten Small then  
Bottle it off and fill them not to full forke it Down w<sup>th</sup>  
New forkes Eye them down

New Colledge Puding's

Take a peny white loaf grate it and Mince it w<sup>th</sup> a  
little beef Suet some Currant Spice & Sugar Mix it  
well together and Make it up pretty stiff w<sup>th</sup> the yolkes  
of Eggs & Rose water and stew them up in fresh  
Butter Over a brisk fire till brown & serve them up  
w<sup>th</sup> fresh butter drawn up w<sup>th</sup> Rose water and  
Sugar

(69)

### Italian Puding

Take a pint of Cream and a peny white loafe and Ten Eggs  
 a beaten Nutmeg and butter the bottom of 40<sup>th</sup> Dish and  
 Round the sides then lay 12 pippins Cutt in round Slices in the  
 bottom and throw a little Orange Peel Over them and some fine  
 Sugar and pour half a pint of Clarrett Over them and then the  
 Puding Make puff paste and lay Over it and it will be baked  
 In half an hour and lay the paste Round the sides of 40<sup>th</sup>  
 Dish & Serve it for a Gentle Puding

### Pippin Puding

Take 12 pippins and boyle 4<sup>th</sup> tender and Scrape them Clean  
 from the cores and put a pint of Cream Season'd w<sup>th</sup> Oranges  
 flower water or Rose and Sugar To your Tastes and put good puff  
 paste in 40<sup>th</sup> Dish and ~~boyle~~ <sup>bake</sup> It in a slack Oven and grate  
 loafe Sugar Over it, Serve it.

### Orange Puding

Take 2 Wright Sevill Oranges take a little of the Outside  
 Rind and Squeeze out the Juice & Seeds and lay 4<sup>th</sup> in water  
 3 Day's shifting the water every day then Let on a pot of  
 water Make it boyle and put them in and boyle 4<sup>th</sup> tender take  
 them out and dry them in a cloath then put them in a Mortar  
 and beat 4<sup>th</sup> into a paste then put in their weight double  
 Refined Sugar w<sup>th</sup> Eight Eggs leave out half the whites  
 then boyle half a pint of Cream let it be cold and put  
 them in w<sup>th</sup> 3 or 4 Spoonfulls of each and grate the qua  
 -ntity of halfe peny Rindes and put it in w<sup>th</sup> halfe a pound  
 of sweet Butter Melted sweeten it To 4<sup>th</sup> Tastes and put into  
 a Dish w<sup>th</sup> Puff Paste Round it & It will require no more  
 Baking, then a Custard grate Double Refined Sugar Over it  
 And Serve it

## Carrott Puding

Take a large Carrott & boyle it tender then let it to be cold and grate it thorough a Hair sieve very fine then put in half a p<sup>t</sup>. of Melted butter beat it together w<sup>th</sup> 8 Eggs leave out half the whites w<sup>th</sup> 2 or 3 Spoonfulls of Sack Or Orange flower Water half a pint of Good thick Cream Nutmeg & grated bread, a little Salt Make it to the Thickness of Orange puding and the same beakering Sweeten it to y<sup>e</sup> taste w<sup>th</sup> fine Sugar Make puff paste Grate Sugar Over it & Serve it

## Dumbe Puding

Take a pint of fine Oat meale boyle it in New Milk & Cream a little Cinnamon Nutmeg and beaten Malt and when its about the thickness of a Hasty puding take it off and stir in half a pound of sweet butter and 8 Eggs leave out half the whites very well beaten and putt in 2 or 3 Spoonfulls of Sack and Make puff paste and lay Round your dish Butter it very well Bake it not to much Serve it

## Rice Puding

Take half a p<sup>t</sup>. of Rice boyle it in New Milk till its soft and tender then let it to be cold & Cover it Close then grate one Nutmeg one pennyworth of Malt beaten ten Eggs leave out half the whites w<sup>th</sup> 2 or 3 Spoonfulls of Sack or Orange flower water a pint of Cream Sweeten it to y<sup>e</sup> taste w<sup>th</sup> good fine Sugar and Melt a pound of fresh butter and Mix all these together w<sup>th</sup> the Rice when cold then shred a quarter of a pound of Marrow or beefe sueth fine & Mix a little Sugar w<sup>th</sup> and w<sup>th</sup> y<sup>e</sup> puding is made show a Topp and it will make it cool w<sup>th</sup> an Iron then Make puff paste & lay in the bottom of y<sup>e</sup> Dish & 3 p<sup>t</sup>. of Currans will do for this quantity Pump of Currans before y<sup>e</sup> putt them in but its better w<sup>th</sup> out Currans show Sugar Over it & Serve it

Marrow Puding

Take a q<sup>l</sup> of Cream and boyle it w<sup>th</sup> a blade of Mace sett it  
 To be cold a little, then beat 10 Eggs leave out half the whites  
 and put to y<sup>e</sup> Cream, then cut a penny loaf into slices  
 and lay a Layer of bread & a layer of Marrow w<sup>th</sup> a few  
 Remains of the Sun and so do till y<sup>e</sup> have laid out a  
 y<sup>e</sup> Penny loaf and 3 q<sup>l</sup> of a pound of Marrow, then Sweeten  
 w<sup>th</sup> y<sup>e</sup> Cream and Eggs and put in two Spoonfulls of Orange  
 flower water pour it Over y<sup>e</sup> bread w<sup>th</sup> a thin puff  
 past in the bottom and Round the sides of y<sup>e</sup> Dish  
 Then serve It To The Table

Excellent Puding

Take a quart of Cream boyle it w<sup>th</sup> 2 Manchetts and grate  
 in One Nutmegg Yolkes & y<sup>e</sup> whites well beaten w<sup>th</sup> your  
 bread & Cream at least half an hour Together then put  
 In a pound of Sweet Suet finely Minced, halfe a p<sup>l</sup> of  
 Sugar a little Salt Bake it 3 q<sup>l</sup> of an hour in a quick  
 Oven the same boyled w<sup>th</sup> out Suet as before is very  
 good

Good Puding

Take a penny white loaf par of all the Crust & Slice it thin  
 Into a dish w<sup>th</sup> a quart of Cream sett it Over a Raffle dish of  
 Coles till the bread be almost dry then put in a piece of  
 Sweet butter and take it of and let it stand to be cold  
 then take the Yolkes of 3 Eggs the whites of one with  
 a little Rose water Sugar & Nutmegg stir them very  
 well together then putt it in another Dish Butter It  
 and when It Comes out of the Oven Grate Over it some  
 fine Sugar Serve it

### Good (72) Puding

Take grated bread as much flower then take 4 Eggs & whittes a good quantity of Sugar with it w<sup>th</sup> Cream the thickness of a Panche Batter then put in some Raisins of the Sun and batter yo<sup>u</sup> Dish very well bake it halfe an hour Grates Sugar Over it

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### Good Puding

Take 9<sup>lb</sup> of Cream and put to it a p<sup>o</sup> of Beef Suetts (cutt small) Season it w<sup>th</sup> Nuttmegg Rosewater & Sugar then grate 2 Manchetts & beat 7 Eggs put in halfe a p<sup>o</sup> of Currant's Mingle all these Together butter your dish and bake it not so much and grate Sugar Over it and serve it to your Lady ships Table

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### Green Puding's

Take some boyled Mutton and Mince it w<sup>th</sup> Beefer Suetts Shred a little Imier, Margoram & Parsley a Handfull of Spinage then Mix all these Together w<sup>th</sup> a little grated bread and 3 Yolkes of Eggs some Cream Sugar Nuttmegg Currants & a little flower then Roole it up In a sheeps caul and Bake it

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### Pudings to Boyle Chicken's or Pidgeon's w<sup>th</sup>

Take the flesh of a Rabith or the Wing of a Capon for want of these a piece of veal or Lamb w<sup>th</sup> the Kidney fat about it or Marrow Suetts or both as much Meats as Suetts Shred y<sup>e</sup> as small as y<sup>e</sup> can w<sup>th</sup> Parsley, Imier, & Savory Margoram Season w<sup>th</sup> Cloves Maids & put to it 3 Spoonfulls of grated bread Mingle them w<sup>th</sup> grated bread Cream and the yolke of an Egg then pain the flesh w<sup>th</sup> yo<sup>u</sup> fingers from the leggs and the neck and put in some of the Puding fill them not so full least they should breake in boyleing then boyle them in Milk & water w<sup>th</sup> a bunch of Sweett herbs and a blade of Maids a little salt then beat some batter w<sup>th</sup> the Juice of an Orange with the butter serve It

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(73)  
Calves Foot. Puding

Boyle 2 pair of Calves feet very tender then seth them  
by to cold then cutt the Meate of and Mince it very small  
then Slice a penny loaf and Scald a pint of Cream Shred  
6 ounces of beefe sueth very fine w<sup>th</sup> 5 yolkes & 2 Whites  
of Eggs well beaten & a good handfull of Currant Nutmeg  
Sugar and salt then fould a Caul of a breast of veale w<sup>th</sup>  
a sheet of paper leavering one end open fill it w<sup>th</sup> the  
Puding and a good quantity of Marrow sow it up in a  
Cloath and boyle it almost 2 hours then take it up  
and lay it on Supperts w<sup>th</sup> Verjuice Butter and Sugar  
stick it w<sup>th</sup> blanched Almonds Orange & Citron peel  
you may putt in sack instead of Verjuice serve it

Cabbage Puding

Take halfe a pound of ~~Sweth~~ Veal Shred it w<sup>th</sup> 2 pound  
of sueth very small grate 2 Nutmeggs w<sup>th</sup> a pretty  
quantity of poppar and salt then take Cabbage halfe  
boiled so well Lye upon a Carver then take 7 Eggs beat  
very well and Mingle it up all together like a puding  
then put it in a cloath boyle it well & serve it for a  
good thing

Quakers Puding

Take a pint of very good Cream thick w<sup>th</sup> 4 yolkes & 2 Whites  
of Eggs beate them very well w<sup>th</sup> a little Rose water and  
Mingle the Eggs w<sup>th</sup> Cream then grate in some Mutton  
Sweeten it to your taste and flower a bagg very well  
putt it in and Lye it very fast and so putt it into a pott  
of boyleing water keep it boyleing continually & when  
its boyled enough Turn it out of the bagg & make Sauce  
for it sack Butter & Sugar & Pour all over it w<sup>th</sup> Orange  
Lemon & Citron peel cutt them thin w<sup>th</sup> Almonds blanch  
and cutt in little pieces and stuck upon it serve it



## Shaking Puding

Take a pint of Cream & boyle it w<sup>th</sup> a blade of Mace and  
 thro it Over w<sup>th</sup> some beaten Almonds a little Orange  
 flower or Rose water then Take 4 Eggs leave out two whites  
 Strain the Cream Eggs & Almonds Together then Take some  
 Sugar and Sweeten it and Thicken it w<sup>th</sup> grated bread  
 Or biskett then take a Cloath and Rubb it w<sup>th</sup> flower &  
 Tye it up and Dipp it in rose water then boyle it and  
 when its boyled Eat it w<sup>th</sup> Butter Sugar and White wine  
 thick it w<sup>th</sup> blanched Almonds and serve it To The  
 Table

## Almond Puding

Take a q<sup>t</sup> of Cream & Two Eggs beat y<sup>e</sup> & Strain them into  
 The Cream and grate in a Nutmeg and a penny loafes and  
 6 Spoonfulls of flower and a halfe lb of Almonds beaten  
 fine Mix y<sup>e</sup> all together and Sweeten it w<sup>th</sup> good fine Sugar  
 Then flower the bagg and boyle it and when its boyled enough  
 Melt Butter w<sup>th</sup> a little Orange flower water or Rose beaten  
 thick w<sup>th</sup> a little sack and pour it On the puding and  
 thick it w<sup>th</sup> blanched Almonds and serve it

## Almond Puding

Take 2 Loafes of white bread grated very fine put To it  
 4 Yolkes of Eggs & a pint of Cream and a q<sup>t</sup> of a pound  
 of blanched Almonds beaten very fine in a mortar with  
 2 or 3 Spoonfulls of sack Or Orange flower Water some  
 Marrow & beeg sueth. Cutt small, a little Nutmeg and  
 Sweeten it To your Taste and Tye it top in a puding cloath  
 boyle it & serve it

## Almond Puddings in Guttles

Take a p. of Almonds beat them w<sup>th</sup> Orange flower water  
to prevent their Cyling then Take 12 Eggs w<sup>th</sup> halfe their whites  
a little Salt & Nutmeggs beat Together w<sup>th</sup> 2 lb of Beeg<sup>r</sup> w<sup>th</sup>  
finely shread then take 1 lb halfe of Sugar and 3 penny Loafe  
finely grated and Sareth, w<sup>th</sup> halfe a pint of Orange flow  
water and a pint of Cream when you have mixed these Together  
fill the gutts but not to full least they should breake dipp the  
Gutts in rose water when y<sup>e</sup> fill y<sup>m</sup> and Marrow is better y<sup>e</sup>  
Sweet if you have it, boyle them not to Long

## White Puddings

Beat a p. of Almonds w<sup>th</sup> Rose water very fine then Take a  
much Ox Pitt out of the skin and beat w<sup>th</sup> the Almonds  
then boyle a q. of Cream and beat some of it w<sup>th</sup> the Pitt &  
Almonds awhile then put in 2 grated Nutmeggs and grate  
2 Napells Bisketts and a gram of Musk & 2 of Ambergraw  
and grind it w<sup>th</sup> the Sugar before you mix them w<sup>th</sup> the things  
put in 10 Eggs leave out 4 whites w<sup>th</sup> the Marrow of 8 or 4  
bonds (all pretty bigg a pound of Sugar some Cudd Citteron  
all small and be sure you boyle them very well taking  
them up after they had a boyle or two and prick them to vent  
then putt y<sup>m</sup> in againe and boyle them Enough Sell them  
by the Lb

## White Puddings

Take a p. of Napells Bisketts cutt into pieces and grate a penny  
loafe then boyle a q. of Cream and put to the Bisketts and bread  
to swell then take a pound of Blanch'd Almonds beat y<sup>m</sup> small  
w<sup>th</sup> Orange flower or Rose water then put in Eight Eggs leave  
out 4 whites and some beaten Nutmegg and Meas and the  
Marrow of Eight bonds halfe of it all small the other  
half in pretty bigg Pieces to putt in as you fill them then  
cutt in some Citteron and a little Ambergraw and a little  
Salt

... salt then file them but not to fall but give them some per  
enough wetten them w<sup>th</sup> good sugar and bullocks galls  
to both to file them washed very well and Dipped in rose  
water set them by for use

### Black Puding's

Take a pint of Oat meale and put to it <sup>of new milke &</sup> ~~to it a pint of~~  
Keep it alnight to the thickning of a Puding then put to it ~~three pint of~~  
grated bread and 4 eggs and a little salt and a little cloves  
and mace some Sage and Penny Roy<sup>le</sup> and some sweet  
herbs and mix them together then take a pint of a half of  
blood and strain into it and if it be not soft enough  
put in some more milke into it w<sup>th</sup> halfe a pound of beef  
Suet finely shread cut out and a half of Lard cut  
in longe pieces then file them and give them one boyle  
and take them up and w<sup>th</sup> a pin prick them to give them  
vent then put them in and boyle them till they are full  
enough and you may put in Cream instead of Milke

### To Make Luring's

Boyle a Hoggs liver y<sup>e</sup> Dry it in an Oven after bread dry  
it enough to grate then sift it thorough a course sieve  
and take halfe a pint of it to a pint of bread & a pint of farrants  
two p<sup>ts</sup> of beef Suet kept Dry and cut small and sifted  
through the same course sieve season it to yo<sup>r</sup> taste  
w<sup>th</sup> an Ounce of Spice w<sup>ch</sup> must be Cinnamon cloves  
Mace and Nutmeggs w<sup>th</sup> 2 graines of Amber graced then  
Mingle all these together as you do Myrror Dye and  
boyle 3 pintes of new Milke and pour it into all these  
things then cover it awhile and beate 6 Eggs w<sup>th</sup> 2 or 3  
spoons full of Orange flower Water and mix them  
all together and put in a little salt and you may put  
In Rice pap instead of Grated bread

Carp Pyc

Take a couple of Carpes or Tench, then a great E<sup>l</sup>l, or two, according to the quantity you make skin it and Bone it and mix it w<sup>th</sup> a good quantity of grated bread and a few Sweet herbe w<sup>th</sup> the Yolkes of hard Eggs and afterwards Take 2 Anchovies & about a Hand full of Oysters and Cutt y<sup>m</sup> all very small then season it pretty High w<sup>th</sup> Salt pepper, Cloves & Mace, Nutmegg & a little ginger w<sup>th</sup> 4 or 5 Yolkes of hard Eggs and halfe a pound of Butter work it together as you do y<sup>e</sup> paste then after putt your Carpes in 3 or 4 pieces then fill their bellies w<sup>th</sup> force Meate and season y<sup>e</sup> Carpes w<sup>th</sup> these things the herbes & Spices so putt them in the Pyc and that it won't hold lay in balls about w<sup>th</sup> Oysters and butter about y<sup>m</sup> and then close it up and putt it into An Oven and lett it stand an hour and a half after it Comes out take 4 or 5 Eggs after it Comes out and beat them very well and putt them In then Give them 2 or 3 shakes serve in

Salmon Pyc

Make Puffe paste and lay in the bottom of y<sup>e</sup> Petty pans then take the Middle piece of Salmon season it w<sup>th</sup> Salt pepper Cloves Mace & Nutmegg then lay a layer of Salmon in 3 pieces then Make force meate balls of large E<sup>l</sup>l and chop it fine w<sup>th</sup> the Yolkes of hard Eggs w<sup>th</sup> 2 or 3 Anchovies Marrow and Sweet herbes a little grated bread and a few Oysters if you have them lay them round your pyc and In the top season it w<sup>th</sup> Salt pepper and what other Spices y<sup>e</sup> like to your Taste  
 but M<sup>r</sup> Puffton likes it best w<sup>th</sup> Only salt and pepper seasoned high Charmung & dy

## Artichoke Pye

Boyle 10. Artichokes Enough then take the bottoms from  
the leaves and Season y<sup>e</sup> w<sup>th</sup> a little beaten Mace &  
put to them a pretty Quantity of butter in the pan  
bottom and lay in the Artichokes Sprinkle them with  
a little salt throw some Sugar upon them put in great  
pieces of Marrow Rowled up in the Yolkes of Eggs y<sup>e</sup>  
put in a few good berries or Grapes and lay upon it large  
Mass and dates Stoned some Yolkes of hard Eggs and  
sippets Lettice stalks and Lettice cover it with butter  
and when its baked put in white Wine and Sugar Seald  
the Wine shake it together serve it

## Potata Pye

Boyle the Potatoes then peele y<sup>e</sup> and lay them in the Pye  
w<sup>th</sup> good Mass of Marrow whole Mace preserved Lettice roots  
and stalks and Lettice salt cover it w<sup>th</sup> Butter and when  
its done Out of the Oven Seald white Wine and put  
some Sugar in and give it a shake or two serve it

## Egg Pye

Boyle 16 Eggs putt them small and put to them 3 or 4  
Spoonfulls of Orange flower water w<sup>th</sup> the same quantity  
of sack Season it w<sup>th</sup> Cloves Mace & Nutmeg To y<sup>e</sup> Least  
ap. and a half of Currants and grate in the Quantity of  
a penny loaf and Sweeten it to y<sup>e</sup> Least w<sup>th</sup> good Finer Sugar  
and lay a layer of wet and dry Sweet Meats then Melt  
ap. and aqua<sup>e</sup> of Sweet butter the best y<sup>e</sup> (an gett beat  
it w<sup>th</sup> half a pint of Cream then Mix all these Ingredien  
ces together and put it in the Pye and bake it and w<sup>th</sup>  
its done

Seald a little white wine and beat w<sup>th</sup> the Yolke  
of an Egg Sugar and grated Nutmegg pour it in and  
give it a shake or two then serve it

(79)  
Chicken Pye

Take young Chickens. Lett them in half milke and water and strip their Skins of them Butter yo<sup>n</sup>. Dish and put puff paste round it and in the Bottom then lay a layer of butter and a layer of all sorts of w<sup>th</sup> Sweett Meats and Dry then Truss up your Chickens w<sup>th</sup> their heads on Season them w<sup>th</sup> Cloves, Mace Nutmegg & Salt a little good Sugar then Rowle up the Seasoning in a piece of butter and putt in their bellies and lay them in the Pye w<sup>th</sup> a good layer of butter over them and Sweett meats then Lay on the Lidd being made of puff paste and an hour will bake it, take care your Oven is not to hott it being apt to Rash and Change Collour

