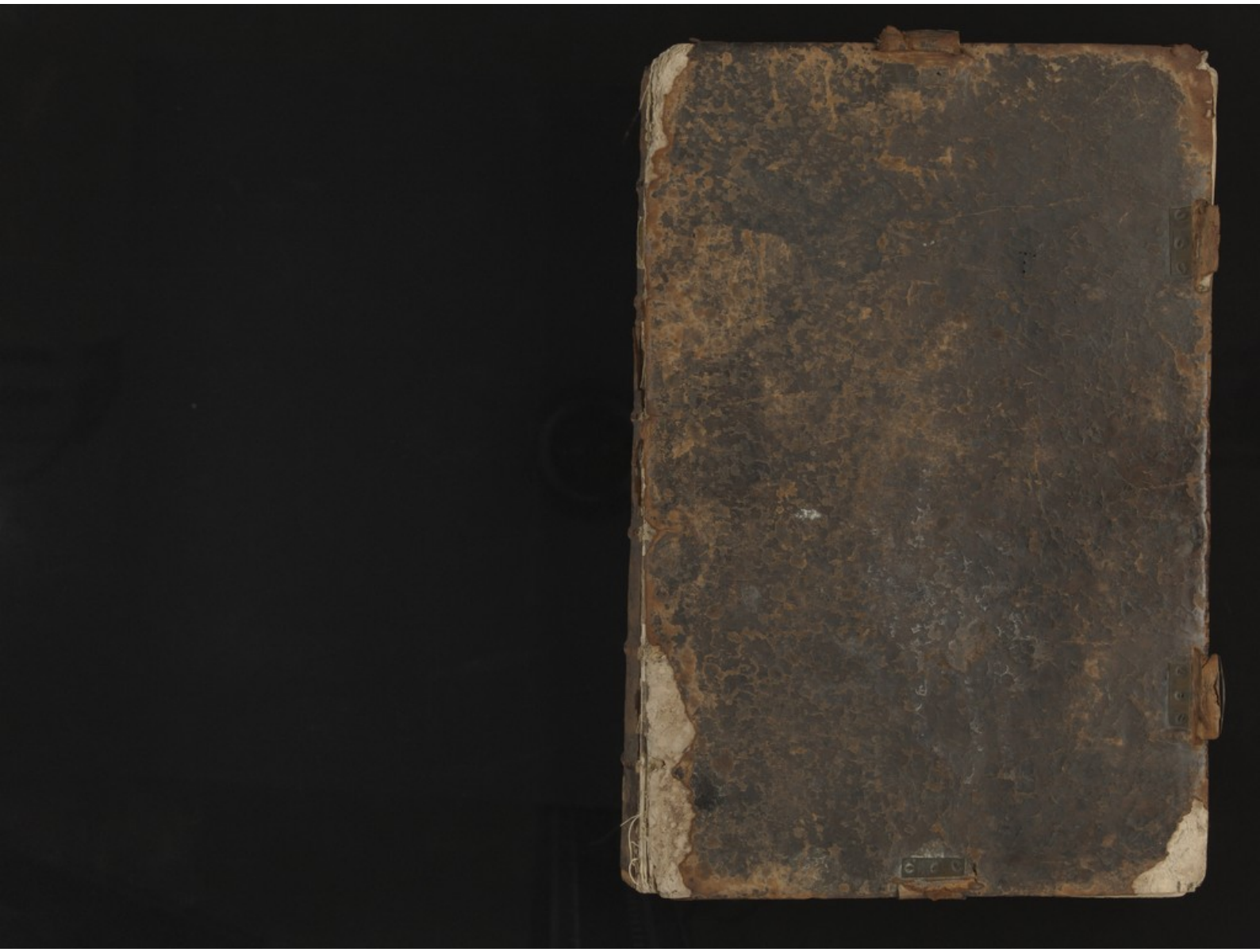

Mris Elizabth Hirst
her Booke 1684

Chirurgery & Physicall drinks.

Agues.

A Tertian Ague

Take halfe a pint of Aquavitæ & new milk from ye Cow, drink it before the fitt, it cureth ye if have had it three yeares.

An Ague in the Brest. &

Take a greate handfull of broade Plantane rootes and leaves, Rue, Cardas, Anniseeds, & Liquorice, bruise all these then take a spoonfull of whole pepper, seeth all these together in a quart off Ale, till it com to a Pint, straine it out, then give the Party to drink morning and evening blood warme.

An Ague.

Take the roots of white sneesing powder & some beaten figgs, & make a playster & spread it upon leather, then lay it to ye wrist & fresh every morning at a constant time.

Another.

Take a peece of leather the bigness of ye Palme of ye hand and cut out a hole for the navell, then warme frankinsence, and spread it on the leather, then spread it over with turpentine & sprinkle it over wth beaten frankinsence, & lay it on ye belly before the fitt com, let it lye till it drop off.

To Make Allmond milk.

Take rink Royle, violett leaves, succory, sorrell, each halfe a handfull, & take an ounce & halfe of French barly well washt and twice scalded, boyle them all in a Pottle of spring water to a quart then let it settell, and when it is almost could, take 9 ounces of Allmond blanch & beate them small, then put 4 ounces of shugar, & a little Rosewater being all beaten together, put thim into your a foresd liquor, stirre it together, then straine it for your use.

6

To cause an Apperite.