For the Caudle take halfe a pint of white wine or Sider boyle it with a blade of Mace and a little Nutmegg then take it off the fire and putt in the Yolkes of 2 Eggs very well beaten w<sup>th</sup> a Spoonfull of Sugar and a little bit of Butter Rowled up in the Flower then let it run thorough the hole on the Top of the Pye whilst the pipe is hott give it 2 or 3 shakes. Serve it —

And if for a Savory Pye putt in Mushrooms instead of Sweett Meats with Artichocks bottoms, Cocks combs Palletts and veall Snett Bread. Set in water and pulled in pieces makes good puff paste for your Petty pan and lay a layer of these things w<sup>th</sup> force Meats balls and a layer of Chickens Season'd w<sup>th</sup> Salt pepper and spic w<sup>th</sup> a bit of butter in their bellies Rowled up in the Seasoning and butter. On the Topp and if in times of year putt in gooseberrys and Ripe Currans bake it and putt in the same Caudle only leave out the Sugar give it 2 or 3 shakes w<sup>th</sup> you Serve it —

For the force meat Balls take chicken Marrow a little Vinegar a few Crumbs of white bread w<sup>th</sup> the Yolkes of 2 Eggs well beaten, Scald some Spinage and drain it well putt it in small putt it in wine it well together to make them look Green make them up some longe some round Lay them in the Pye —

### Calves foot Pye

Take Calves feet & boyle y<sup>m</sup> tender then cutt them in halfe  
 and take out all the bones and lay a layer of Butter in  
 your Pans Bottom then a layer of Calves feet then Raspy  
 of the ~~of~~ stand and cutt small, Currans Lemon orrang.  
 and pitteron peeles cutt into thin slicer a little beaten  
 Cloves & Nuttneegg Maes and a little fine sugar and  
 a little salt Mix all these well together and lay a layer  
 till its all laid out then boyle about 6 Eggs and take  
 out the Yolkes and put them into pieces and show them  
 a Top with a layer of Butter Dont Make its Greasey  
 Then Serve it

### Lumber Pye

Take the Humbells of a Doz p boyle y<sup>m</sup> and clear all the  
 fatt from y<sup>m</sup> then put as much beefe suett as Meats or  
 halfe as much more as you like it Mix it together very  
 small Season w<sup>th</sup> Cloves Maes Nuttneegg & Cynamon a little  
 salt half a pound of Sugar 3 or 4 pound of Currans a pint  
 of Sack and a little Rose water half a pound of Rauded  
 Orange Lemon & pitteron Peeles and Dates stoned &  
 sliced fill your Pye and close it and when its baked  
 put half a pint of Sack or more Serve it

### Stump Pye

Take a legg of Lamb from the bone and Mix it small  
 w<sup>th</sup> a good quantity of good herbes and a good quantity of  
 Currans and grated Nuttneegg and salt Season it to y<sup>m</sup>  
 likeing and Mix it w<sup>th</sup> two or three Yolkes of Eggs beaten  
 with Sack or white wine then lay it close in the Pye  
 and lay on the Top either fruit or sweet Meates  
 Dont bake It so much and when Its baked cutt it up  
 put in verjuice & Sugar or white wine Make it half a doz you  
 cut it in then lay on the lead and Serve it

### Dowleth Pye

Take veale & boyled or Roast Shread it. Smale w<sup>th</sup> Sweete  
 herbs & beef sueth then putt some to it Seasond w<sup>th</sup> Sugar  
 Nutmeg and Cynamon if you like it, then beat ~~Some~~  
 Eggs as will w<sup>th</sup> it then Make it up like Eggs and stick  
 a Beat in the Middle of each of them and lay them  
 on the Pye and putt some Dried Plumis Over them and  
 of Lin Tins. of Year putt in ripe plumis then Take white  
 wine Sugar and Butter and pour it in a little before  
 y<sup>e</sup> Draw it scald the wine and give it a shake or  
 two Together serves it

### Hare Pye

Take hare and deep him take one part & Mince it. Smale  
 w<sup>th</sup> Bacon Linn Savory & Margoram Season him w<sup>th</sup> Salt  
 pepper Cloves Mace & Nutmegg And when you have  
 Drest the Other part Season it as y<sup>e</sup> did the Other w<sup>th</sup>  
 The Mince Meat <sup>with the yolk of an egg</sup> ~~as y<sup>e</sup> did the Other~~ or two and lay it  
 about your hare and fill it up with Sweete butter and close  
 it Bake it not to Much and when its baked putt in halfe  
 a pint of Strong Gravey give it a shake or two serve it

### Gibbleth Pye

Take your Gibblets and Sealed them then putt them Over  
 the fire and Stew them very Tender Season them With salt  
 and Pepper pretty high w<sup>th</sup> a bunch of Sweete herbs one  
 Onyon and just water Enough to Cover them then Take them  
 Out of the liquor and lett them stand to be Cold then putt y<sup>e</sup>  
 In y<sup>e</sup> Petty pane w<sup>th</sup> good puff poast round it and putt in  
 what Quantity of butter you think fitt w<sup>th</sup> the Yolkes of  
 Hard Eggs and lay over it force Meat balls and when you  
 Have lidded your Pye, leave a Hole a Top and Just as y<sup>e</sup>  
 Goes



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Goes in the Oven put in half the liquor that the Gibbets  
was stewed in, bake it not to much serve it —

### Venson Pastey —

Take 8 q<sup>rs</sup> of a peck of fine flower and 6 pound of butter  
Rub the butter in the flower then beat in 12 Eggs and —  
Make your Yeast w<sup>th</sup> warm water and Bone the Venson  
bake and beat the bones and season it w<sup>th</sup> salt and pepper  
to fill up the pasty when it comes out of the Oven then  
season your venson w<sup>th</sup> an ounce & a halfe of black  
pepper Just bruised and salt, then take about a pound  
of beef Satt Cut it out in large slices and beat it  
w<sup>th</sup> your Rowleing pin and lay it in the bottom of y<sup>r</sup>  
pasty pan after the yeast is in and throw over it salt  
and pepper then lay the Venson on the Top and season  
it very high w<sup>th</sup> a pudding crust Round the pan and  
put in a large porringer of water and lay a Layer of good  
fresh butter and Cover it Make y<sup>r</sup> Pasty and when it  
comes out of the Oven pour in the liquor you made of  
the bones and shake it well together w<sup>th</sup> you serve it —

### To season Turkey Goose or Pigeon's —

Bone them or brake their bones very well season them w<sup>th</sup>  
salt pepper and Nutmeg If you like it with In and w<sup>th</sup>  
cut and stick some whole Cloves in their breasts fill  
them w<sup>th</sup> butter and put them in your Coffin and lay butter  
all over the Top then Close it and bake it 4 houres  
when its baked fill it up w<sup>th</sup> Clarified butter and serve  
it for a Cold Dish

### To season Veal or Lamb

Take a Cyne of Veal or Lamb Cut it in to small pieces season  
it w<sup>th</sup> Nutmeg salt & pepper then fill the Dyce and lay some  
butter on the Top then Close it & bake it and if you serve  
it in both put in a pint of Gravy, but if you keep it Cold put  
in more Satt fill it up w<sup>th</sup> Clarified butter —

### To Season Mince Pies

Take the best part of a Veales Tongue a little more then half  
 boyle it then pool it and cutt it into slices, seth it to be cold  
 then way it and to a pound of Tongue ap. and a half of Beef  
 Suet and Marrow then putt y<sup>e</sup> Meat and Suet into your  
 Chopping block and Chopp it very fine & Mix it well together  
 pound your Spice w<sup>ch</sup> must be Clove Mace and Nutmeg Mix  
 It well together and way a pound of Meat to ap. of Suet  
 Season it to y<sup>e</sup> Taste w<sup>th</sup> a little fine Sugar Orange Lemon  
 or Citron pool thin sliced w<sup>th</sup> 2 or 3 pippins hackt small  
 spring in the Juice of a Lemon and put in a large Glass of  
 Claret as much sack as fine dates stoned and sliced thin  
 a few Raisins stoned and cutt small and Mix all these  
 Ingridiours very well together then fill and Lidd your  
 Pies and bake them but not to much & ady

### Olive Florindine

Take the best part of a legg of Veale and putt it into thin  
 slices like Scotch scallops beat them on both sides with the  
 back of a knife Season them w<sup>th</sup> Cloves Mace pepper & salt  
 then putt a pound of fat Bacon into thin slices and Roale  
 them up one by one w<sup>th</sup> a slice of Veal in the Middle then  
 putt them in a dish and putt to y<sup>e</sup> 3 or 4 Anchovies 2 or 3  
 shallots half a pound of Oysters and half a Hundred of  
 force Meat balls a Lemon sliced w<sup>th</sup> the Juice of putt in  
 half a pint of white wine half a pint of strong <sup>broth</sup>  
 a little Gravey and half a pound of butter (over it w<sup>th</sup>  
 puff paste and bake it, Serve it Hot

## Stake Florendine

Take a Loyn or a Neck of Mutton cut it into Stakes  
Season it w<sup>th</sup> pepper Nutmeg and Salt put it in a Dish  
w<sup>th</sup> 2 or 3 Shallots and a bunch of Sweet herbs 2  
or 3 Anchovies 20 Balls of good Meat half a pint  
of Parritch as much fair water putt in half a pound  
of Butter on the Top cover it w<sup>th</sup> puff paste bake and  
serve it

## Rice Florendine

Take half a pound of Rice pick it Clean boyle it first in  
Water then in Milke till it be as thick as Hearty pudding  
then sett it by the fire cold then beat in six Eggs leaving  
out half the whites put in half a pint of Cream 2 or 3  
Spoonefulls of sack a little Rose Seasond w<sup>th</sup> 2 pennyworth  
of Cloves, Mace, Nutmeg and Cynamon half a pound of Sugar  
a little Salt ap<sup>o</sup> of Currants 4 Oranges of Sanded Oranges  
Lemon & Citron Peel a pound of Marrow or butter y<sup>e</sup>  
Cover it w<sup>th</sup> puff paste and bake it

The same ingredients

for Almond Florendine only blanch the Almonds and beat  
them in a stone Mortar w<sup>th</sup> a glass of sack or a little Rose  
water And y<sup>e</sup> may garnish y<sup>e</sup> dish w<sup>th</sup> puff paste

## Almond Florendine

Take one pint of Jordan Almonds blanch'd & beaten in  
a Mortar w<sup>th</sup> a little Orange flower water then take the  
Yolkes and half the whites of 8 Eggs beat w<sup>th</sup> a quart  
of Cream half a pint of Cream half a pound of  
sack butter Melted and ap<sup>o</sup> of Currants as much Sugar  
as will sweeten it to your taste a quart of a pound of Marrow  
Seasoned w<sup>th</sup> beaten Cloves, Mace, & Nutmeg you may  
put in Sanded Lemon and Citron Peel Mix it well together  
Make puff paste on the Top and the bottom then bake it in  
a Dish Oven take care y<sup>e</sup> dont burn it nor bake it to much serve it

# A Florinoine

Take what Quantity of Crudes you please and Turn them  
 the same way as for Cheese Cakes and put in a pound of  
 blanch'd Almonds beat very fine w<sup>th</sup> a spoonfull of Rosewa-  
 ter half a p<sup>t</sup> of Currans as much Sugar as will sweeten it  
 then take a good quantity of Spinage letting the water boyle  
 before you put it in let it have 2 or 3 boyles then drain  
 and spread it small mixle it together Butter 40. Dish  
 Make puff paste and lay round and in the bottom of your  
 Dish and serve it

## To Season Cheese Cakes

Take a gallon of New Milke warme from the Cow lett it  
 w<sup>th</sup> a spoonfull of Renneth as soon as it comes strain the  
 whey from the curd, Rub it thorough a little Ranges  
 w<sup>th</sup> the back of a spoon then season w<sup>th</sup> a q<sup>ty</sup> of an Ounce of  
 Cloves, Mace & Cynamon beaten fine a little salt half a  
 pound of Sugar a little Rose water half a pint of sack half  
 a pound of Butter melted thick beat in 6 Eggs leave out half  
 the whites see ~~the~~ <sup>the</sup> ~~curd~~ <sup>curd</sup> put in a pound of Currans  
 And its fitt for use

The same ingredients for Ric's cakes  
 Only you must boyle the Ric's tender before the same  
 way for Almond cakes Only beat them in a stone Mortar  
 with a glass of sack and a little Rose water

## To Season Custards

Boyle a q<sup>ty</sup> of Cream w<sup>th</sup> 2 or 3 blades of Mace and a  
 little broken Cynamon a little Nutmeg sliced thin Straine it  
 & season it w<sup>th</sup> half a p<sup>t</sup> of Sugar good fine Sugar a little sack  
 and Rose water then beat in 4 Eggs leaving out half the  
 whites then Harden your crust before you fill them

To Make Snow

To Make Snow To throw on a bunch of Rose Mary To seth  
 In the Middle of Syllibubbs, Tartes, or Custards Take a quart  
 of Cream and the whites of 5 or 6 Eggs and a saucer full  
 of Sugar finely beaten and as much Rosewater beat y<sup>m</sup>  
 well together w<sup>th</sup> a whisk and as the froath rises take it  
 off w<sup>th</sup> a spoon then take a little boafe of bread and cutt  
 off the crust and seth it in a dish and stick the branch of  
 Rose Mary in it and lay the snow lightly Over It —

Peast Royall —

Take a pound of fine flower put in a little Cynamon and  
 beaten egg beaten very fine and a q<sup>ty</sup> of ap<sup>ty</sup> of Seales —  
 Refined Sugar beat in the whites of ten Eggs then make  
 it into peast w<sup>th</sup> half a pint of sack and the rest of foam  
 pretty stiff then Rowle in a pound of butter at five or six  
 times Rowling

And this is fith for Orange Puddings spread  
 Tartes and laid Tartes and a garnish Dish —

White Puff Peast

Take ap<sup>ty</sup> of flower and puth in the whites of three Eggs  
 beat up to snow make it into peast w<sup>th</sup> cold water then  
 Rowle it in a pound of butter at five or six times —  
 Rowling

And It is fith for Tartes or Chicakes in the winter  
 beat your butter to make it worke and in summer keep  
 It as coole as you can

Puffe Peast —

Take 3 great Handfulls of flower well Droyed and  
 rub to it two whites of Eggs and a q<sup>ty</sup> of a pound of butter  
 weth it w<sup>th</sup> cold water then take 3 q<sup>ty</sup> of a pound of butter  
 and Devide it in 3 partes Rowle the peast a broad and  
 stick one qua<sup>ty</sup> of ap<sup>ty</sup> of butter in little bits All Over  
 It so fold it up againe and flower it then Rowle  
 It

It abroad againe and Stick ano<sup>r</sup>. Qua<sup>r</sup>. of butter as before  
 and so do three times till all the 39<sup>th</sup> of butter be spent then  
 Butter the Brimes of a Dish and lay the paste thereupon  
 put it presently into the Oven and let it bake almost an  
 hour and this Quantity is enough for the Brimes of one Dish  
 If you would Cover it all Over a Dish you must take as  
 much more of Every Thing and Make a Double quantity  
 but less Flower, four handfulls will be full enough &  
 The Oven must be Hot as for Manchet

## Craw Fish Soup

Take Craw fish boyles 2<sup>l</sup> in water w<sup>th</sup> very little Salt & when  
 they are boyled enough Take them up and Lett 2<sup>l</sup> to be Cold then  
 pick the meat out of the leggs and Tayles and Lett it by, then  
 Take the bodies and Claws and beat 2<sup>l</sup> in a Mortar w<sup>th</sup> some of  
 the liquor they were boyled in beate them well then Straine  
 out the liquor thorough a sieve 2<sup>l</sup> they were boyled in and to  
 a quart of 2<sup>l</sup> liquor a quart of Cream and a q<sup>rt</sup> of Milkes with  
 2<sup>l</sup> of Maiz or two a Nutmeg Cutt into 2<sup>l</sup> a Cove  
 Or two Lett them all Over the fire and boyle them well then  
 Take a little Sorrell a little Spinage and a little  
 Beat One leek a large Hand full all Together Cutt them  
 large and put 2<sup>l</sup> in w<sup>th</sup> 2<sup>l</sup> Craw fish that you pickt out  
 Lett them boyle together but dont Lett 2<sup>l</sup> Herbs loose  
 their Colour put in a french Roulle loaf 2<sup>l</sup> and  
 place it in the middle of your Dish and just when 2<sup>l</sup>  
 send it in thicken it w<sup>th</sup> the yolkes of Eggs a piece of  
 fresh butter about the quantity of a q<sup>rt</sup> of a pound take  
 Care your Eggs dont Cuddle and Lett it be about the  
 thickness of a good <sup>thing</sup> Cream then serve it

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To Stew Carpes

Stick 90<sup>m</sup> Carpes as you do a Digg save all the blood you  
can scale it and take out the Ruyage take care you  
dont breake the gale kee take as much Carrell and strong  
Gravey as will Cover him in 1/4<sup>m</sup> Stew pan a little white  
and salt a good piece of horse Radish and a bunch of  
Sweet Herbs some whole Pepper Cloves Maiz w<sup>th</sup> a large  
Onion or two some Musheromes & Capers lett 1/4<sup>m</sup> Stew  
together till they are enough then brown some butter w<sup>th</sup>  
flower and pour some of the liquor to the butter with  
two or three Anchovies Chopt small then have in  
Readiest Oyster's fryed squeeze in the Juice of a  
Lemon or two garnish w<sup>th</sup> Dish w<sup>th</sup> horse radish fryed par-  
=ly Oranges and

To Stew Eyles

When they are half Stew'd putt to them a bunch of Sweet  
herbes a little grated bread an Onion some beaten Maiz  
and Cloves as it boyles and when they are almost enough  
put in a little butter and a glas of Carrell w<sup>th</sup> Anchovies  
then take it up serve it

and if they are large Eyles then salt  
them in pieces and stew 1/4<sup>m</sup> in strong Gravey and Carrell  
Season'd pretty high and when you serve them Rowle  
up a piece of butter in flower and the yolke of an Egg  
and shake it up well together serve them

### To Stew Oysters

Sett on a pint of Oysters with their liquor a shalott halfe a  
 pint of white wine a few Corus of white pepper, 3 or 4 blades  
 of Mace a little salt to season it a piece of sweet butter lett  
 them stew halfe a of. of an hour or thereabouts when they are  
 Enough putt in another piece of butter and shake it together  
 and when its melted lay suppers in the dish you may serve  
 them for a side Dish

and if to fry beat the yolkes of Eggs w<sup>th</sup> a  
 little flower and dip <sup>in</sup> in they must be the Largest Oysters  
 you can gett, if you serve them for a side Dish melt butter  
 thick w<sup>th</sup> 2 or 3 Spoonfulls of strong Gravy

### Sauce for Fish

Take a little hmi horse radish, Lemon Peel some whole  
 white pepper boyle them a little while in fair Water then putt  
 In two Anchovies and 3 or 4 Spoonfulls of white wine lett  
 them boyle a little then strain <sup>it</sup> out and putt the liquor in  
 to the sauce pan again w<sup>th</sup> a good pound of fresh butter  
 and when its melted take it of the fire stir in the yolkes  
 of 2 Eggs being well beaten before w<sup>th</sup> 2 or 3 Spoonfulls  
 of white wine then sett it on the fire again and keep it  
 stirring till it be the thickness of Cream then pour it on  
 yo<sup>r</sup> fish very hott and its Good Enough



## To Butter Crabbe

Take out the Meate and Cleanse it from all the Skins —  
 And putt it into a Sawce pan w<sup>th</sup> a q<sup>ty</sup> of a pint of Sack or  
 White wine an Anchovy Dissolved in It a little Nutmeg  
 a few Runis of white bread sett them on a Gentle fire  
 and heat y<sup>m</sup> together for Dishin<sup>g</sup>, then stir in the Yolke  
 of an Egg melt about 3 Runis of butter being first beaten  
 then stir y<sup>m</sup> well together so putt it into your shell  
 again and serve it for a side Dish this is butt for one  
 Crabbe, If y<sup>e</sup> Do Double the Quantity

## To Stew Shrimps

Stew a q<sup>ty</sup> of Shrimps w<sup>th</sup> hal<sup>f</sup> a pint of white wine w<sup>th</sup> out  
 Nutmeg, or with a very little then beat 8 or 4 Eggs w<sup>th</sup> a little  
 white wine & a q<sup>ty</sup> of a p<sup>nt</sup> of butter being first beaten  
 then stop y<sup>m</sup> well in a dish till they be thick enough and  
 serve y<sup>m</sup> w<sup>th</sup> Sippets for a side Dish

And so you may dress any cold fish serving  
 It on Sippets Dipped in fresh broth w<sup>th</sup> y<sup>e</sup> Thicke y<sup>e</sup>  
 shall want Sauce to Cover it.

## Oyster Loaves

Take french Rowles putt a hole in the topps as big as halfe  
 a crown then take out all the Run dont brake the crust of  
 loaf then stew some Oysters in their liquor a blade of Mace  
 a little whole pepper salt & Nutmeg a little white wine  
 Scum it very Clean and thicken it w<sup>th</sup> a piece of butter  
 Rowled up in flower then fill up the Rowles w<sup>th</sup> It and  
 putt on the piece again that y<sup>e</sup> putt of then putt the rowles  
 in an earthen dish and melt butter very thick & pour it so  
 throu sett y<sup>m</sup> into y<sup>e</sup> oven to Crisp and lett your oven be as  
 hott as for an Orange Pudding then serve them for a very gentle  
 side Dish

## To Dress a Coddes Head

Take a large Coddes head w<sup>th</sup> the Neck Cut large Season  
the Pickels y<sup>e</sup> boyle it in thus put in a good handfull of  
Salt whole pepper and a little Allspice Lemon yuoke  
and bay laufe or two An Onyon a pint of white wine  
vinegar and water enough to cover it when these are  
well boyled together put in y<sup>e</sup> head and let ~~the~~ be  
well boyled then take it up and put it in a dish over  
your stove to Drean the water from it and have all  
things Ready and Make your sauce Thus

Take of quart or more of strong Gravy and sett it  
On the fire w<sup>th</sup> a clove or two, a good deal of large Mass  
a pint of white wine 3 Anchovis; a pint of Shrimps a q.  
of large Oysters (with a few of the best) and put in your  
sauce w<sup>th</sup> halfe a pint of Mushrooms a few French  
beans shroud w<sup>th</sup> a little Mangoes and Walnuts of y<sup>e</sup>  
have them and when this is all boyled well together  
thicken it w<sup>th</sup> ap. of fresh butter Rowle up a good peice  
In flower and the Yolke of an Egg and thicken up the sauce  
the thickness of Cream and pour it On the fish Hot, and  
if you will lett Shrimps put in the body of a large lobster  
and have ready to put about it fryed White head Soles and  
gooden's or Smelts or what fish you can gett, boyle the  
largest & frye the least with a pint of large Oysters dipp'd  
in the Yolke of Eggs and flower and so do also y<sup>e</sup> fine fish  
and frye it in Hoggs Seard to Make them looke brown stiff  
and yellow lett y<sup>e</sup> pan be very Hot before y<sup>e</sup> put in y<sup>e</sup> fish  
and serve it very Hot to the table and y<sup>e</sup> may frye a p<sup>ie</sup>  
of Salmon Or a speckcock byle to lay Round the head garnish  
w<sup>th</sup> horse radish Pickled Barberries and sliced Lemon

## To Boyle a Pike

With a living Pike and Scoure the Inside and Out sides  
well then wash him Clean and have in Readiness a pickle  
Made of Vinegar Maw whole pepper and a bunch  
of Sweet herbes and some Onyon and when the liquor  
boyles put in the Pike and so Order it that the Pickle  
May boyle and as soon as the Pike is ready for the sooner  
It is the better & Primer and half an hour well boyle  
a Pike a yard long and Observe any Dead fish requires  
More boyling then a live one then Make y<sup>e</sup> Sawes

Take a pint of sack beat in to the body of a Crab &  
a Lobster & Shrimper Then Draw about a p. of Batter or  
More thick w<sup>th</sup> a spoon full or two of the liquor mingle all  
these together and sett them On your stove & stir them  
Carefully all the while till it be thick so poure the  
Sawes Over the Pike w<sup>ch</sup> must be first Dight upon  
Sippets dipped in the broath or else they will take up too  
Much of the Sawes Remember to scrape in some horse  
radish in the Sawes and put in some Crawfish if you  
have them serve it

## To Roast a Pike

Take a large Pike Scrape & Scale it take out all the guts  
then Season it w<sup>th</sup> salt pepper Cloves Maw & Sweet herbes -  
rub it all in very well and all Over then have ready a  
large Eyle bones and Cutt it into square long pieces as if it  
was Bacon Season it w<sup>th</sup> the same of y<sup>e</sup> Pike in the  
Caul of a bread of Yeast and lye it to the Spitt and when  
the half roasted take of the Caul and dredge it w<sup>th</sup> grated  
bread beat and flower it then roast it till its enough  
brown & yellow then have your Sawes ready w<sup>ch</sup> you  
Must Make thus

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Thus take Strong Gravey and white wine Season y<sup>e</sup> Sauce high  
 putt in Oysters Mushrooms and force meat Cally made of Eggs  
 Fry them brown and dip y<sup>e</sup> as you did the Oysters with what  
 Smale fish you have or please, then thicken up your sauce  
 w<sup>th</sup> the yolke of an Egg or two and a piece of butter Rowled  
 up in flower shake it up all together w<sup>th</sup> the Juice of a Lemon  
 for Sauce you may bake the Pike and It will Do as well  
 washing it Over w<sup>th</sup> the yolke of an Egg or two Garnish w<sup>th</sup>  
 Russet Lemon and flowers

### To Roast Lobsters

Take your Lobsters and Tye them to your spitt alive beate  
 them w<sup>th</sup> Hot water and salt and when they look very red  
 and you thinke they are enough beate them w<sup>th</sup> butter and salt  
 and take y<sup>e</sup> up and have your sauce ready And putt into  
 plates round your dish w<sup>th</sup> you must Make thus

Take half a pint of water a blade of Mace  
 a little whole pepper two or three Anchovies a few Oysters  
 w<sup>th</sup> their liquor Shred y<sup>e</sup> Oysters w<sup>th</sup> Mushrooms To the  
 quantity of half a pint w<sup>th</sup> half a pint of white wine  
 then take a piece of butter Rowled up in flower and putt  
 them into it and shake it up as thick as cream you may  
 squeeze In the Juice of a lemon and putt in a little of  
 the Peel, If you like it a gentle Side Dish Ser<sup>ve</sup>.

Madam

### To Marmalate Soles

Take the largest Soles you can gitt wash, skinn, dry them  
 beat y<sup>e</sup> well w<sup>th</sup> your Rowling pin then have ready  
 as many yolkes of Eggs and flower as will dip them  
 In on both sides then have your frying pan ready wiped  
 very clean then putt in as much Sweett Oyle as you  
 thinke will Cover your fish and Fry them brown and as  
 yellow as gold then take them Out and lay them upon

Upon a fish plaite to dreaw when they are sold make  $\frac{1}{2}$   
 Pickle thus take salt pepper whitewine vinegar Cloves—  
 Mace & Nutmegg boyle it all together well, let the  
 Liquor be cold and put it into a broad Earthen pan that  
 your fish may lye at their full length lett them lye  
 in it four or five dayes garnish w<sup>th</sup> Lemon <sup>Boyl</sup> & fennell &  
 flowers a very Gentle side Dish —

### To Pickle Lobsters —

Boyle y<sup>e</sup> Lobsters in salt & water till they will slip off  
 their shells take the Tayles out whole make your pickle  
 w<sup>th</sup> half white wine and half water put in Mace Cloves  
 whole pepper bay laife or two, Cardus Mus horonyes mangoe  
 a sprige of Rose Mary Shread w<sup>th</sup> the Pickles w<sup>th</sup> a very  
 little Cowcumber and put in y<sup>e</sup> Lobsters and lett them  
 have a boyle or 2 in the Pickle and take y<sup>e</sup> out lett y<sup>e</sup>  
 by to be sold then lett the Pickle boyle longer and if  
 it be not to keep long put in the bodies of the lobsters  
 for y<sup>e</sup> gives it a pretty relish and when the lobsters  
 and pickle are both cold putt y<sup>e</sup> into a longe pott  
 for use —

### To Pickle Oysters —

Take the largest Oysters y<sup>e</sup> can gett sett the liquor on  
 the fire w<sup>th</sup> a good deale of Mace a Pease or two of Ginger  
 whole long pepper and a little salt, two or three bay  
 leaves and one Onyon boyle these together very well y<sup>e</sup>  
 put in y<sup>e</sup> Oysters and lett them boyle a q<sup>u</sup> of an hour  
 then take out y<sup>e</sup> Oysters & putt y<sup>e</sup> in the pott you Intend  
 to keep them in and lett y<sup>e</sup> Pickle have a boyle or two  
 then take it off and set it by to be cold then put it to  
 your Oysters in a longe pott and set them by for use —

(95)  
 Kibbob a Turkish Dish

Take a Lyon or legg of Mutton thin as you do a  
 Harflet then take 2 Hard Eggs a few Mushrooms  
 Oysters Tynes Parsley, Mince them all together  
 Season it pretty high w<sup>th</sup> Salt & Pepper, or what  
 Other Spice you like and Spitt it as y<sup>e</sup> do w<sup>th</sup>  
 Harflet and a little before y<sup>e</sup> take it up, dredge  
 it w<sup>th</sup> a few Raisins & Orwad, The Sauce for it is (Clarified)  
 Cravey Anchovies, thin Lemon & Mushrooms or  
 Oysters thick w<sup>th</sup> Butter & so serve it up

White Sooper

Take 4 of Course half a pound of Mutton Lett it on the  
 Fire w<sup>th</sup> about 6 or 7 quartes of water Let it boyle very  
 leasurly & scum it Clean and Let it boyle from 4 till 10  
 a Clock then take the Meate up in a Tray & take up a  
 little of the Liquor and beat out all the goodnes of the  
 Meate and put in the liquor in again full of about a p<sup>er</sup>  
 of each of the Pieces to putt in the Middle of the Dish  
 but a young fowle will do better boyled in the broth  
 then take about 2 Spoonfulls of Oat meal and about  
 ten Corns of white pepper and Salt & a q<sup>u</sup> of a pound  
 of Middling Bacon w<sup>th</sup> a parrot & a Turnep cut into  
 pieces then putt in ha<sup>lf</sup> of the Soop, herbes which must  
 be a Hand full of Sorrels a little white, beat Hard  
 Lettuce and onio Leek putt the Herbes 2 or 3 inid; and putt  
 In half at 10 a Clock w<sup>th</sup> the liquor and about 11 putt in  
 the Rest so Let them boyle Over a very Soft Fire till 12  
 then take it of & putt it into your Soop Dish w<sup>th</sup> the  
 Pieces of Bacon & fowle or the Meate in the Middle Lett  
 It stand Over the Stove till one a Clock then putt in a  
 Halppenny

Take half penny Rowles in five or six Shores and put it in  
then take 5 yolkes of Eggs and beat y<sup>e</sup> very well and  
take up a little of the liquor and putt to the Eggs and  
beat them very well and stir them well into the Loops  
and dont put it over the fire againe for fear the  
Eggs should Crude, then garnish w<sup>th</sup> Brown crust grated  
Round the Brim of your Dish Serve it

### Brown Loops

Take a large Neck of Veale a Neck of Mutton halfe a pound  
of Middleing Bacon a blade of Mace 2 or 3 Cloves a pretty  
Quantity of whole pepper and Salt a bunch of fennel herbes  
and an Onyon let these boyle gently in a little more water  
then will cover them and when all the goodness is boyled  
Out take it up and straine the brath from the Meats then  
Cutt and putt in two pound of Parrauts washed and picked  
two pound of Rasins of the Sun 2 pound of Prunes and  
halfe a pound of Dates stoned putt in the brath w<sup>th</sup> the  
fruit sweeten it to y<sup>e</sup> Taste and putt in a bottle of  
Rarrot and a pint of sack Or verjuice if you have it  
and Tye up a few Plumms and Prunes in a Ragg and  
plum them and grate a brown crust of bread round your  
Dish w<sup>th</sup> some of the Alumid laid in heaps also Round  
here and there a heap Serve it to the Table

### Beefe Alla mode

Take a fleshy piece of beefe take out all the fat skins  
and Corst then beat it well and flatt it w<sup>th</sup> your rolling  
pin or Cleever then lard it w<sup>th</sup> fat Bacon quite thorough  
as longe as your Meats is Deep & bigg as your finger  
then Season it pretty high with Salt pepper and beaten  
Nutmeg Cloves and Mace then putt it into a pott of good  
strong brath where nothing but ~~beefe~~ <sup>beefe</sup> has boyled in  
and putt in a Hand full of sweett herbes abay leaves  
Or two

Or too so let it boyle till the Tender then put in a pint  
 of Carrott 2 or 3 Anchovies and lett them stew till you find  
 the liquor Least well and the Meate Tender Enough and  
 If there is a great deal more of the liquor then will make  
 an end of Steewing it, then take as much of it up as you  
 thinke fitting before you put in your wine and other  
 things, then putt in all the Addition and lett it stew till  
 you see the liquor Begins to Thicken and Taste well  
 of the Spice then take it up and take out the bay leaves  
 Sherlett & Herbes you may Eate It hot or Cold

An Olean

Take 12 pigeons & Chickens pull the Pigeons and  
 dry them in whole, Scald the Chickens putt them in halbe  
 then half Roast a Rabbitt and putt it into pieces as long  
 as the Joyns of Oxen longer boyle a Weate, Tongue  
 very Tender putt it into pieces as bigg as halfe a  
 Crown Sweet breads pulled in little pieces, putt to also  
 the Meate one quart of Carrott and 3 pintes of strong  
 Gravy lett it stew softly w<sup>th</sup> the Meate and putt to it a  
 little whole pepper 4 whole Onions Tymo Savory &  
 Marjoram Tied up in abunch lett all these stew toge  
 ther till the Meate is enough then putt in a good many  
 Cappis, Shread Smale 20 pickled Oysters w<sup>th</sup> 2 or 3  
 Spoonfulls of their liquor 3 or 4 Blades of large  
 Maed the Peel of a Lemon Shread and a Lemon halfe  
 putt into pieces as bigg as Dice mingle all these well  
 together then beat 12 Eggs into the liquor lett them Scald  
 Into it to Thicken It Rubb the Dish w<sup>th</sup> intend to serve  
 It in w<sup>th</sup> Garlick then build the Meate up in a Heap and  
 Pour



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Pour the liquor all over it then lay on the Meat Marrow  
being first boyled, Oysters fryed lemon Slices and Maids  
Saffrages Christ Bacon and balls made of grated bread  
A little cloves Maids Salt and a few Mary golds Thread  
With them w<sup>th</sup> the Yolkes and Rowle them in balls and  
boyle them before you lay them on Cut them if you  
please and lay them on the Meat w<sup>th</sup> blanched beanes  
and french beanes then serve it

### A Hagoo

Take a leg of Mutton take of the skin whole w<sup>th</sup> the  
Upper Ruckels then take the flesh w<sup>th</sup> a p<sup>ty</sup> of beefe  
Sweet and Shred it very fine take some Spinages as  
little as you like Savory some shallott shread them small put  
In some salt and pepper then take 6 Yolkes of Eggs -  
Work the meat and all together very well into a grate ball  
then take a Cabbage and open the leaves and Cut a whole  
to putt in the meat and shape it longe wayes like the body  
of a Duck and boyle a ducks head and stick it on a  
Squire then bind the body close and tie it up hard w<sup>th</sup>  
boyle it <sup>well</sup> up and have in Readines some Saffrages  
fryed & Dipped in the Yolkes of Eggs w<sup>th</sup> a little flower  
and Nutmeg a good deal of butter w<sup>th</sup> some Anchovies  
Dissolved in the sauce first and beat up with the  
butter and Pickels serve it

### A Monnastick

Take a q<sup>ty</sup> of Rice a quarter of strong Gravy set it on  
the fire very high & let it stew very leasurly but not  
boyle then put in an Bayon Stick w<sup>th</sup> cloves w<sup>th</sup> a bunch  
of Sweet herbes then putt in a large pullett fill the  
belly w<sup>th</sup> forcemeat and Oysters with half a pound of  
Middleing Bacon lett these stew together till its  
tender

(99)  
Tender and about the thickness of harty pudding then putt in  
the force meat balls that you have frydd and some you  
must stew w<sup>th</sup> It then take it up and beat 2 or 3 Eggs &  
about a quarter of butter rowled up in flower and shake y<sup>e</sup>  
well together with the Juice of Lemon then dish it with  
the foale in the middle and the Bacon and force meat balls  
all Round It garnish w<sup>th</sup> Rasp. Lemon Grated fruit  
of bread Round the Brims of your Dish then serve it  
For a Spanish Dish

### To Pickle Tongues

Make yo<sup>r</sup> Pickle w<sup>th</sup> Peter Salt & Salt Prunwaller &  
6 quarters <sup>of water</sup> an Ounce of each a pound of Salt the same  
of ~~white~~ Salt, and a quarter of a pound of brown Sugar  
Then boyle all these together till the Scum Rises and is  
a very strong brims Scum it Clean and when its Cold put  
In your tongues in a Tubb lett them lye all thers full  
Length to be covered and turn them 3 times a week  
and In 3 weekes they will be fitt to boyle Cook them  
and Eat them w<sup>th</sup> Chickens or Pidgeons  
and Sparrow grass (olly flower's Cabbage Spinage or  
what is in Season and you may keep them in the pickle  
as long as you please Rubb them w<sup>th</sup> bran and hang  
them up in a Chimney Corner Eat them Cold they will  
Cutt very Red

## Frigassee White

Boyle 4<sup>th</sup> Chickens and skew them (cut them into pieces) and fry them in strong broath w<sup>th</sup> a blade of Mace a little Salt and pepper 2 Shallots 2 Anchovies let y<sup>e</sup> frye till they are Enough then take out the Shallots and put in halfe a pint of good Cream and a good Piece of butter Rowled up in flower and the yolk of an Egg stir it all about till it is as thick as Cream warming in the Juice of a Lemon take care it doth not Cruddle then scald a little Spinage (cut it and throw over it some Mushromes a few Capers shread Smale and Oysters if y<sup>e</sup> have them w<sup>th</sup> a little Cognor then serve it w<sup>th</sup> Suppells Hot

## Frigassee of Pidgeons

Take 8 pidgeons new killed (cut y<sup>e</sup> all into smale pieces) and put them into a frye pan w<sup>th</sup> a pint of Carrett & a pint of water season 4<sup>th</sup> pidgeons w<sup>th</sup> Salt & pepper and take a little Sweet Margoram Mint a few leaves or a little Onyon shread the Herbes very smale and put them in the frye pan to the pidgeons w<sup>th</sup> a good piece of butter so lett them boyle gently till there be no more liquor left then will serve for the Sauce then beat 4 Yolkes of Eggs w<sup>th</sup> a spoonfull of Sake & of Vinegar and half a Nutmeg grated when it is Enough put y<sup>e</sup> Meat on the other side of the pan & the liquor on y<sup>e</sup> other then putt the Eggs into the liquor Over the fire and stir it till it is the thickness of Cream then putt the Meat in y<sup>e</sup> Dish and pour Over the Sauce lay Crisp bacon Fryed oysters over it Garnish w<sup>th</sup> Rastph Lemon and serve it

## Frigasse of Mushoromes

Take the largest and thickest Mushoromes 4<sup>lb</sup> (You gett w<sup>th</sup> some small  
 Ones amongst them, Cut the largest into 4 Pound some pieces -  
 peel them and throw y<sup>m</sup> in salt and water lett them ly in the  
 water and salt almost halfe an hour then take y<sup>m</sup> out and  
 put y<sup>m</sup> in a silver or bell mottle shillett and stew y<sup>m</sup> in their  
 own liquor w<sup>th</sup> a little cream to make y<sup>m</sup> look white and  
 Cutt Hard, halfe an hour will stew y<sup>m</sup> then strain them  
 out into a sieve and take a q<sup>ty</sup> of a pint of y<sup>e</sup> liquor they  
 were stewed in w<sup>th</sup> as much white wine and strong yeavey  
 boyle also those together w<sup>th</sup> a little whole white pepper  
 Mace and Nuttmegg 2 anchovis, one Sprigg of Thyme, a shallot,  
 Or two, Season it very high to your tast w<sup>th</sup> these things when  
 It has boyled well together strain out the Spice, Anchovis,  
 bones & shallots, and putt it into y<sup>e</sup> stew pan againe w<sup>th</sup> 2  
 Mushoromes to it, and have ready the Yolkes of Eggs 3  
 w<sup>th</sup> the Quantity of as much butter as an Egg rowled  
 up in flower beat it well w<sup>th</sup> a spoon full of cream and so  
 shake it up together the Mushoromes, and all very thick  
 so that It may hang about the Frigasse and scald  
 a little Spinage and shake over it - Serve It

## To force a legg of Mutton

Take a large legg of Mutton Cutt a longe stitt in the back  
 side then take out all the Meate you can gett dont do away it  
 On the other side then take your Meate & Chop it fine w<sup>th</sup>  
 3 Anchovis unwashed a little beaten Mace and Nuttmegg  
 a few slices of Onion a little lemon peel or sweett herbes  
 salt pepper and Oysters a good deal of Marrow or  
 Freese

Beefe Sueth then putt all these into a Mortar and beat  
 them all together very fine then stuff it into your Meats  
 Again and stick it up w<sup>th</sup> good Strong Thread To keep  
 your Meats in then putt it into a dish and wash it Over  
 w<sup>th</sup> the Yolkes of Eggs To bind it and Drudge it with  
 Flower and lay pieces of Butter all Over it and bake  
 it Or roast it but its full as good Baked and less  
 Trouble then have Oysters Stewed in White wine a little  
 of Maiz w<sup>th</sup> the largest sized w<sup>th</sup> Anchoviss Sauce  
 Mushromes and a good Quantity of Strong Gravy  
 Serve it

The Same way serves a legg of Lamb and Make  
 a Ringes of the Yeast to lay about it Cutt it out into  
 small pieces Season it w<sup>th</sup> Salt pepper Cloves Maiz and  
 Nuttmegg a few Sweet herbes and Pieces then Frye it in  
 Clarified butter and when its Fryed enough Pour the  
 butter Out and Clean the pan well and putt in a pint  
 of Strong Gravy a pint of Capint of Strong Gravy a quarta  
 of Capint of White wine or Sider then lett your Lamb stew  
 In the Gravy then throw in some Mushromes a few  
 Oysters an Anchoviss w<sup>th</sup> the Oyster's liquor then cover  
 up a piece of Butter in Flower and the Yolk of an  
 Egg and squeeze in the Juice of a Lemon garnish  
 w<sup>th</sup> Lemon & Pickell

## Veall a la Modes

Take a large Phillitt of Veale (cutt out the bone and the hard  
shui then take salt pepper Cloves and mace pound the spices  
and mix them together then take Gyms Margerom shallott  
Lemon peel Throad y<sup>m</sup> very smale and mix them w<sup>th</sup> the  
Seasoning then take half a pound of Bacon (cutt off the skin  
and rusty and cutt it out into thick Pices almost as thick as  
y<sup>e</sup> finger and as broad as your two fingers and rowle it up in  
the Seasoning then cutt wholes in the meat and put in the  
Bacon till its full and y<sup>e</sup> Bacon all used then rowle the meat  
In the Seasoning and Scure it up Close and tite in the same  
Fashion as was before you cutt it then beat the yolkes  
of Eggs and wash it all Over and putt it into the pan to  
bake w<sup>th</sup> pices of batter all Over it and when its Comed out  
of the Oven take the Veale and serve it w<sup>th</sup> good strong  
Gravey Sawce

And if y<sup>e</sup> putt it by it Over w<sup>th</sup> double Carp  
paper and putt in a pound of batter keep back the Gravey  
and if it be not covered Clarifie as much butter as will  
Cover it, cutt it out into slices Eat it w<sup>th</sup> Oyle and vinegar  
beat up thick together or the Juice of a Lemon

## To Ragoo a breast of Veale

Take a large breast of Veale more then half Roast it  
cutt it out into about 3 or 4 pices and have ready as  
much strong Gravey as will Cover it putt it into y<sup>e</sup>  
stew pan and Season it high with pepper w<sup>th</sup> Cloves mace  
Nuttmegg and white salt shallott & Lemon peel Mushrooms  
and Oysters fryed and stowed Sweett breads set & skined  
and pulled in little pices and when its Enough Frye  
your largest Oysters w<sup>th</sup> Crisp Bacon & forcemeat balls

and

And for a white a Ragoo take the same ingredients  
Only boyle the breast of Veale in half Milk and water  
w<sup>th</sup> a bunch of sweett herbes a little lemon peece Maiz  
Whole pepper and a bay laife or two when its Enough  
wash it Over w<sup>th</sup> the Yolkes of Eggs and a piece of butter  
Rowled up in flower w<sup>th</sup> 2 or 3 Spoonfulls of Cream  
thickned up together serve it

### To Ragoo a Neck of Veale

Cut a large Neck of veale into stales beat 3<sup>rd</sup> flat w. 4<sup>th</sup>  
Rowling pin then season it w<sup>th</sup> salt pepper cloves and  
Maiz leard them w<sup>th</sup> Bacon lemon peece and vine and  
Dipp them in the Yolkes of Eggs then take a large sheet  
of Capp paper turn it up att the 4 corner's like a Draping  
in pan Butter it and pin it. Fite Rubb the y<sup>th</sup> Iron w.  
butter then put on your Meate Over a Charcole fire let  
it do leasurly Keeping in beasted and Turned so keep in  
the gravey and when y<sup>e</sup> think its Enough have ready a  
much brown strong gravey as you thinke well do season  
it pretty high and put in some Mushromes with a l<sup>ittle</sup>  
Portes of pickles some Stewed and Fryed Oysters and  
some Meate balls dipped in the Yolkes of Eggs and flower  
to lay a Round and a Topp of your Dish serve it

and for a brown Ragoo putt in Parsitt  
and if for a white putt in White Wine or Sider w.  
The Yolk of an Egg

### To Stew a Neck of Mutton

Put the Veale into little pieces and Stew it in water put  
In a little butter to it Season it w<sup>th</sup> Salt whole pepper Mace  
and a little lemon peel an Onion let your liquor quite  
Cover it so Stew it and when its enough beat the Yolke  
of Eggs and Stri y<sup>m</sup> in, then lett them have a walme  
two and if your veale be drest y<sup>e</sup> may heat it this way

### To Stew Chickens

Take Chickens quarter them and put y<sup>m</sup> into white wine &  
water but most wine and when they are stewed Tender put in  
a good quantity of butter and a bunch of Sweett herbes w<sup>th</sup> large  
Mace then take the Dripping of a Marchett to thicken it w<sup>th</sup>  
a good quantity of parsley You may put in a little Sage  
If you like it a little Salt pepper and Nutmegg to Season  
your Chickens then lay Marrow on the Topp of them w<sup>th</sup> the  
Yolkes of Eggs well beaten w<sup>th</sup> the Juice of a Lemon in  
the Sawce Garnish w<sup>th</sup> sliced Lemon and parsley serve  
It

### To Stew Pidgeons

Melt a good quantity of butter mingle it w<sup>th</sup> Parsley  
and Spinage w<sup>ch</sup> you must Stew in some butter and when  
It cold put it into some of their Daves w<sup>th</sup> a bay leaf save  
some of the Sawce then Stew the pidgeons in as much  
strong gravey as will Cover them then burn some butter  
w<sup>th</sup> some salt Pepper Cloves Mace and winter Savory  
a little lemon Peel a shallott or two and when they are  
stewed enough putt in a little bit of butter w<sup>th</sup> the  
Yolke of an Egg Rowled up in flower w<sup>th</sup> some of the  
Herbes



Herbes you left out Shake it up altogether and serve  
It to the table

To Hash a Calves Head

Take a Calves head and half boyle it (cutt it into pieces  
and take a pint of great Oysters w<sup>th</sup> half a p. of Batter  
and large Maas a bunch of Sweett herbes and take  
half a pint of white wine Some Anchovies and putt  
It in between 2 dishes and Stew it tender and boyle  
the braines w<sup>th</sup> Sage and Parsely by them selves then put  
Scotch Scollopes in the bottom of the dish w<sup>th</sup> bits of fryed  
bacon with a good peice amongst the Meate w<sup>th</sup> a quantity  
Of Marrow boyled w<sup>th</sup> blanched Almonds & Chesnutts  
and the Yolkes of Hard Eggs some fryed sages and  
Rowle up a good large Piec of butter in flower and  
thicken it up together in butter And lay the Bacon  
& Oysters a Topp and Round about. Serve It

To Hash a Legg of Mutton

Cutt of the flesh of a legg of Mutton into broad pieces  
rather fatt nor skin beat it w<sup>th</sup> the back of a Chopping knife  
but not to peices then put it in a Dish Row it being first  
Rubbed w<sup>th</sup> garlick and put liquor into It w<sup>th</sup> a whole  
Onyon Cutt in the middle a little bunch of Sweett herbes  
tyed up and some salt cover it and lett it Stew till It  
Change Coloure from the blood a q<sup>n</sup> of an hour then  
putt in a q<sup>n</sup> of a pint of white wine 2 or 3 blades of  
Maas Anchovies and lett it Stew so much longer till the  
Anchovies be Dissolved then take out the Onyon & Herbes  
putt in the Meate & liquor into an other dish and serve  
It to the table with a good Stomach

## To Hash a shoulder of Mutton

Take a shoulder of Mutton halfe roast it then cut it as thin as you can and take a glass of Carritt a blade of Mace two Anchovies a few Capers a shallott Salt a sprigg of Tym Savory Lemon peel let it steer halfe an hour and cover it w<sup>th</sup> Clof when its Enough that y<sup>e</sup> take it up, Shake in a few Capers serve it —

## To Dress a Shoulder of Mutton in Blood —

When you Kill your Mutton Save the blood take out all the Knotts and stringes and let it steep 4 or 5 hours then stuff it w<sup>th</sup> all manner of Sweet herbes as you would Bacon then lay the Shoulder in the Caul and Sprinkle it w<sup>th</sup> blood roast it and make it venison or anchovies Sausage as you please or like best & serve it —

## Legg of Mutton like Westphalia Ham —

Take a legg of Mutton cut in the shape of a Westphalia Ham and make the Brine of 2 partes of Salt peter and the Other part bay Salt let it lye in the Pickle a fortnight or 3 weekes then take it out and Hang it in a moakey Chimney as y<sup>e</sup> do Bacon and lay under it a wisp of Sweet Hay w<sup>ch</sup> you must sett on fire to Smoake your legg with and when its Dried and you Intend to boyle it put it into a great Skillett w<sup>th</sup> a good deal of Hay and y<sup>e</sup> Hang some hay pees in a bagg in the Kettle you may Eat it hott w<sup>th</sup> fowles or Cold like Westphalia ham as you please —

## Neck or Loyne of Mutton In Cattellets

First cutt all the Stakes out and Hack them, Season w.<sup>th</sup> Salt, popper & Nutmegg Parsly Tyons & Savorey Chopp them and stew them or w.<sup>th</sup> some grated bread wash them Over w.<sup>th</sup> Drawn butter and lay them on white papers Buttered and maid like a Drippen pan that it may not Boyle over then broyle them Over Charcole or wood Cole and for Sauce take Gravey white wine & anchovies Mined and a little lemon juce cutt Smale w.<sup>th</sup> some Orange Putt into water boyle y.<sup>m</sup> up together Stir in some butter Shake up w.<sup>th</sup> Sauce and garnish w.<sup>th</sup> Orange & Lemon

## Neck or Loyne of Lamb fryed

Cutt Every Rib ainder beat y.<sup>m</sup> w.<sup>th</sup> the back of a Knife and then fry them w.<sup>th</sup> about a q.<sup>ty</sup> of a pint of Ale, stow Over them Salt and popper Cover them w.<sup>th</sup> a plate close take them out w.<sup>th</sup> the Gravey in them set them by the fire and have in readines half a pint of white wine a few Peppis shread & Yolkes of Eggs beat w.<sup>th</sup> a little nutmeg and Salt wipe the pan and putt in the Sauce and the Liquor they were fryed in then Stir them w.<sup>th</sup> a spoon all one way until it is thick then putt in y.<sup>m</sup> meat stirring it all together then Dish it up w.<sup>th</sup> Lemon and parsley Serve it

## To Frye Beeffe

Take a piece of the Rump cutt it out in Stakes beat them well w<sup>th</sup> your Rowling pin then putt them in a Pan & sprinkle them w<sup>th</sup> Salt and Onyon Cutt Smale and when its Fryed enough Cutt a little Tym Parsley Savory & Shallott w<sup>th</sup> a little Onyon and Nuttmegg then Rowle up a piece of butter in flower and shake it up very thick and frye them in halfe a pint of Ale Serve It

Another way Take boefe stakes of the Ri<sup>bb</sup> & halfe broyle them then putt it into a Stew pan cover them w<sup>th</sup> strong Gravy Season them very High and Rowle up a piece of butter in flower and the Yolke of an Egg  
Serve It

And if you are in hast y<sup>e</sup> may draw gravy from the Ox's Kidney Cutt into pieces & Season'd high w<sup>th</sup> Salt & pepper and putt it into a Stew pan w<sup>th</sup> water enough to cover it w<sup>th</sup> an Onyon and a bunch of Sweett herbes a piece of butter to Drain the Gravy from it.

## To Make veale like Sturgeon

Take what part of veale y<sup>e</sup> like best a Hand full of Sweett Herbes and a little Lemon poble when its boyled enough put to your liquor as much vinegar as will make It Least Sharp and a lemon sliced and when its cold put In y<sup>e</sup> veale and when it hath layen 4 or 5 dayes serve It to the table w<sup>th</sup> fennell Tye it up like brawn

To Collor a breast of Mutton

Take a large breast of Mutton take of the Red skin  
 and all the bones and Grizell's then grate white bread  
 a little Cloves beaten, and Maids w. the yolkes of two  
 Or three <sup>Hard</sup> Eggs a little Lemon juice Sweet herbes and Loves  
 Thred them and mix them w. the Eggs salt pepper & spices  
 Make your Meate by flat & Even then wash and bond 5  
 Anchovis and lay up and Down w. Meate & strow y.  
 Seasoning Over it then Rowle it up like a Colour  
 and bind it w. the Course Taps and bake boyle and Roast It  
 Cutt it in 3 pieces and lay it in y. Dish w. strong greeny  
 Sauce w. Anchovis dissolved in it w. fryed Oysters  
 and forced Meate balls Garnish w. Lemon and Barberis  
 a fine dish

But if for a standing Dish then serve it w. the  
 Cutt Letts in the bottom Sparrow grass Colly Flower's  
 Cabbage or what is in season w. white & black puddings  
 and forced Meate balls all about It

To Make Olives

Take a Caul of a breast of Veal then lay a layer of fine  
 Middleing Bacon and take Chicken Rabbit or Veale w.  
 as much Marrow or beef ~~as~~ as Meate w. 2  
 Anchovis a little Spinage kind Margoram a few Lives  
 and Lemon juice a little salt pepper Nutmeg & beaten  
 Maids the yolkes of Hard Eggs a few Mushrooms & Oysters  
 beat all those in a Mortar very fine & lay a layer of this  
 & a layer of Middleing Bacon then Rowle it up Hard in the  
 Caul then Roast or Bake It w. you please It full  
 as

As good baked and less trouble Cutt it into thin slices and lay  
It in y.<sup>th</sup> Dish w<sup>th</sup> strong Gravey sauce, a side Dish —

Amelitt of Eggs —

Take what Quantity of Eggs you please beat y.<sup>th</sup> well and  
Season y.<sup>th</sup> w<sup>th</sup> Salt and a little pepper Then have y.<sup>th</sup> Frye  
pan Ready w<sup>th</sup> a good deal of fresh butter let it be thoroughly  
Hot then putt in y.<sup>th</sup> Eggs w<sup>th</sup> 3 or 4 Spoonfulls of strong Gravey  
Then have Ready Cutt parsley & weid and throw over them  
when Its Enough on One Side turn It On The Other then  
serve it for a side Dish y.<sup>th</sup> Squase the Juice of a Lemon or  
Orange over it —

Frigassee of Eggs —

Take Eight Eggs boyle them hard putt them into little pieces or  
Quar<sup>ts</sup> into a pint of <sup>strong</sup> Gravey and halfe a pint of white wine  
Season it w<sup>th</sup> Cloves and a blade of Mace a little white pepper  
a very little salt scald a little Spinage to make It look green  
w<sup>th</sup> a pint of large Oysters to lay round y.<sup>th</sup> Dish then putt in  
The Eggs in the stew pan w<sup>th</sup> a few Mushrooms & Oysters and  
Rowle up a piece of butter in the yolke of an Egg and flower  
and shake it up thick for sauce and you may make Gravey  
sauce if y.<sup>th</sup> please Garnish w<sup>th</sup> Crisp<sup>t</sup> Supp<sup>t</sup> the Lemon and  
Parsley a Gentoole side Dish —

## Petty Pattans

Take a pound of Butter put it into a Marble or Stone Mortar w<sup>th</sup>  
 w<sup>th</sup> Halfe a pound of Marjells biskquitt and halfe a p<sup>o</sup> of Jordan  
 Almonds blanched and beaten, Eight Eggs w<sup>th</sup> half their Whites  
 pound It all together all y<sup>e</sup> dont know what It is and putt in  
 some sack and Orange flower water sweeten it to y<sup>e</sup> Taste  
 w<sup>th</sup> fine sugar then take a little fine flower and make it into  
 a stiff paste and lay it on a Trencher and have ready the  
 Quantity of 2 p<sup>o</sup> of Lard and let it boyle very fast in y<sup>e</sup>  
 Fryer pan and so putt the soft paste of y<sup>e</sup> Trencher about  
 the edges of the snatts and throw them into the boyleing  
~~Lard~~ Lard and lett y<sup>e</sup> boyle till they be yellow and brown  
 and when they are enough take y<sup>e</sup> up and drean the gill  
 from them in a sieve and putt them in a Dish and pour for  
 sauce sack & melted butter show double refined sugar  
 Over them and serve them for a gentle Dish

## To Rome Keys

Take a p<sup>o</sup> of Cheshire cheese grate it fine into a Mortar  
 put in the Yolkes of 2 Eggs and grate in a penny loaf  
 put in a p<sup>o</sup> of a pound of sweet butter so beat y<sup>e</sup> all  
 together and then Toast some white bread very well and  
 and spread upon y<sup>e</sup> toaster putt them between y<sup>e</sup> Dish  
 w<sup>th</sup> fire underneath your dishes and above and when  
 they are brown send them to the table side Dish these  
 can be done only in a Dutch stove Madam

## A Sallamagundy

Take Chicken or Veale minced very fine then lay a Layer of it and a layer of the Yolkes of Hard Eggs & a layer of the Whites and a layer of Anchovies and a layer of Lemon then a layer of all sortes of pickles that y<sup>e</sup> have and between every Row of these lay a layer of Sorrell Spinage and Scive's Thread very fine as the others & when you have laid y<sup>e</sup> Dish all Round y<sup>e</sup> its Gale only leave a place to seth an Orange Or Lemon in Garnish w<sup>th</sup> Horse redish Rasph Lemon & barberries that is proper for a second Course Side dish or Middle Dish for Supper

You must Take two dishes and lay the uppermost Dish to build the Sallamagundy w<sup>th</sup> being out of fashion to Mix it all together but every one Mixes it on their plaity for some likes it w<sup>th</sup> Only the Juice of a Lemon and some w<sup>th</sup> Oyle and Vinogar beat up thick together & so

## To Pickle Pidgeons

Take a Doz<sup>n</sup> of pidgeons bones halfe y<sup>e</sup> and take of the flesh of the other 6 beat y<sup>e</sup> as fine as for Sasege Meate Mix it w<sup>th</sup> salt pepper Spice and Herbes and a little Marrow a little lemon juce 2 or 3 Anchovies and the Yolkes of Hard Eggs about 2 or 3 then stuff the Pidgeons full of y<sup>e</sup> bones and the Herbes Must be Sorrell Spinage young beates vine leaves if y<sup>e</sup> can gett y<sup>e</sup> w<sup>th</sup> a little Thyme Margoram & Savory and Make your Pickle w<sup>th</sup> Water white wine and a bay leaf or two a little salt & Bayley<sup>e</sup> bones in the pickle & when y<sup>e</sup> Pickle is boyled enough take them Out and seth the Pickles to be cold then putt y<sup>e</sup> into Accep Side dish, the same way Pickle Chickens when they are very young



Pippin Tansy

Take as many Ridd Pippins as will Cover the pans bottom  
and frye them w<sup>th</sup> a lott of fire then beat 8 Eggs Whites &  
all w<sup>th</sup> a halfe pounny loafe grated and half a pint of  
Cream a little Nutmeg and Sugar then beat all these to  
gether and pour over y<sup>e</sup> Fryed pippins and bake it over  
a soakeing fire and when its thoroughly baked On One  
side turn it and serve it Hot w<sup>th</sup> batter Melted thick &  
Doble Refined Sugar round the brunes of y<sup>e</sup> Dish  
Serve it for a side Dish

Goosberry Tansy

Take a q<sup>t</sup> of Green Goosberry's Cutt of the Topps and the  
Stalkes and boyle y<sup>e</sup> in halfe a pound of New butter  
In a Frye pan till they will be well soled then pour into  
them the yolkes of 16 Eggs well beaten w<sup>th</sup> half a pint  
of Cream and as much fine Sugar as will sweeten it  
to your tast then bake it as y<sup>e</sup> would a Tansy and  
when baked strow Over it Rose water and Sugar  
Side Dish

Almond Tansy

Take a pound of Almonds blanchd and steep them in  
a pint of good Cream 10 Eggs 4 Whites and when y<sup>e</sup> have  
beat the Almonds in a Mortar then put in the Sugar  
with Crumbs of white bread then stir y<sup>e</sup> well together  
and frye them w<sup>th</sup> fresh butter and keep them stirring  
in the pan till its of a good thickness then strow over  
it Double Refined Sugar Side Dish

## Good Tansy —

Take 25 Eggs a beating halfe the whites then beat y<sup>e</sup> well  
 w<sup>th</sup> halfe a pint of Cream or milke and a pound of Napells  
 biskets grated very fine then Flour it w<sup>th</sup> Spinage and  
 a little Tansy Sweeten it and butter a Skillett and put in  
 the Tansy stirring it Over the fire continually & when  
 It boyles to Thickness pour it into a y<sup>e</sup> Pan and lett y<sup>e</sup>  
 butter be very soft before y<sup>e</sup> putt it in, frye it with the  
 best fresh butter and keep a plate Over it then Turn it  
 Out take care you dont brake it in turning then Squase  
 the Juice of an Orange Over it and throw Double Refig.  
 Sugar On the Topp and round the brims of y<sup>e</sup> Dish serve  
 It for a side Dish and for what I Like —

## Dutch Chees's —

Take the quantity of 3 pintes of New Milke beat 7 Eggs very  
 well Stir it in the Milke Sweeten it w<sup>th</sup> very good Sugar then  
 put in a y<sup>e</sup> of a pint of Sack and a spoonfull of Orange  
 flower water and a spoonfull of Rose water lett it Over the  
 fire and keep it stirring all the while till it comes to a  
 tender Crud put it into a Scoath lett the whea run from it  
 then put it into the biskets pans and in what shape you  
 please and lay it in y<sup>e</sup> dish —

Then take some Sweete Cream & boyle it  
 w<sup>th</sup> a stick of Cynamon Sweeten it to y<sup>e</sup> Teath and beat y<sup>e</sup>  
 yolkes of 2 Eggs and stir it to thickness It keep it stirring  
 all the time y<sup>e</sup> I maint<sup>n</sup> recipe askin and when its almost  
 Cold put in a spoonfull of Sack Orange flower or Rose  
 water and pour it Over your Chees's when its Cold and  
 stick on the Chees's blanched Almonds (cut in thin pieces)  
 Or Slice serve It for a side Dish —

### A Hedge Hogg

Take a pound of Jordan almonds blanched & beaten in a Mortar  
 very fine w<sup>th</sup> a Spoonfull of sack or Orange flower water &  
 keep off from Pyling Make it into a stiffe paste then beat  
 in 6 Yolkes of Eggs w<sup>th</sup> 3 of the whites & Sweeten it w<sup>th</sup> —  
 Double Refined Sugar w<sup>th</sup> the Quantity of half a pint  
 of Cream and a qu<sup>ar</sup> of ap<sup>er</sup> of Sweet butter Melted sett it  
 on yo<sup>r</sup> stove and keep it stirring till it is as stiffe as y<sup>e</sup> May  
 Make it into the Fashion of a Hedge hogg then stick it full  
 of blanched Almonds. Set and stick up like the brussels  
 of a hedge hogg then sett it in the Middle of your Dish —  
 And boyle Cream and take the Yolkes of 2  
 Eggs and Sweeten it to yo<sup>r</sup> taste w<sup>th</sup> good Fine Sugar —  
 thicken it but not so thick, poure it round the Hedge hogg  
 and sett it to be Cold and serve it to the Table for a side  
 Dish

### Sweet Breads Pastys

Take Sweet breads and boyle y<sup>e</sup> shread them very fine then  
 put to them Marrow or the fat of a Pyne of Veale shread  
 w<sup>th</sup> a little grated bread And the Yolkes of 2 Eggs a little  
 Cream Rose water Sugar & grated Nutmegg Temper these  
 all together then Make paste w<sup>th</sup> Butter Roled in  
 the flower w<sup>th</sup> a little Sugar & Rose water the Yolkes of  
 two Eggs & Cold water then Rowle it out like little Pastys  
 the breath of your hand and putt your Meat in them and  
 Fry them brown or bake them as you please

## Kidney Pastyes

Take The Kidney of a Lagne of Veales w<sup>th</sup> the fatt about it with  
 a little of the Cold Veales you have left then take Marrow or beefe  
 Suet w<sup>th</sup> the Yolkes of hard Eggs and Chop them very fine together  
 and pound a little Cloves Mace & Nutmegg and Alspis and a little  
 Lemons peel and what Quantity of ~~Sugar~~ Sugar & Currans  
 you thinke fitt, Mix them well together and Make little Pastyes  
 and frye them in Hoggs Leard to Make them look brown then  
 serve them

## Little Puddings

Take a handfull of Grated bread a spoonfull of flower The  
 Yolkes of two Eggs a spoonfull of Orange flower Water a  
 Handfull of beefe Suet shread all small a little Nutmegg  
 and Salt a spoonfull of Cheese Cruds work it well together  
 and with it as little as y<sup>e</sup> can and Make it up w<sup>th</sup> Cream or  
 new Milke lay it in round balls in the bottom of your dish  
 w<sup>ch</sup> must be well butter'd bake y<sup>e</sup> not so much when they  
 are baked put y<sup>e</sup> into another dish w<sup>th</sup> a spoonfull of Sack  
 Or white wine Melt butter & Sugar together pour upon y<sup>e</sup>  
 and serve them to the Table

## Peast to frye

Take Grated bread & Cruds & Yolkes & Whites of Eggs  
 and Make it almost as thick as peast with it w<sup>th</sup> a little  
 Cream and Make it into what fashion y<sup>e</sup> please and  
 frye them in Butter as y<sup>e</sup> do puddings Make for Sauce  
 butter Sugar Rose water & Sack well beaten together Pour  
 it upon them

### • Cheese Loaves —

Take Cheese Gruds grated bread Yolkes of Eggs Mace & Nutmeg  
Mix them well together and Sweeten It to your Taste w<sup>th</sup> fine  
Sugar then take some Stone pomiger's butter them and putt  
In the Crud and bake y<sup>e</sup> but not so Much when they are baked  
Turn them Out and Cut a little Whole in the Toppes and put  
butter In them and sett them in the Oven againe a little to  
Rise & Collour them Serve them —

### Court Fritters —

Take a pint of Sack and Make a posseth w<sup>th</sup> Sweete Milke from  
the sow then take the Crud of the posseth and putt it into a  
beason w<sup>th</sup> 6 Eggs Season it w<sup>th</sup> a little Nutmeg and beat it  
w<sup>th</sup> a burchen Rod till y<sup>e</sup> have beat the posseth Crud & Eggs  
well together then putt fine flower into It and Make it as  
Batter for fritters y<sup>e</sup> may put in Sugar then take Clarified  
beefe Suet Make it boyle before y<sup>e</sup> put any in them  
boyle them as y<sup>e</sup> did the little Puddings Serve them

### Sherrett Fritters —

Take a pint of the Pulph of Sherrette & a spoonfull of  
flower the Yolkes of Eggs w<sup>th</sup> Sugar and Spices Make y<sup>e</sup>  
Into thick batter then laye them Out in so Fritters  
Serve them —

## Dutch Weafer's

Take a q<sup>t</sup> of New Milke or Cream warme it Grate very fine  
 a penny loaf or biskett 10 Eggs well beaten w<sup>th</sup> a q<sup>t</sup> of a pound  
 of Sweet Butter melted Some Corriander Seeds a little beaten  
 Cloves a little Salt and fine flower enough to Make a batter  
 like a pan Cake or pudding w<sup>th</sup> 3 or 4 Spoons full of Aleys  
 mingle & stir y<sup>e</sup> well Together and put them into a stone  
 or Earthen pott let it stand Covered w<sup>th</sup> a Cloth before  
 the fire that it may warme and Rise lightly Near  
 the fire 3 hours then let the Iron be made Hot & Pan  
 turned & batter'd and Tye the batter upon a fine Ragg and  
 Turn y<sup>e</sup> that both sides are Hot Over the fire then put  
 in the Batter and Bake the Weafer's well but don't  
 burn y<sup>e</sup> and lay y<sup>e</sup> warme in a Dish serue them very  
 Hot w<sup>th</sup> Sugar over them So eat y<sup>e</sup> dry or w<sup>th</sup> the Juice  
 of a Lemon or an Orange & Some putt Malted butter  
 and Sugar in the Dish but they are best Crisp & Dry like  
 Fritters serve them as a side Dish

## Pippin Tartes

Take 2 Small Oranges pare them thin & boyle y<sup>e</sup> in water till  
 they are tender then shread them Small w<sup>th</sup> a Knife and pare 20  
 Pippins quar<sup>r</sup> & Core y<sup>e</sup> and put to them so much water as  
 will boyle them till they are tender then put in halfe a pound  
 of white Sugar & take the Orange Peel that is shread and the  
 Juice of the Oranges let them boyle till they are pretty thick then  
 lett them coole and Make Open Tartes put it in and sett it in  
 a moderate Oven not so Hot then set them by for Use

To stew Pippins

Take a Gallon, or half a Gallon of the best Pippins pair & quarter them Cutt out the Cores. Stew y<sup>m</sup> in a little sack and Rose water Season y<sup>m</sup> with little beaten Synamon Nuttmegg & Sugar and Squeeze in a lemon Let them stew till they are very tender and when they are cold use them for Taffaty Taffaty Tartes

Orange Tartes

Take sevill Oranges and Grate a little of the Cut Side Rind Slitt y<sup>m</sup> in halves & Squeeze out the Juice into a China Dish and throw the peels into Water shifting it 2 or 3 times a day for two days then have ready a Skillett of Water w<sup>ch</sup> must boyle before you put in y<sup>m</sup> Oranges you must boyle them in two Waters to take the bitternes of when they are tender take them out & Dry them in a Cloath then beat it in a Marble or Stone Mortar till its very fine take their weight in Double Refined Sugar and boyle it to a Syrup and Scum it Clean before y<sup>e</sup> put in your Pulp then boyle it all together till it looks clear and when its ready let it stand till its cold then have ready some puffe past in petty pans and put your Oranges in and put before y<sup>e</sup> put them in the Oven Make a hole on the Topp of your Tartes and put in the Juice and beake them in a quick Oven and serve them

Bean Tartes

Take Green beans boyle them and blanch them then make white Puffe past and put it into petty pans then put a layer of beans and a layer of Ale Sottel of w<sup>th</sup> Sweet meats Except quinces show in a little Sugar ~~beaten~~ between every layer then Cover y<sup>m</sup> Tartes and make a whole on the Topp and put in a quarter of a Pint of the Juice of Lemon to make it Savory put in Marrow Seasoned w<sup>th</sup> Cloves mace & Nuttmeg and a little

Cauded

Cauded Lemon and Orange Peel or plain w<sup>th</sup> y<sup>e</sup> like best and when they come out of the Oven put into every Tart a q<sup>ty</sup> of Lapint of white wine thickned up w<sup>th</sup> the yolke of an Egg and a bit of butter and these Tartes are to be Eat Hot if you like it you may put in a Hard Egg but m<sup>r</sup> Plundale says they are best w<sup>th</sup> out it

### Spinage Tartes

Take Marrow Spinage hard Eggs of each a Hand full Cloves Mace Nutmegg Lemon Peel Shread very fine then put in as many Currans as y<sup>e</sup> thinke fitt w<sup>th</sup> Rasuis Stoned and Shread Cauded Orange & Citron Peel Sweeten it to your Taste Make Puff Paste and make them up in little Square Pastleys bake or frye them as y<sup>e</sup> please

### Tartes De Moye

Make puff paste and lay round your dish then lay a layer of biskett and a layer of butter & Marrow and then a layer of all sorts of well Sweet Meats or as many as you have and so do till the Dish is full then boyle a quart of Cream and thicken it w<sup>th</sup> 4 Eggs and a Spoonfull of Orange Flower Water Sweeten it w<sup>th</sup> good fine Sugar, and half an hour will bake y<sup>e</sup>

### Sett Custards

Take a q<sup>ty</sup> of Cream and Sett it on the fire & boyle it w<sup>th</sup> some Brood Maw when its boyled Sett it to be cold then take 6 Eggs w<sup>th</sup> halfe the whites beat y<sup>e</sup> very well and put in a Spoonfull of Orange Flower or Rose water and put in 3 q<sup>ty</sup> of a pound of fine Sugar Harden the Paste in the Oven and stiff the Corners w<sup>th</sup> brown paper and prick the bottoms w<sup>th</sup> a small pin when you Sett them And fill them when they are enough Sett them by for your Use



## To make Custards

Take a q. of Cream boyle it w<sup>th</sup> a blade of Mace then beat 10 Eggs leaving out half the Whites and take the Mace out and sweeten it with good fine Sugar then put in the Eggs w<sup>th</sup> a Spoonfull of each one Spoonfull of Orange flower water sweeten it to your Taste and put into 4<sup>or</sup> Custard Capps and let y<sup>e</sup> but just boyle up in the Oven and if you boyle the Eggs in the Cream all together then you put y<sup>e</sup> in your Custard Capps <sup>over</sup> night and they will be fitt for Use Next day

## Rice Custards

Take a q. of Cream and boyle it w<sup>th</sup> a blade of Mace then put to it boyled Rice well beatten w<sup>th</sup> your Cream put them together and stir it well together all the while it boyles on the fire and when its enough take it up and sweeten it to your Taste and put in a little Rose water let them stand to be cold then serve them

## Cheese Cakes the best way

Take 8 or 10 Eggs beat y<sup>e</sup> well together w<sup>th</sup> 2 Spoonfulls of fine flower then take a quart of the best Cream butter halfe a pound & one blade of Mace boyle them and putt in 4<sup>or</sup> Eggs stirring it till it boyles the butter part from the Meate, then poure it out & season it with Currans. Nutmeg rosewater & Sugar to y<sup>e</sup> Taste Put butter as bigg as an Egg into the Peast of every Cheese Cakes with a little Sugar set y<sup>e</sup> into an Oven for white bread halfe an hour will bake them a little before y<sup>e</sup> draw y<sup>e</sup> see them over w<sup>th</sup> Rose water & Sugar

\* If you make them w<sup>th</sup> out Currans blanch and beat few Almonds with a little Rose water.

## To make cheefe cakes

Take 3 pintes of New Milke and boyle it very well w<sup>th</sup> Spice then putt  
 In 20 Eggs well beatten whites and all this y<sup>e</sup> well on the fire  
 till they Come to a thick Crud Drown it well from the Whea break  
 it well w<sup>th</sup> yo<sup>r</sup> hand then putt in a pound and a half of Butter worke  
 It well together then Season it as you please then beat the Yolkes  
 of four Eggs more and w<sup>th</sup> 2 spoons beat it all together Make your  
 past Rowle it thin bake it in a quick Oven Take Care the Catteron  
 do not Scorch

## Cheese Cakes

Take a quart of Cream and boyle it then beat the Yolkes of 2 Eggs  
 very well and when the Cream is Cold putt in the Eggs and sett it on  
 againe and boyle it till it Comes to a Crud but not to Whea then  
 Blanch Almonds and beat them w<sup>th</sup> Orange flower Water and  
 put them into the Cream w<sup>th</sup> a little Napells Biskett and a little  
 Green Citteron Shread Imale w<sup>th</sup> Musk Plum Grinded in the Sugar  
 Sweeten'd to your tast w<sup>th</sup> good fine Sugar Rowle it out thin &  
 bake y<sup>e</sup> let not y<sup>e</sup> Oven be to Hot.

## Cheese Cakes

Take 2 gallons of new Milke burn it w<sup>th</sup> Runnett that it may be  
 a tender Crud and when its Come and feather'd Run it thorough a  
 thin strainer and press out the Whea very Dry then beat the Crud  
 w<sup>th</sup> a pound of Sweete butter very well then put to It 12 Eggs w<sup>th</sup>  
 the whites of 6 Season it w<sup>th</sup> Cloves Mars & Cyparsson Nuttmegg  
 and ginger a little Rose water and what Quantity of Currans y<sup>e</sup>  
 please Season it to your tast w<sup>th</sup> good Sugar w<sup>th</sup> a Musk Plum  
 or a Grinded into it then Bake them for Use

## For The Pease

Take fine flower & Eggs three Spoonfulls of Orange flower water  
or Rose water and fair water mixed together as much as will make  
It into a stiffe paste but not so stiffe then Rowle it Out thin  
and put in the Rest of the butter in Rowling it Out againe  
till all the butter is In then make your crust and halfe an hour  
will bake it Eat them Or throw them away —

## To Pott Salmon

Take the middle piece or white piece you have Season it w<sup>th</sup> Cloves  
Mace a little Salt Pepper a bay leafe or two and put it into a pott  
w<sup>th</sup> as much Melted butter as will Cover it then set it In the Oven  
w<sup>th</sup> a Mancheth bread and when its baked take it out of the Pott and  
put it into the pott you Intend to keep it in and poure the butter off  
and Clarifie it and Cover it very well and if y<sup>e</sup> find its not Seasoned  
enough Season it heigher then put it into the Other pott and the  
same way pott Troutes or Elles only you must Cook y<sup>e</sup> —

## To Pott Lobster's

Boyle the Lobsters till they will come out of there shells then take  
their Tayles and the Claws and Season them w<sup>th</sup> Mace Salt and  
and a little pepper then put them into a pott and bake them w<sup>th</sup>  
the best Sweet butter you can gett when they come out of the  
Oven take y<sup>e</sup> out of the pott and put them Into a long pott  
and Clarifie the butter they were baked In w<sup>th</sup> as much more as will  
Cover them very well then sett them by for your Ladyships use

## To Pott Fowles

Pick them very Clean Scize them w<sup>th</sup> white paper and dry them with a Cloath dont wash them for if they be washed they will not keep then season them w<sup>th</sup> Salt pepper Cloves Maiz & Nuttmegg beaten & Mixed all together let them stand 24 hours then place y<sup>e</sup> in the pott w<sup>th</sup> their breasts down = wards and strow Over them some small Cloves & Maiz then pour as much Melted butter as will cover them Tye them down Close and bake them And when they are baked Enough draw y<sup>e</sup> and let them stand a little then putt them in a nother pott w<sup>th</sup> their breasts upwards let it be well scalded and Dried pour of Late the Topp of the butter and put them to keep back the Gravy an the Thick in the bottom — letting your butter be an Inch above your fowles, Six Ducks will Endure 2 Hours baking And the other fowles more or less according to their bigness you must take to Draw the blood and Gravy well and fill the Craves w<sup>th</sup> butter —

## To Pott Pidgeons

Pick them very Clean and wipe y<sup>e</sup> w<sup>th</sup> a Clean Cloath dont wash them season them with Salt pepper, Rowle up a piece of butter in the Seasoning and put in their bellies 6 pidgeons will take up a pound and a half of butter place y<sup>e</sup> in the pott w<sup>th</sup> their breasts downwards and drudge them w<sup>th</sup> flower before you put them In and Tye them down Close and when they are baked take them Out and put them in a nother pott w<sup>th</sup> their breasts upwards keep back the Gravy and if y<sup>e</sup> have not butter Enough Clarified as much more as will cover them prout it over them Lett it In your Cellar for Use —

## To Pott. Hare —

Take a hare and wash him Clean and dry him well from the blood  
w<sup>th</sup> a Cloath Cutt it into 9 or 10 Season it high w<sup>th</sup> Salt & Pepper Mac  
& Nuttmegg put it into a pott w<sup>th</sup> a good deal of fresh butter about  
A pound, a bay leafe or two And when It Comes Out of The Oven  
Take out the bones and put it Into a Mortar and beat it fine and pour  
The butter from the Gravey and Mix it well together w<sup>th</sup> your hands &  
put it into a Glaised venison pott that you Intend to Serve it to The  
Table press it down Close and Clarifie as Much butter as will  
Cover it an Inch above your Meat —

## To Collor Beeffe —

Take a large flank of beefe beat it w<sup>th</sup> your Rowling pin to make  
It lye flat and even Cutt it smooth and Cutt out all the Grissell, pores  
and vaines Then Take an Ounce of Salt Peter the same of Salt pre-  
w<sup>th</sup> pelar beat it small and take a 9<sup>th</sup> of a pound of brown Sugar Mix  
them together and Rubb them well in yo<sup>r</sup> hands and lay it in a tray  
and Sprinckle it once a day w<sup>th</sup> Pumpe water then after it has  
lain 3 days in the tray w<sup>th</sup> Salt peter Nuttmegg and all sorts of Sweet  
herbes w<sup>th</sup> a good Doale of Sage and Sprigge of Rosemary Cutt —  
them and throw y<sup>m</sup> Over the Collops Then Roule it up hard and  
Close as you can like a Collor of brawn and bind it about w<sup>th</sup> Course  
Sape very tite and put it into water Enough to Cover it Season it  
w<sup>th</sup> Salt, pepper a little whole Mac a bunch of Sweet herbes a bay  
leaf or two An Onion and when its baked Rowle it up in a Course  
Cloath and let it lye All Next Day and then you may Eat it  
If you please — You may keep it in liquor it was baked in  
only when its Cold take of all the fat & boyle it up w<sup>th</sup> more water and  
If its not Seasoned high enough Season it higher Let it be Cold then put  
in your beefe into a long pott and Cover it w<sup>th</sup> the Pickle and if you keep it  
a pretty while then boyle up the Pickle now and then as you see occasion  
Lady —

## To Colloer a Breast of Veale

Take a large breast of veale and bone it and take out all the grissells  
 Then take Sage hnie Margoram Savory Swie a little Lemon peece  
 Shread Smale mix them w<sup>th</sup> Salt and popper and Nutmegg 2. or 3  
 hard Eggs hackt. mixe with your meat to Make it lye flat then bone  
 5 Anchovies w<sup>th</sup> about a q<sup>ty</sup> of a pound of Middleing bacon Slice the  
 bacon thin and lay w<sup>th</sup> the anchovies up and down your meat and  
 throw your seasoning and herbes upon it and shread some Marrons  
 and beafe sueth together and mix w<sup>th</sup> the other Ingreduens then  
 Rowle it up hard and Tite w<sup>th</sup> coarse Sape and put it into 3 Collors  
 lye them severally in Clean Cloathes very Tite and hard at both ends  
 Then Make your Pickle Thus

Set on a pott w<sup>th</sup> halfe Milke and water and put in the  
 veale bones with a bunch of Sweett herbes Mace Nutmegg salt and  
 whole pepper abay leaf or two when all these are boyled well till all  
 the goodnes is out take out the bones and put in the Collors and let  
 them boyle tender then take them out and lye them up hard in Clean  
 Cloathes and hang them up till they are Cold then sum of all the fat  
 of the Pickles and when they are boyled enough and both Cold then  
 sum of all the fat of the Pickles and when they are boyled enough  
 put them in and boyle up the Pickle as you find Occasion and later  
 It w<sup>th</sup> Oyle and Vinigar beat up thick together or the Juice of a  
 Lemon

## To Colloer Pidge

Take a fat pidge with of the head Chine hni down the  
 back and take out all the bones and grissells take care you dont pull the  
 skin then lay it in spring water one night next morning dry it with a cloth  
 and cut each side in Halves Season it w<sup>th</sup> Salt whole popper Nutmegg &  
 a little beaten Mace a little Sage Rose Mary and lemon peece rowle y<sup>e</sup>  
 up hard in a cloth and boyle them in bran and water

## To Malabar Fowles

Take Pullett Chicken or veale Sweet breads Mushrooms Oyster's —  
 Anchovies marrow and a little lemon peel a little pepper salt and  
 Nuttmegg a little Dime, Marjoram & Spinage and Spinage a few Sives  
 Mingle all these w<sup>th</sup> the Yolke of an Egg then Raise up the skin of  
 the breast of your fowles and stuff it in and stick it up againe &  
 larde them fill their bellies w<sup>th</sup> Oyster's and Roast y<sup>e</sup> and Make  
 good Gravy Sawe so you may So Pheasants Turkeys or what fowles  
 you please —

## Geese a la Dobe —

Take two geese and Raise their Skins as before and Make the  
 stuffing as for the fowles only instead of Sives put in two Cloves of  
 Garlick Season it high and put some in their bellies as well as between  
 their skins lard them w<sup>th</sup> lemon & Dime then put as much butter in y<sup>e</sup>  
 Stewpan as will brown them on both sides then put them in the butter  
 w<sup>th</sup> strong gravy Seasoned very high and when they are stewed enough  
 Take them Out and thicken the Sauce w<sup>th</sup> a good piece of butter &  
 rowled upon flower w<sup>th</sup> the Yolkes of Eggs beat very well w<sup>th</sup> halfe  
 a pint of Clarrit and let them have a boyle or two so be thick then  
 laye Oyster's and force Meat balls and Crispe Suppette so lay round y<sup>e</sup>  
 Dish Garnish w<sup>th</sup> grated bread and flowers and serve it for a very  
 Gentle Dish to your ladyships Table —

## Make Gravy

thus take alean piece of beefe Cutt and Scotch it in Thre pieces beat  
 it very well and put in a good piece of butter in the pan Frye it brown white  
 the goodness is out then throw it away and put so the Gravy a little  
 Lemon peel Cloves salt popper & Shallott or two a little large Maas &  
 or 4 Anchovies a q<sup>t</sup> of strong beefe broth and halfe a pint of Clarrit  
 white wine or Seder as you would have it white or brown boyle it all  
 together and when its roady put it into an Earthen pot & set it by for use —

Gravy To Sleep

Take a piece of Course Beef or Mutton or what y<sup>o</sup> have and Cover it w<sup>th</sup> water and when its boyled awhile take out the Meate beat it very well and Cutt it into pieces to lett out the Gravy w<sup>th</sup> a bunch of Sweet herbes a little whole popper an Onyon some Salth put it in again and let it stew but not boyle and when you find its of a good brow Collour and its enough take it up and put it into an Earthen pott. Its stand to be Cold then Scum of all the fath and Keep it on wood under another and if y<sup>o</sup> find its Change Collour boyle it up again. Its by for use —

And if for a brow<sup>th</sup> frigatee burne The butter in y<sup>e</sup> fryng pan and Shake in a little flower as its boyled then put in Gravy w<sup>th</sup> and Shake up the frigatee in it And if for white then Melt y<sup>e</sup> Butter w<sup>th</sup> a spoonfull or two of Cream and the yolkes of Eggs w<sup>th</sup> wine or Sider but wine is best —

To make Capers

Take May flowers buds In the Month of May gather them together before they be blown boyle as much vinegar as will Cover y<sup>e</sup> and let its Cools and then put its to them and Cover them Close for 40 Use —

A fine Pudding

Take half a pound of White powder Sugar, a Quarter of a pound of melted Butter drawn thick, a spoonfull of Flower a whole Nutmegg grated, a stick of Cinnamon the Yolke of Twelve Eggs Beat thick, with a peece Underneath and Round the Edge Stick with Citron — Break it half an Hour —

An excellent receipt for Worms in Children

Rhubarb, red Coral, and Ethiops mineral, of each two Drachms. Vitriol of Steel one Drachm, all powdered fine & well mixed divide them in papers twenty Grams each to be taken morning and Evening, and every fourth Day a Dose of Rhubarb. After some time if powders need only be taken once a Day. This is for a Child of ten y<sup>e</sup> old. To be spread according to its age —



Bills of Fare

(1)

Pullett <sup>th</sup> Rice.  
Almond Puding  
Green fish w<sup>th</sup> Eggs  
Mutton Roast

(2)

Turkeys Stuffed & Glazied  
Roast Sweet breads  
Collard Pigg  
Fartes De Moy

(3)

Preeffe ala mode  
Lamb Frigafed  
Neck of Veal in Cattleth  
Mutton Roast

(2)

Rabbetts roast  
Petty Pattans  
Collard Preeffe  
Eggs in Gravy

(1)

Pease Soope  
Salt fish w<sup>th</sup> Eggs  
Breath of Veale Collard  
Pidgeon Pye

(2)

Green herce  
Pancakes  
Par snabs buttered  
Sturgeon

(1)

Sparragh Soope  
Boyled Veal & Bacon  
Apple puding  
Lamb Roast

(2)

Pulletts Roast  
Amlette of Eggs  
Oysters in Shells  
Spinage Pasty

(1)

Griskins in Preeffe  
Partridges boyled w<sup>th</sup> Sallory  
Hedge Hogg Puding  
Lamb in Foynes

(2)

Pidgeons Roast  
Sallamaquandy  
Sherdoones

Lamb Hones Sweet breads Artichok bottoms

(1)

Tur key & Marrow bones  
Chickens Frigafed  
Shake Pye  
Veale Roast

(2)

Roast Lamb  
Pease  
Weaffers  
Fartes

Bills of Fares

(1)

Pottage  
Mutton boyled  
a fruit puding  
a Phillet of veale Roast

(2)

Green Geese Roast  
Pease  
Goosberry Tartes  
Cold Tongues

(1)

Pike Drest w<sup>th</sup> Oysters  
Bread Puding  
Mutton Cutletts  
Sholder of veale Roast stuffd

(2)

Wild Pidgeons  
Petty Pattans  
Pulletts Larded  
Apple Pye

(1)

Pulletts Pollone  
Lemon puding w<sup>th</sup> Pan cakes  
Scallops halfe Larded  
Mutton In Cutletts

(2)

Lamb in Joynts  
Pease  
Salmon or haddins  
Farsey w<sup>th</sup> fritters

(1)

Pulletts ala Dabe  
Carrott puding  
Lamb Pye Sweet  
Mutton Roast

(2)

Turkeys w<sup>th</sup> Eggs  
Morrells & Artichocks  
Collored Pigg  
Almond Tartes

(1)

Beeffe boyled  
veale Cutletts  
Mutton Roast  
a fruit Puding

(2)

Ducks Roast  
Pease  
Tongues  
Cold Sallett

(1)

Pike Roast  
Mutton boyled  
a Pottatoo Pye  
Phillet of veale

(2)

Chickens Roast  
a Farsey  
Oysters in Shell  
Potted Cocks

## (1) Bills of Fare (1)

Calves head Hashed  
Mutton boyled  
Pidgeon Eye  
Pike Roast

(2)

Lamb in Foynetes  
Ragoos of sweet breads  
Stewed pippins  
Potted Eeles

(3)

Loope Mager  
Oatmeal Puding Renous  
Salmon potty fish carpes  
Neck of veal Roast

(2)

Ducks or Partridges  
Oat Cakes Fryed  
Oysters Scalloped  
Primrose leaves fryed w. Eggs

(1)

Veale Ragood  
Rabbett Frynged  
A Marrow Puding  
Sallamungundy

(2)

Turkeys w. Eggs  
Oysters  
Potted wood Cochs  
Apple Pudding

Pidgeons boyled w. Bacon  
Lemon Puding  
Sheeps Tongue Frynged  
Booze boyled

(2)

Chickens Roast  
a Bansey  
Roast Sweet breads  
Potted Eeles

(1)

Hores Tongues  
Boyled Howles  
Peepe Roast  
Stake Pyc

(2)

Pidgeons Roast & Lard  
Goosberry Tartes  
Ragoos of Lamb & Bones  
Potted Eeles or Troutes

(1)

Pike Roast  
Calves head boyled  
Apple Puding  
Roast Fungues

(2)

Lamb Roast  
Pancakes  
Collod beefs  
Sturgeon

## Bills of fare

(1)

A Pottage  
Boyled fish  
an Olive Puding  
Mutton Roast

(2)

Roast Chickens  
Scharrots boyled  
Farte De Moy  
Calves liver larded

(1)

Calves head hashed  
Salmon boyled  
Lamb in Joyntes  
Marrow puding

(2)

Roast Geese  
Almond Pulph  
Rabbits Roast  
Sparrow Gras

(1)

Bacon and chickens  
Lamb & Frigased w. artichocks  
Potty of sweet bread & Levers  
Mutton Roast

(2)

Wood Cochs w. Toasts  
Marrow puding  
Spinage Tartes  
Souped Troutes

(1)

Lamb boyled w. Spinage & Goosberys  
Bread puding  
Griskins of beefe  
Mutton Roast ~~an~~ Mutton roast

(2)

Pulletts w. Eggs  
Lupines  
Potted Partridge  
Almond Tartes

(1)

Calves head hashed  
Petty of Pidgeons  
Mutton Collops broiled or a Pigg  
Roast beefe

(2)

Chickens & Rabbits roast  
Sparragrass  
Potted Elus  
Cheese Cakes

(1)

Beeff Lorraine  
Turkeys boyled w. Toasts  
Pulpatoons  
Mutton Pattletts

(2)

2 pulletts stuffed w. Cysters  
Lamb in Joyntes  
Claroy in Cakes  
Grotton Pye ~~hotter pye~~

(1) Bills of Fares — (2)

Lam boyled w<sup>th</sup> Spinage  
a party of Venison  
Manow puding  
Giblet Pye  
Roast Mutton

(2)

Turkeys Roast  
Tansy  
Pease  
Cold Tongues  
Strawberys & Cream

(1)

Orange Puding Orange Puding  
Chickens frigate Chickens frigate

Lamb Roast  
Sallamungundy  
Rabbetts roast  
goos berry foole  
Sturgeon

(1)

Pottage  
Lamb forced  
Pike roath  
Lamb Pye  
Mutton roath

Duchs Roast  
Cheese cakes  
Pease  
Rabbetts roath  
Lobsters & Crabbs

(1)

Lambo neck ala mode  
legg of veale & Beacon  
Spinage puding  
Giblets of Mutton roath  
Sallett of Pickells

(2)

Roast Lamb  
Kidney Toaster  
veal Collored  
Rabbetts roath  
Custard in potts

(1)

Mutton Stewed  
Lambo head boyled  
Veale Roast  
Rabbetts frigate  
Beefe boyled

(2)

Chickens roath  
Apple fritters  
Potted Beefe  
Roast Lamb  
Sallamungundy

(147)  
(1) Bills of Fares — (2)

Salmon boyled w<sup>th</sup> whitehens  
Rabbitts frigased  
Philleth of veal Roast  
Pasty of Venison  
Beans & Bacon

(2)

Duck roast  
Chine of Salmon boyled w<sup>th</sup> Fenell  
Pease  
Tongues  
Black Caps

(1)

Boyled Rabbitts w<sup>th</sup> Turnapps  
Veale (cutt letts)  
Hunch of venison roast  
Fruit puding  
Beans & Bacon

(2)

Lamb roast  
Artichocks  
Butterd apple pye  
Midd Tongues  
Surgeon

(1)

Chickens w<sup>th</sup> Goose berries  
Lamb frigased  
Larons Roast  
Puding baked  
Loyne of veal roast

Rabbitts Roast  
Spanagras  
Tartor  
Pancakes  
Collard beef

(1)

a Hoggs head boyled w<sup>th</sup> chickens  
legg of Mutton forc'd  
Loyne of veale roast  
Sweett Lamb Pye  
Frigassee of Rabbitts

(2)

Green heele  
a Hedge hogg  
Larkes Roast  
Neates Tongues  
Surgeon

(1)

Turkeys boyled w<sup>th</sup> Marrow bones  
Frigassee of Trotters  
Loyne of veal Roast  
Bacon Fryes  
Mutton in (cutt letts)

(2)

Green heefe  
Roast Sweett breads  
Pigg Petty Towel  
Cold tongues  
Strawberries & Cream

(1) Bills of Fares (2)

Geece ala Dobe  
Mutton Boyled  
Lamb Pye  
Veale Roast  
Giblets Stewed

Rabbetts Roast  
Chuns of Salmon  
Goosberry fool  
Tartes  
Cold Tongues

(2)  
3 Chickens & Rabbetts Roast  
Pease  
Codling Tart w<sup>th</sup> Cream  
Cold Tongues  
Salmon boyled & Pickled

(1)  
Pease Soope  
Legg of Mutton w<sup>th</sup> Colly flowers  
veale (Cuttlets)  
Beeffe Roast  
Carrott Puding

(1)  
Brown Soope large Dish of Fish  
large Dish of Fish  
Rago of veale  
Bread Puding  
Leggett of Mutton Roast

(2)  
Duckes Roast  
Artichocks  
Chickens Roast  
Cheese Cakes  
Collord Beeffe or Pigg

(2)  
Eeles Spitchcock w<sup>th</sup> Smelts  
Shurdons  
Herrings & Fortes  
Buttered apple pye  
Sturgeon

(1)  
Beeff Royale  
Pidgeons & Bacon  
Lamb Pye  
Roast veal  
Italian Puding

(1)  
Boyled veale & Bacon  
Lamb Fuz speed  
Mutton Roast  
Chicken Pye  
Beeffe boyled

(2)  
Partridges Roast  
Kidney Beanes  
Crawfish in Jelly  
Piggs Petty Tossy  
Collord Beeffe

## Bills of Fare

(1)

Crawfish Soup  
Mutton forc'd  
Hunch of venison roast  
Rabbitt frigateed  
Roast veale

(2)

Capons roast  
Kidney beans  
Seares liver larded roast  
Little puddings  
Buttered Craps

(1)

Geese ala Dobe  
boyled Mutton w<sup>th</sup> Colly flowers  
Pidgeon Pye  
Roast Lamb  
Porke Roast

(2)

Rabbitts Roast  
Pease  
Stewed pippens  
Potted venison  
Sharrott fritters

(1)

Scotch ~~Scallops~~ Scallops  
Lamb Fryed  
Egg Pye  
Mutton roast  
Bacon fries

(2)

Green Geese  
Raspberry Cream  
Rabbitts roast  
Collord veale  
Cold Ham

(1)

Gibletts Stewed  
Veale Callops  
Mutton roast  
Rice Pudding  
Beefe boyled

(2)

Chicken & Rabbitts roast  
Goosberry Tart  
Pease  
Strawberry's & Cream  
Cold Salmon

(1)

Pidgeons & Bacon  
White frigatee of Chickens  
Lamb roast  
Dish of boyled Puddings  
Boyled Porke

(2)

Ducks Roast  
Apple pye & Cream  
Sparragrass  
Chicken pye  
Sturgeon



## Doct. Lower's Cordiall Tincture

Take Sena leaves, Ellecompane Root dried sliced liquorish Amasoods —  
 Coriander seeds Guaiacum of black & Cuneus, Rasnis of the Sun washed  
 dried and stoned one pound, steep all these for a fortnight in a glass  
 bottle filled w<sup>th</sup> 3 quarters of the best aquavita, Or so long till the  
 liquor have a red Tincture, then strain it and keep it for use, —  
 Takeing 3 or 4 Spoonfulls in any fit of the Collick or Belly ache  
 Or ston in the Kidneys or any surfeit or Indigestion repeating  
 It Every five or six hours If there be Occasion —

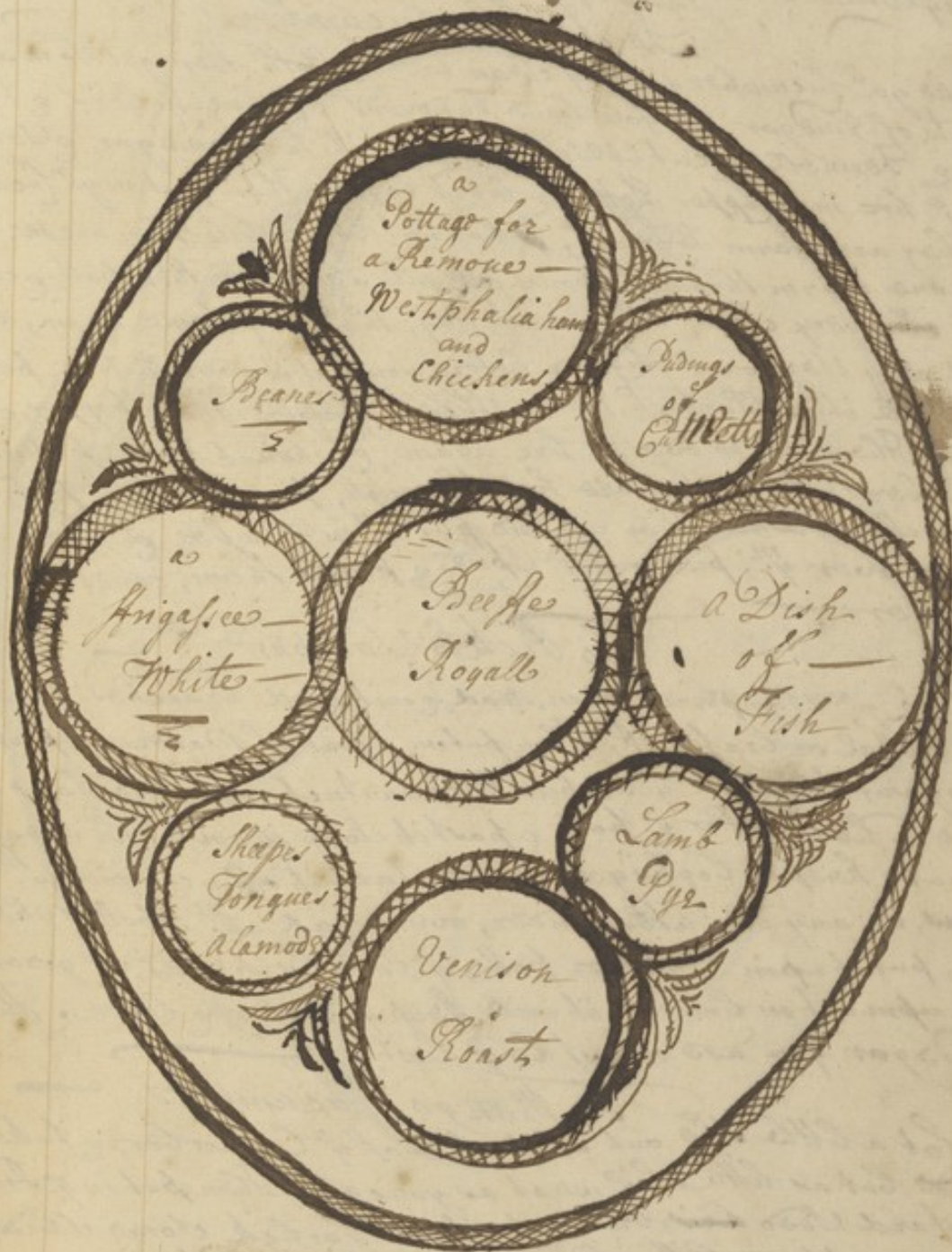
## A Receipt for the Collick

Take a sack glass full of the Juice of Onions & Cuneus.  
 of the Syrup of Marsh Malloes a glass of white wine halfe a  
 pint of Ale mingle all together and make it blood warm and  
 this a little Mutton egg in It, if they can let the Patient Drinke  
 It of at a Draught and it gives present Ease, If they cannot  
 Drinke It of at a Draught leave out some of the Ale —

Take of the Bark of an Oake, two Ounces; boyle in four Quarts  
 Spring water till one halfe be Consumed, adding (toward the End)  
 one Ounce, Red roses, and pomegranate flowers, of each <sup>two</sup> Spoonfulls;  
 the rind of a pomegranate beaten, then add halfe a pint of  
 Red wine, let the part affected be lomented w<sup>th</sup> wollen Cloathes  
 Dight in the liquor that is strained out, two hours before the  
 patient Rises Every Morning and att night when In  
 Bed, till the Symptom Disappear —

Take half a pint of Ale yeast, to, two pound of  
 fine flower, a little salt, make it mett with  
 with new Milk, make it into Dough Lay it before  
 a fire till it rises then Make it into Loaves or Bannets  
 as you please — so for a larger Quantity in proportion

# The first Course



To make Duff-paste for Tarts  
 Rub a quarter of a pound of Butter into a pound of fine flour; Then  
 whip y<sup>e</sup>. whites of two Eggs to Snow, & w<sup>th</sup> cold water & one yolk  
 make it into a paste; Then roll it abroad, & put in by degrees a p.  
 of butter, flouring it over y<sup>e</sup>. butter every time, & roll it up, & roll  
 it out again, & put in more butter: Do so for six or seven times,  
 till it has taken up all y<sup>e</sup>. p. of butter. This paste is good for Tarts  
 or any small things.

To Pickle Cucumbers.

Wash y<sup>e</sup>. Cucumbers very clean w<sup>th</sup> a cloth, then get so many  
 Quarts of Vinegar as you have hundreds of Cucumbers, & take  
 Salt & Tomat, & cut it small, & put it to y<sup>e</sup>. Vinegar, & set it  
 over y<sup>e</sup>. fire in a Copper Kettle, & let it boyle, & then put in y<sup>e</sup>. Cucumbers,  
 till they are warm through, but not boyl while they are in; when  
 they are warm through, pour all into a deep earthen pott, & cover  
 it up ~~very~~ very close till y<sup>e</sup>. next day; then do y<sup>e</sup>. same again; but y<sup>e</sup>  
 third day Season y<sup>e</sup>. Liquor before you set it over y<sup>e</sup>. fire; put in  
 Salt till it is Blackish, Some sliced Ginger, whole pepper, & whole  
 mace. Then set it over y<sup>e</sup>. fire again; & when it boyls, put in y<sup>e</sup>.  
 Cucumbers; when they are hot through, pour y<sup>e</sup>. into y<sup>e</sup>. pott, cover-  
 ing it close; when they are cold put y<sup>e</sup>. in Glasses, & strain the  
 Liquor over y<sup>e</sup>.; pick out y<sup>e</sup>. Spice & put to them; cover y<sup>e</sup>. w<sup>th</sup>.  
 Leather

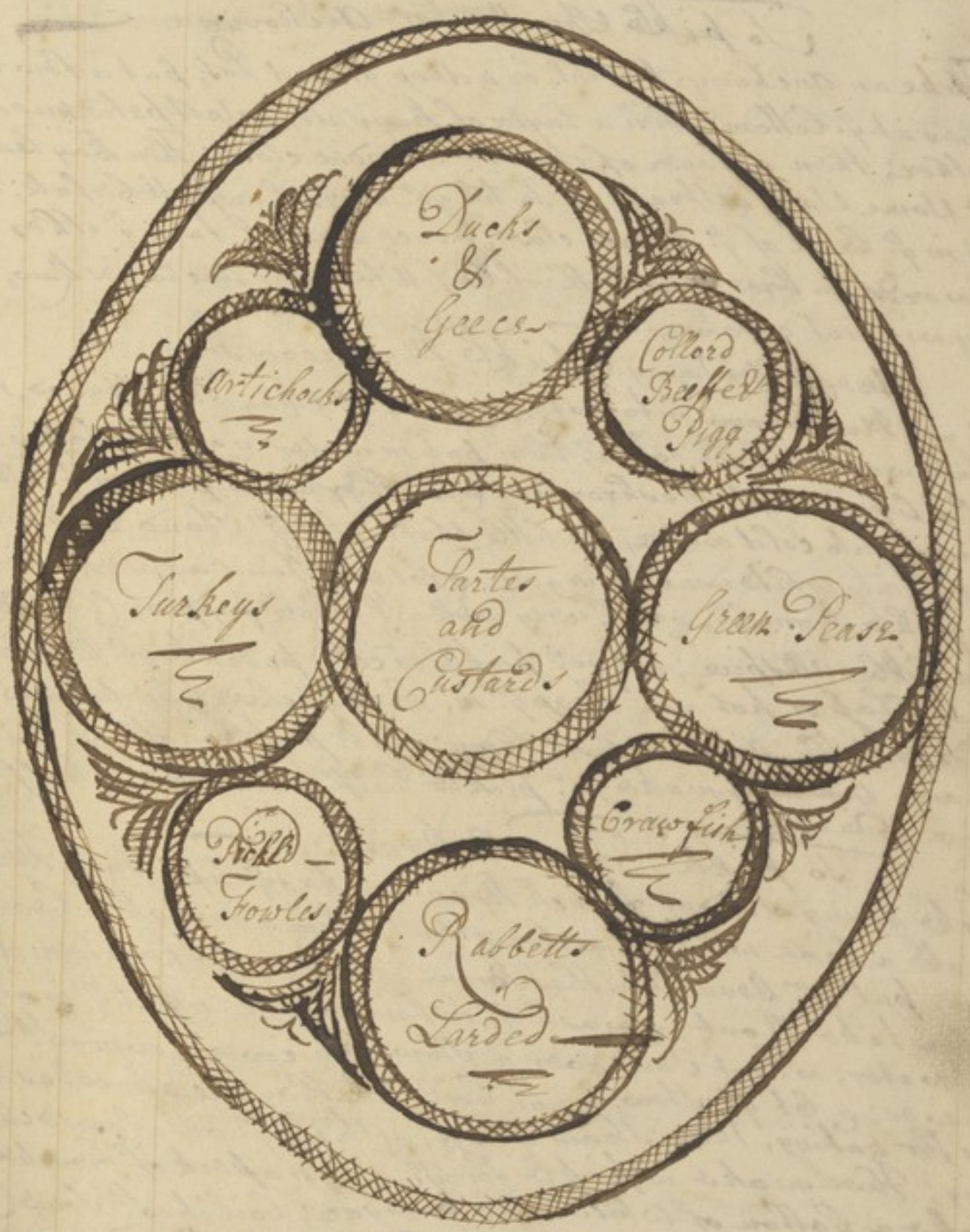
To Pickle Samphire.

Pick y<sup>e</sup>. Samphire from dead & withered branches; lay it in a  
 Bell metall or brass pott; Then put in a pint of Water & a pint of  
 Vinegar; So do till your pickle is an Inch above y<sup>e</sup>. Samphire;  
 have a lid fit for y<sup>e</sup>. pott, & past it close down, y<sup>e</sup>. no steam may  
 go out; keep it boyling an hour, take it off & cover it w<sup>th</sup>. o-  
 bage, or any old cloth, under, over, & all ab. y<sup>e</sup>. pott; when it is  
 cold, put it up in Tubs or potts, y<sup>e</sup>. best by it self; y<sup>e</sup>. great stalks  
 lay upmost in boyling; it will keep y<sup>e</sup>. cooler & better. The  
 Vinegar you use must be y<sup>e</sup>. best.

To Mango Cucumbers.

Cut a little slip out of y<sup>e</sup>. side of y<sup>e</sup>. Cucumber, & take out y<sup>e</sup>  
 seeds but as little of y<sup>e</sup>. me at as you can; Then put in y<sup>e</sup>. Inside  
 Mustard seeds ~~crushed~~, Some Garlic, Some slices of  
 Ginger, Some bits of horseradish; tie y<sup>e</sup>. pieces in again, &  
 make a pickle of Vinegar, Salt, whole pepper, Cloves,  
 Mace, & boyl it, & pour it on y<sup>e</sup>. Mangos, & so do for three  
 day together; when cold cover y<sup>e</sup>. w<sup>th</sup>. Leather

Second Course —



Take this y<sup>e</sup>. Cucumbers pretty thick, & to a dozen of Cucumbers, slice in two or three good Onions, & shrow on y<sup>e</sup>. a large handful of Salt, & let em lye in their Liquor twenty four hours; then drain y<sup>e</sup>. & put em between two coarse cloths; then boile y<sup>e</sup>. best white wine Vinegar, w<sup>th</sup> some Cloves, Mace, & Jamaica pepper in it, & pour it scalding hot over y<sup>e</sup>. as much as will cover them all over; w<sup>th</sup> they are cold, cover y<sup>e</sup>. up w<sup>th</sup> leather & keep y<sup>e</sup>. for use.

### To pickle Spratts for Anchovies

Take an anchovy barrel, or a deep glazed Pot, put a few Bay Leaves at y<sup>e</sup>. bottom; then a layer of Bay salt, & Salt peter mixed together; then a layer of spratts crowded close; then Bay leaves & y<sup>e</sup>. same Salt & spratts, & so till y<sup>e</sup>. barrel or pot be full; then put in y<sup>e</sup>. head of y<sup>e</sup>. barrel close, & once a week turn y<sup>e</sup>. other end upwards; in three months they'll be fit to eat as Anchovies raw, but they will not discolour.

### An excellent way to pickle Mushrooms

Put y<sup>e</sup>. Mushrooms into water, & wash y<sup>e</sup>. clean w<sup>th</sup> a sponge, throw y<sup>e</sup>. into water as you do em; then put in water & a little salt, & w<sup>th</sup> it boile put in y<sup>e</sup>. Mushrooms; & w<sup>th</sup> they boile up scum y<sup>e</sup>. clean, & put y<sup>e</sup>. into cold water, & a little Salt. Let y<sup>e</sup>. stand 24. hours, & put y<sup>e</sup>. into white wine Vinegar, & let em stand a week; then take y<sup>e</sup>. pickle from y<sup>e</sup>. & boile w<sup>th</sup> whole pepper, Cloves, Mace, & a little allspice; w<sup>th</sup> y<sup>e</sup>. pickle is cold, put it to y<sup>e</sup>. Mushrooms in y<sup>e</sup>. glass or pot you keep y<sup>e</sup>. in; keep y<sup>e</sup>. close tyed down w<sup>th</sup> a bladder; the air will hurt them; if y<sup>e</sup>. pickle murther, boile it again: you may make y<sup>e</sup>. pickle half white wine & half white wine Vinegar.

### To pickle French Beans

Take young slender French Beans; take off top & tail; then make a brine w<sup>th</sup> cold water & salt strong enough to bear an Egg; put y<sup>e</sup>. Beans into that brine, & let y<sup>e</sup>. lye four or five days; then take y<sup>e</sup>. out, & wash y<sup>e</sup>. in fair water, & put y<sup>e</sup>. in a kettle of water, w<sup>th</sup> out salt, over a slow fire covered over w<sup>th</sup> some leaves; & let y<sup>e</sup>. stow, & not boile, till they are almost as tender as for eating; then strain y<sup>e</sup>. off, & strain y<sup>e</sup>. on a coarse cloth to dry; then make a pickle for y<sup>e</sup>. To a peck of French Beans take a gallon of white wine Vinegar; boile it w<sup>th</sup> some Cloves, Mace, whole pepper, & sliced Ginger, & w<sup>th</sup> it is cold, put it & y<sup>e</sup>. Beans in a pot tyed down close w<sup>th</sup> leather, for use.

### To pickle y<sup>e</sup>. pods of Radishes

Take y<sup>e</sup>. youngest pods, & put y<sup>e</sup>. in Brine 24. hours; then make a pickle for y<sup>e</sup>. of white wine Vinegar, Cloves, mace, & whole pepper. Boile this & drain y<sup>e</sup>. from y<sup>e</sup>. salt & water, & pour y<sup>e</sup>. liquor on y<sup>e</sup>. boiling hot. put to y<sup>e</sup>. a few leaves of Garlic a little crushed.

To Make white wine that is Brown of a Tree Colour 54

Take two ounces of white Izinglass pounded or beat  
thin add to it a Quart of boyling water mix it &  
dissolve it till liquid add to it a Gallon of milk  
boyl'd over night skim the Cream mix it all together  
and warm it blood warm then use your fomenting  
stick immediatly

To cure a horse that is violently greas'd  
Molten

Oyl of Olive } of each 2 ounces  
Oyl of Turpentine }

Cyparissie } of each 1 ounce  
Myrrice }  
Turmeric }  
aloes }

To be given in a quart of strong beer w<sup>th</sup> a  
whole nutmeg to fast 12 hours before & 12 after

A Receipt for the Gravel &c or a C

Take the Roots of March Mallows  $\frac{1}{2}$  an ounce  
of the Leaves of March Mallows & Mallows  
of each half an handful Boil them together  
in three pints of bath water untill one pint be  
wastee Strain it, & dissolve in it liquor an ounce of  
best Manna, & three Grams of Creusa of Tartar

You must drink one pint of  
above liquor every morning; about two hours after, you  
are to drink some Bristol water about two quarts each morning

If you have not Bristol water Whey or Cooling  
Pistia will doe

When you use it for the Gravel you must not  
drink Bristol water Probatur Est - J. Barth

Occasional water for a Consumption. It hath help'd those  
~~that~~ that have been turid in bee w<sup>th</sup> bowell, thorough  
 extremity of weaknesse

Take a Cock of a year old or thereabouts choak him and  
 pluck him clean then burn off his Hoar and Cutt off his Comb  
 and bill then slit him and take out his Guts & Scraps. Clean  
 without breaking and, Save the blood in a Dish, then Cutt him  
 out in Quarters and Chop the Bones the Neck and the head &  
 put it into a Suetter pott or Earthen pott, and put there to a  
 quart of sack or Musked wine w<sup>th</sup> the party like the best, and  
 so let it stand anight then take it, and put it into a  
 Common Ale that you use to Stee w<sup>th</sup> ale & all the liquor  
 w<sup>th</sup> it, then take a good Handfull of Agrimony as much  
 of bugles the like Quantity of burrage, as much of Indiffe  
 and so much Pimpernelle as of all the rest, chop all  
 these together and strow them on the Cock and take a p.  
 of Reasons of the Sun the stones taken out, halfe a p.  
 of Currants & halfe a Doz. of Dates all kept together  
 and then show it on the Cock, also two ounces of Gunpowder  
 broken into little Pieces, show it uppermost on all these  
 till its out, and let the sick party take those of whom its  
 please and as need require, if the water be too strong  
 then mitigate it w<sup>th</sup> a little pimpernelle water, and  
 alwayes when the party drinketh it, put in good store  
 of Sugar to it

M<sup>r</sup> Ayres's Receipt for a Consumption

Take the yolke of an ew laid Egg, as much of the  
 flower of Brimston as will lye on a large point Knife,  
 twice that Quantity of the flower of white Sugar a Candy  
 2 or 3 Spoonfulls of Red rose water Mix all together &  
 Drink it fasting in the Morning

The Composition of an Excellent & most precious Ointment  
 To heale presently any Scalding or burning w<sup>th</sup> Fryer, Hotwater, powder or  
 what soever else, either presently applied (at which time it works best by  
 Effects and Hinderis all blistering & braking out) or at any other time after  
 whensoever and heales w<sup>th</sup> out Doubt In so much yt. I have seen the Seller  
 of this Ointment suffer hott burning Bacon to Dropp on his Hand & Hot  
 boyleing lead, only in the assurance he had in this present Remadie, which he  
 applied to it, his Hand being touch'd before w<sup>th</sup> any Defensive Matter

+ Take about a wine Pint of Oyle Olive, and  
 put into a cleane pipkin then gather some of the Spriggs of Elder tree  
 of those no bigger then the top of your little finger, also halfe a handfull  
 of the smallest and youngest leaves — Scrape of lightlie the uppermost rinde  
 of the Spriggs, and throw it away then Scrape of the second rinde of the Spriggs w<sup>th</sup>  
 y<sup>e</sup> Greene and reserve about a Handfull of it w<sup>th</sup> together w<sup>th</sup> the leaves put into y<sup>e</sup>  
 Pipkin w<sup>th</sup> the Oyle, take also a few Plantain leaves and a few of the leaves of  
 Senegrene at your owne Discretion and put y<sup>e</sup> likewise in, also six part  
 of Thronge wine vinegar, two or three Spoonfulls of Urine, and about two Inches  
 of Tallow (then Candles w<sup>th</sup> out the Wecke let all this boyle together at a soft fire  
 about halfe an hour, stirring it now & then pass it thorough a coarse linnen  
 cloath, and put again into the Pipkin that w<sup>th</sup> is strain'd out, and put to  
 it a little yellow wax (to a pint of Oyle an Ounce & a halfe of Wax) and let  
 it melt together stirring and it will come to an Ointment or Salve, w<sup>th</sup>  
 you may keep in a viall or box, when you will use it spread it thin upon a  
 Paper or linnen and clap it to the burnt place lettig it lye 24 Hours and  
 if it suffis not refresh it, and let it lye other 24 hours, if it be applied  
 In this sort preventie upon the Scald it presently takes out the Fryer,  
 Hinderis the blistering and Edours, and heales it in least a quarter of an  
 hour, It is Sovereain against the swelling or Inflammacion of the leggs  
 called in Italian Rosipole, as also for all other heats — whatsoe

Probatum Est:

+ How to make sack Virgine (that is Virgins milk) w<sup>th</sup> women in Italy  
 use to make their face faire, and Heals Pimples, Pimple & Chancre  
 Spots in the face, Hands, also it killeth Tetter's (Cureth the Itch, and takes  
 away Sun burning: ————— Turn Over



(107)  
Take halfe a pint of Letherge of Gold in fine powder pour halfe  
a pint of Strong wine vinegar upon it or some what more in a cleane pippin  
then let it seeth awhile, and after setting it wale, take it from the fire  
and when it is clear and thoroughly settled, pour it into a vial and  
preserve it. — Take also another cleane Pippin and put into it  
a good Handfull of Salt w<sup>th</sup> halfe a pint of Running Water, let it seeth  
till halfe Consumed stirring it still ~~\_\_\_\_\_~~ then take it from the fire  
and when it is cold pour the clearest from the rest & keep it also in  
a vial.

When you will use these Waters take a quantity of the  
Letherge Water either in your hand or in a spoon and pour into it a  
little of the Salt water and it will presently, being mixed together turn  
to a white cream w<sup>ch</sup> is the sack virgini w<sup>th</sup> which you are only to anoint  
the place and so let it drye

+ For Leprous spots or any other Principles take the Water w<sup>ch</sup>  
standeth upon Tetarra Berchs annoint often, this was Prescribed by Doctor  
Butler, to S<sup>r</sup> Thomas Wallfingham & his to S<sup>r</sup> Tho: Smith & approved by  
both

### The Chief & best of Plaisters

Take virginis Wax Hearts Grease Mastick, Frankensence, peremetry  
of each 4 Ounces, Refined Rosen 3 Ounces Melt all these together  
in a little fyre, then strain y<sup>e</sup> into a litle Pottle of white wine,  
then boyle it slowly for four hours then let it be almost cold, then  
take 4 Ounces of the best Venice Turpentine and 4 Drames of  
Champhire beat small & put amongst the Turpentine, Dropp  
them into the rest stirring it constantly when y<sup>e</sup> find it cold  
Make it into Roles for your use

It is good for all wounds  
and sores and or new in any place it cures the head ach laid  
in the forehead or temples, It helpeth all paines in the liver, spleen,  
Back, Arms, or Leggs it cures Coughs & any swellings in any part, it  
cureth the bloody flux laid on the belly, It helpeth the Gout  
and Liners that are prunch or Dry for want of Moisture It  
helpeth the Piles or Hemeroids spread upon kids Leather and laid on all  
the places quired in a shorter time than other Medicines

A Receipt for The Scurvey

Take as Many pins Tops, as five Gallons of Aleworth will Cover & boyle them therein an hour when cold worke it as other Ale when fitt to Tunne, put in w<sup>th</sup> it 2 Handfulls of Ground Tries, one of Sage & one of Scurvigrass and let it stand ten Days then Take a pint in the Morning and a pint about 4 a Clock in the afternoon -

You may proportion your Quantity to what y<sup>e</sup> Please  
For the Stone in the Kidneys or Bladder.

Take 5 Quarts of White wine as much strong beer Six ounces of Sassafras thin sliced, as much of Sawaperilla shed, anniseed, Parsly seeds of each three ounces: Sassafras seed one ounce, the like of horse pound, the Minor kind of Elder tree Ho of water of each one Handfull, Juniper berries one ounce, three Lemons sliced & Raisin & all, put to the Lemons first before you mingle y<sup>e</sup> halfe an ounce of Oyle of Viterals, put all these together in an Earthen pott & Close Coverd to Infuse 24 hours, then put y<sup>e</sup> into a Cold Still with a soft fyre & let it be close stoped

Its to be taken in the Morning fasting betwixt a Clock in the afternoon: Eight Spoonfulls of water as much of White wine. One Spoonfull of the Syrup of Althsea or Syrup of Roses: for prevention take it every Month at the full of the Moon for 3 Dayes or at any other time when y<sup>e</sup> are sicke

A Certain Remedy for falling Sickness or Convulsion gett

Take Earth Worms and Drye them before a Quick fyre (but be sure y<sup>e</sup> Do not burn them and when they are quite Dry, make them into a fine powder, at the change of the moon or when it is Comp. by the poles in any distilled water or liquid thing

For a man or woman as much as will lye upon a shilling, for younger persons, as much as will lye upon a six pence & take an hour or two after

The Worms must be cleas'd w<sup>th</sup> salt & wash'd Clean before you Dry them, they must be great Care in Drying them

The Plaster for my breath

Take halfe pint of Salts Oyle & two ounces of white lead, & two ounces of red lead, then boile them all together over a soft fire till it cometh to be thick also put in 3 ounces of Castell Soap spread it for use

a Receipt against chill blanes

Take your own water & boyle it in a new Pipkin and put in a handfull of Bay Salt & a handfull of Anniseed, then take a red Bath and bath the Chill blanes, and as often as y<sup>e</sup> bath let the water be warmed and y<sup>e</sup> will certainly be cured, let the water be as hott as possible you can endure it, and bath Night & Morning

This Receipt is good either for a Cold or Feaver or Stopage in the Stomach

Take a pint of Milk & set it over the fire till it boyles, then turne it to a clear poynt Drink w<sup>th</sup> small Beer, and skin of this Peed very clean, then set it on the fire again, then take a sprigg of Love go and as much of Angelico w<sup>th</sup> a quantity of Pimpernell the biggest of Awalnut, w<sup>th</sup> a spoonfull of Mary Gold flowers, set it on the fire and let it boyle till it is halfe waisted, then take it off the fire and strain it very clean, let it stand till it be blood warm then put into it the Sirrup of Clove Jolly flowers & violetts & Red weed of each a spoonfull, so Drink it just as y<sup>e</sup> go to bed pretty Warm, if you have amund you may put in the Sirrup of Elder

To cure a cough

Take an ounce & a halfe of Licompain boyle it in two quart of Spring Water to one quart, then boile it up in brown Sugar of Candie, a little boyle will do, a pound of Sugar to a quart of water

To cure a Consumption

Take a good large Knuckell of Deale and boyle it in six quart of Spring Water, till it comes to three quart, then take a little wood sorrel, and a good handfull of Charvell, and give it 3 or 4 times a day then strain it & Drink it Morning & Night

To Make a Syrup of Saffron

Take a q. of Burrage water and infuse as Many Mary Gold Flowers gathered dry as you can get into it, but first Stamp them and put them in an Earthen Pitcher and sett it in a pott of water for 3 hours Over the fire let it boyle very gently, but never Open it till the next Day that it is Cold, then strain it out Clean from the flowers, and put to the Juice halfe an Ounce of Saffron, & put it in a Pitcher and Infuse it 2 Hours, then let it stand in Open till next Day let it be from the beginning to the end always stopp, then strain out the Saffron and to a pint of Juice 2 pound of Sugar, and let it stand Over a gentle fire and scum it whilst any wile rise, boyle it a little or not a Tale and when Cold bottle it up

To Preserve Garlick Excellent for any stuffing

Or Cole

Take of the largest Garlick you can get, Pick it Clean & weigh it to every <sup>halfe</sup> pound of Garlick you must have pound of Sugar, two Ounces of Sugar a Candy, a quarter of a pint of Raisens of the Sun & a quart of a pound of Eggs when the Garlick is pickt, put Down a Skillet of water on the fire and when its Sealding hott, put in the Garlick and let it boyle up, then pour of the ~~water~~ <sup>water</sup>, and put more Sealding hott water to the Garlick and let it boyle in yt. two or three wales this you must Do a third time, then take the Sugar finely beate, and put into the preserving pan w. five or six spoons full of fair water w. let boyle gently till the scum rises, then w. a spoon take the scum of and put in your Garlick w. must be kept hot all this while in the Skillet & the rest of your Ingredients, the feggs must be still the raisens stoned and the Sugar a Candy finely beateu boiles all together on a very slow fire halfe an hour stirring it, & but very gently, for fear of brakeing the Garlick, when it is enough take it of & put it up for use, & if you keep it in a dry place it will keep halfe a year

## To make the Issue Plaster

Take aqua<sup>re</sup> of ap<sup>er</sup> of Yellow wax thin sliced; And the same weight of Venice Turpentine, Vermillion an Ounce & a halfe, Red lead halfe an Ounce Orrise powder halfe an Ounce, Musk two grains grind the Musk w<sup>th</sup> the Handle of a Knife on a Paper; Let the Lead & Vermillion be ground on a Painter's Stone & Sarch<sup>t</sup> very fine melt the wax w<sup>th</sup> the Rest of the Other Ingredients And when it is thoroughly Hot, but let it not boyle, then Dip in narrow longe Cloathes the breadth of a plaster, & stretch them on both Sides w<sup>th</sup> the back of a Knife, then Hang them on a smooth Stick, as fast as y<sup>e</sup> Dip them, keeps the sheet w<sup>th</sup> a constant heat like all be Dyped out w<sup>th</sup> the Cloath, the Cloath must not be fine, nor yet coarse, Old Cloath, when new about 3 Shill<sup>ings</sup> price cut ready to Dip to about a yard or 3 quarters length as it will fall out, when they have hung to be cold, take them to the end of the table & smooth them hardish w<sup>th</sup> the back of a Knife then cut them out in such plaisters for use as you have seen a p<sup>er</sup>theron, keep them in bladder close from the Ayre; this quantity will last a year good, if kept close keeping on Plaster, w<sup>th</sup> w<sup>th</sup> & turned it will do well, a whole week many a time unless the Issue run very plentifully

for a bruise or Spraine

Take Ferricollus, Diaculum Cumgummy the Red lead plaster and Burgammy ~~plaster~~ Pitch, alike quantity melt all these together & spread on Satt<sup>le</sup> Leather & let it lye till it Drop of a Dyet Drink

Take harden Scurvy grass, Brooklime, Sorrel, watercresses of each four Handfulls, Horse Radish roots an Ounce, beat them altogether in a Mortar then poure upon y<sup>e</sup> Compound water of Wormes four Ounces, & half a Pint of white wine, let it steepe some time & afterwards strain it & take thereof two Spoonfulls every Morning in a Draught of ordinary Drink

The Receipt for the Rheumatisme

Take an Ounce of Callico Staine & steep the same over night in a glass of white wine, and in the morning Dissolve it in the wine and take it early with water = Gruell Keeping y<sup>e</sup> self warm &c. and Repeat the same the second Day after if Occasion requires &c.

For the Chui = Cough

Take a Pint of Hyssop water, put as much Cup-nose in it as it will well hold, Infuse upon a gentle fire 3 or 4 Hours & close cover'd till halfe be wasted then strain out the liquor & boyle it up w<sup>th</sup> Brown Sugar Candy, proportioned as a pound to a pint

M<sup>o</sup>. Altea Receipt for achesing in the Throat & Shortness of Breath

Take of Figgs, Dates, Razons, Lignerish & Barley of each one Penny worth boyle them in 3 q<sup>ts</sup> of water to 2 q<sup>ts</sup> to each quart put one Ounce of the Syrup of Violetts or Maiden Hair

A Receipt to Drive & Repell heats & Pimples out of the face

An Ounce of flooer of Brimstones

An Ounce of Cinnamon

As much Champer as a walnut

all these things mingled together in Capon's Grass very finely Searched

Take inwardly at the same times As much flower of Brimstones as will lye upon a six pence in a spoon full of the Syrup of Gelleflower's for 3 Dayes together successively. then for bear and take the same.

Mirth Distilled in sack,

And wash the face w<sup>th</sup> it and it will make one looke faire

M<sup>o</sup>. Lady L. Lady Stanope



Doctor Mathias the Christians own Drunk, good for the spleen  
 & Mellancolly, which cured him when he was almost Dracted w<sup>th</sup>  
 Mellancolly. —

Take a Rundlet will hold eight Gallons, well seasoned, put in a bagg w<sup>th</sup> a Pible  
 Stone, six Handfulls of Rosemary Stalks, and alle, five Handfulls of Rabona  
 Picked from the Stalkes. Cowslip flowers Marigold flowers, Clove Gillyflowers  
 Borrage, and Buglas flowers, of Each of these flowers two Handfulls. These  
 in a lesser Bagg w<sup>th</sup> a lesser stone, put in 4 Bunces of Nutmeggs sliced, Put  
 both the Baggs in the Rundlet fill it up w<sup>th</sup> Ale, after 14 or 15 Dayes Drink  
 it Morning & Evening. at Meales when y<sup>e</sup> will. This is good for the  
 Spleene w<sup>ch</sup> causeth Mellancolly. —

### A Very Excellent Water against Mellancolly. —

Take of Rinks six handfulls, of Rosemary flowers three, and three of  
 Damask Roses, two of Borrage and Buglas flowers, one of Cowslippes,  
 one of Marigold flowers, one of Bawme, and four of Clove Gillyflowers, halfe  
 an ounce of Synamone, two Penny worth of Safron, one ounce of Anniseeds,  
 two Nutmeggs, pounde d grossely, steep all these in a pottle of sack, stirring it  
 Once a Day. So still them in a rose still, Making a soft fire, peate y<sup>e</sup>  
 still round about very close, lye in a fine cloath three grames of Muske at  
 the stills mouth, that it may Drop thorough when it is stilled. Take six  
 Bunces of <sup>white</sup> Sugar a Candie pound it very small & put it into your glass of  
 water, take three times a week of it fasting, two Spoonfulls at a lyme, &  
 so at other times as y<sup>e</sup> shall have Occasion, gather the flowers as  
 they blow at their times, and steep y<sup>e</sup> in sack, till you have y<sup>e</sup>  
 altogether and so still them. —

For Shaking of the Heart

Boyle Bettony in Possett Drinke and Use so.  
 Drinke it. Probatum est.

The way to get wealth &c.



An approved Medicine called *Amur* to be taken Every Spring and fall from the first of Aprill to the End thereof and from the Midd<sup>e</sup> of Septemb<sup>r</sup> to the Midd<sup>e</sup> of October

- Sena Alexandria 4 Ounces
- Ruyberrie Hull'd 2 Ounces
- When keas bruised 3 Ounces
- Sarsaparilla 2 Ounces
- Rubarb 2 Drams
- right Gallipodemus of Oak 6 Ounces
- Amur seed 2 Ounces
- Sassafras wood 2 Ounces

Let also these severals be bruised to powder Grovelly beaten saving the Sena w<sup>ch</sup> must be put in whole & when the Ale above is hath done working stop it up & cover leaving good store of barne on the top and after 3 or 4 Dayes, Drink there of Every Morning halfe a pint & Every Evening three parts of halfe a pint

Take 4 Gallons of the Strongest Ale 4 Ounces and boile it till it comes to three or three about, let it be of the first spout as Brewers call it, Turn it up w<sup>th</sup> good store of Barne that it may worke well, but against 4<sup>th</sup> be ready to Turn it Make a Canvas bag w<sup>th</sup> a Hazell stick thrust thorough it and so fasten the Bagg to the stick, that it may not loose w<sup>ch</sup> is 3 fingers of the Bottom of the Barrell bottom, put close over the top w<sup>th</sup> the Barne, Put also your Ingredients into the Bagg

The Pebrals Drink

Take a pound of Razine Stones, ap<sup>o</sup> of Eggs sliced and well wiped boyle them in a Gallon of water whilst it is almost halfe waisted then take halfe an Ounce of liquorish, as much of Amur seed, both in it w<sup>th</sup> a pestle put those in and boyle them a little before 4<sup>th</sup> take it off the fire strain it thorough a sieve and pour it upon a Handfull of Boyed Sage & let it remain in it whole 4<sup>th</sup> Drink it May Drink a Draught in the Morning & at night w<sup>ch</sup> 4<sup>th</sup> be lobed, If 4<sup>th</sup> be the Sage you may leave it out, and a Draught at 4<sup>th</sup> o'clock in the afternoon if you please

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for a Red face or to Draw any Humors out of the face

Beat bay salt into powder and Quilt it into a Linen  
Coath fitt to wear at the Soles of your feet, and Dry them every Morning  
and Evening in a hot Dish and wear Night & Day for a fortnight or  
three weeks This is known to be good & Effectual

The Black Salve

Take a quart of Sheep Trotters Oyle & Skill. a quart or the best Salter Oil  
and a pound & a halfe of Red Lead put them both into a Skillet & boyle them  
softly, continually stirring them softly for above 2 hours till grow black  
then take it off the fire, and take bees wax about the bigness of a walnut  
and as much Rozin, Melt the wax & beate the Rozin before y<sup>e</sup> put the  
into the Oyle, then set them again over the fire, and let y<sup>e</sup> boyle  
softly for about a quarter of an hour, stirring it continually, then  
take of the Skillet and let it stand awhile to cool, & when it is a little  
more then blood warme put it into a beason of Rhenish water, and  
when it is blood warme you make it up in Roles, & spread it on  
Leather, On the fleshy Side

a Poultice for a sore throat

Take a pint of Milke & steale Maunchett, grate it into the Milke,  
a white lilly Roster chopt small, let it boyle till its thick, then  
it with an ounce of Oyle of Camomile, spread it upon Coath,  
It pretty thick with Saffron put it to your throat as hott as y<sup>e</sup> can  
endure it, and as it cooles heat it & put it on again this you  
must do when y<sup>e</sup> go to bed

To take away heat in the face

a Pint of Suckery water, 3 Drams of Rubarb, a q<sup>ty</sup> of a pound  
the best blew Currants, six leaves of Senney, <sup>put</sup> all this in a Dipkin  
the like the Currants be plump & tender then put it in a Gallypott and  
keep it close cover'd, take one Spoonfull every Morning and likewise  
one Spoonfull of the Currants the same every Night, Spring & Summer

To Make Symp of Marsh Mallows 1664

Barley, Parsley, Mellice, Radiffe, Sackory, Muske Million, & Little seeds of each 3 Drams, of Sweet fennell seeds, of Liguorish my seeds, of Madien hair of each an Ounce, 3 Drachmes of Metches, of Saxifrage, of red Sisters, of each one Ounce, 3 Handfuls of Pellitorie of the wale, 2 Handfuls of Plantain, 4 Handfuls of Marsh Mallows, a penny worth of longe Grass Rootes, a penny worth of Sparrow Grass Rootes, one Handful of Barwell, 2 Handfuls of Galmus one Handful of the Rareri of the Sea Stones

Bruse the seeds, & Rafins and byes them ale in a bagg, and put y<sup>e</sup> in Six Quarts of Conduitt water, boyle them in ane pippin till they come to 3 quarts, then straine it, & put one lb. & a quarter of loafe sugar to it

Doctor Burges Directions ag<sup>t</sup> the Plague

Take 3 pintes of Malt <sup>wine</sup> and boyle therein a Handfull of Sage and a Handfull of Rue till a pint be waisted, then strain it, & set it over the fire againe; then put thereto a penny worth of longe Pepper, and halfe an Ounce of Ginger, and a q<sup>ty</sup> of an Ounce of Nutmeggs, all beaten together, let it boyle a litle and put thereto 4 penny worth of Methuens date, a penny worth of Frankles and a q<sup>ty</sup> of a pint of good Angelica water of the best

Keep this as y<sup>e</sup> life above alle worldly Treasure, take of it wayes both Morning & Evening a Spoonfull or two, if you be already infected, and sweat therupon, if not, a spoonfull a day is sufficient, take a spoonfull in the Morning, & halfe a spoonfull in the Evening, take alle the plague thus under God trust to this, for there was neither Man, woman, or child that this Decided, this is not only for the Common plague but also for the sickness but for the Smalle pox, Measles, Scurffs & Fevers & other Diseases

Doc<sup>r</sup>. Smiths Directions ag<sup>t</sup> the Plague

Take one Handfull of Herb grac<sup>e</sup>, as many of Wormewood, Bramble leaves, Alder leaves, Rabonis, Angelica leaves, Walnut leaves, of every one of these take the quantity being gathered in the state of the Day, beat them altogether in a stone Mortar till they be well brused, then put to these herbs one q<sup>ty</sup> of white wine, & one pint of white wine vinegar, & one ounce of Ginger peard & beaten, Cover all these very close, that no air go into it, or steeame send out of it, for the space of three or four dayes, then strain them into a cleane stone or Glass bottle, Give the party a Spoonfull, & those in Danger one Spoonfull, every morning fasting and fast two

8 29:1  
 7 15:0  
 -----  
 14 14:1

15 10 00  
 17 8 00

9 6  
 35

Tea } 1: 17  
 Sugar } 2: 4: 6  
 Cook: -----  
 4: 5: 0  
 Brown }  
 Sugar } 8  
 Orange - 13: 4  
 So - 3: 4  
 -----  
 5: 14: 10  
 4 4 0  
 1 17

Mr. Baker's horse merrit gave the 13 of October 18  
 we can find the seventh of October







Handwritten text on the fore-edge, likely a title or list of contents, including words like "L. G.", "L.", "w", "ta", "L.", "Lu", and "L."









*[Faint handwritten text visible on the right edge of the book cover, including words like 'London', 'The Wellcome Library', and 'wages']*

Jelly of Pippins

Take Twelve Bunches of the clearest pippins you can get pare  
Core & quarter them, throw them into water to keep them soft  
then put them into a pint of Spring water and let them  
as fast as you can dont cover them and when it is boyled  
away strain it out and let it  
The clearest of it and put to  
It boiles half an hour then  
Juice of a Lemon then boyle  
Orange & Citron Peel very  
and paper them up

To Preserve

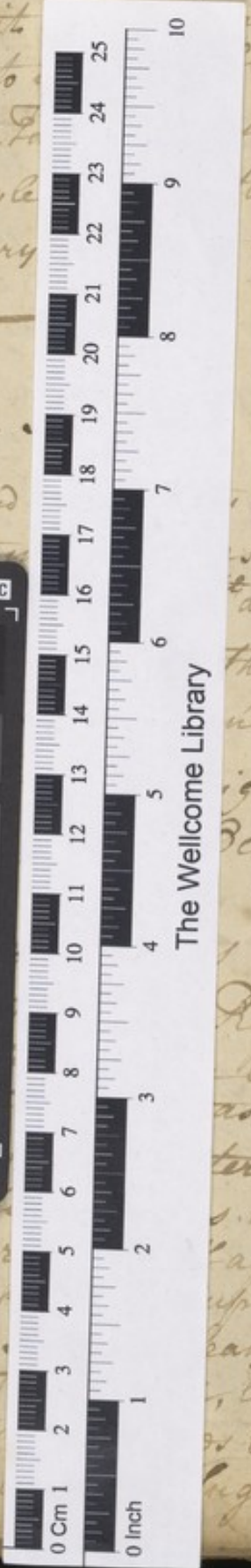
Take Rangoe new gathered and  
Pick and salt and putt it  
Ginger  
Sugar a  
Leasure  
Cold Pot  
and the

Take 10  
them at  
Hennells  
or 4 wate  
Then take 10 uncles of  
10 ounces & a half of Sugar  
Hipes was boyled In and mar  
the sugar and water boyle and  
add putt In the Hipes into  
when it is half boyled, put  
Liquor of Barr berries and

each Day then take  
loafe Sugar and  
and squeeze in the  
the more than putt  
lay in every glass

Reasonable Tende  
as long as your  
as much Clarified  
them boyle very  
and when they are  
ig up the Sympre  
Beesfon

Ripe Syrrion St  
God kin take out the  
wash them well In  
ter till they be Tonder  
s. after they be stoned  
a pint of water  
up for the Hipes, let  
ban and let it cool  
let it boyle and  
or & a half of the  
sugar as your  
ways



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