It is certaine to take a way the loathsomenesse of meate

Drink 2 drams of the powder of Bettony wth a little drink.

7

To make Almond Milk

Take two quartes of water two ounces of pearle barley Succory roote & fennell roote of each one ounce boyle thyse still it come to three pintes after tis settled take th q^uarte of it & putt into that quarte you take out two ounces of Jordon almons blanched & well beaten. halfe an ounce of white poppy seeds beaten with the pinte remaining & beaten it with fine sugar or syrup of Violetts the almonds & seeds must be beaten twice. & so strained through a fine cleath

8

Against an Appoplexie Sr Willis

Pill the flowers of lime trees in white wine drink 4 spoonefull in y morning fasting and as much 3 howes after diner 3 days so geather every moneth

9

To make Oxporicot wine

Take one pound & a halfe of loafe Sugar 3 pints of faire water putt these to gether over ye fire till they boyle take off ye scume as it ariseth then take 9 pounds of Oxporicks pared & stoned & putt them into ye liquor & let it continue boyling till ye Oxporicot be very tender then take out ye Oxporicots against and take ye liquor from ye fire & let it stand till it be cold then bottle it up if you please you may put one spoyne of fine wood stary into it & let it boyle out after ye stary is in & ye Oxporicots are taken out for it will give it a very good flaver, ye Oxporicots you may make sirrup of them a

10

To Dry Apricocks

To 6 pounds of Oxporicks take 5 pounds and a quarter of Sugar then take you Oxporicks & stone them putt them into ol skillet of water soft it over ye fire till ye Oxporicks be hot through then take you out & putt you into a fetter out of cold water take you out of ye water & putt you into another pot of fresh water you pared you dry them & putt them into a fetter putt of cold water you put to yol Sugar a pewdyger full of water and putt in yol Oxporicks let them boyle very fast for a quarter of an howe, when they are boyled enough they will look cleare then take them of ye fire and putt them in a pot let them stand 2 days & a halfe then let them upon ye bottom of a sieve a drapping a day and a night then take a lbs Sugar Beaten very Small & putt it into a tiffany bagg & dust a plate with it & lay one yol Oxporicots & let them in a warme oven turning them every day till dutton worth plate and Oxporicots very fine you dry them

11

To candy Angellica stalk

Take a pound of ye stalks & lay them in water in howes you soft them out ye fire & boyle you till they be tender you pill them taking you close rowend and when they are pilled put them into ye same water a gardening & in ye water some time take a pound of Loafe Sugar & boyle it to a candy high. then put ye Angellica into it but a little then take them of & every day soft them on ye fire turning of them till they be candyed then dry them out plates

12

A marmalade of Oxporicots

Take ol pound of Oxporicots pared & cut into little slices allmost a pound of double refined Sugar beaten in great powder dip ye Sugar in water & boyle allmost to a candy high then put in the Oxporicots with ol little rosing for by ol is water wherein rosings have been boyled let it be very strong of ye apples boyle it ol little then take it of and putt it into potts or glasses rother

to take in Spine out of any part of ye Body

Cow dung and Hogs Lard heated to gether and applyed warm

A 13

To Make Apoplectic Balsome

Take amber-greece half an ounce ye Best Musk of Alexandria five drams; Zibeth 6 drams; oyl of Lavender 3 drams; of Cinnamon 3 drams & an scruple; of Cloves & Marjoram of each two scruples; of Ru 20 drops; of amber 6 drops; of Styrax Calamita an ounce & a half; of Nutmegs Made by expression eight ounces; Black Indian Balsome or Balsome of Peru four scruples; burnt Ivory which is black finely powdered as well Cooler it if ye please you may omit ye Colouring; observe that you rub ye Musk & ambergrace at ye first with a little fine Loaf sugar ye Mix ye rest of ye things to it; Lastly ye Zibet which some people Leave out for it is Nauseous to woman kind

14

For the Ague

Take Arcanum Duplicatum, Made; ye Caput Mortuum which Remains in the retorts when ye Spirit arise forth the Aqua-fortis Must be Made with only Vitriol & salt Peter & not with allum; take likewise of powder of red Peonies root & of purified salt of armoniac; of each ~~two scruples~~ as Much quantity give ye Patient two scruples an hour and half before the fits comes; you must give three times together before the powder be not Mixed long before you give it for it Looseth its Strength

For an Ague

Take a white cobweb that a spider is newly out of Seat it with ye Handle of a knife till all ye dust and filth be out then make up a peice of it as big as a Large pea and put it in ye ~~Bottom~~ a peice of venice treacle ye Bigness of a Large Gooseberry Let ye patient take it two hours before they expect ye fitt and go to Bed upon it and keep them selves very warm in a breathen sweat if they can repeat 3 times of ye Ague says I hardly ever knew it fail it must be again repeated at ye end of ten days in ye same manner as at first but ye party should first take a vomit

Probat.m

For A paine or weakness in the Back.

Take a comfrey Root & a handfull of camomile, chop them finly & boyle them in a quart of malmsy, till they be sodden soft, then put there too sower leaven & sweet butter, spread it on a linnen cloth & apply it playster-ways unto the Back, having first washt w.th butter & malmsey sodden together, use this 15 days dressing it every 5 da: on Medecine will serve, y.e whole time being still warmid & aid.

A precious Ointment to coole y.e Back.

Excellent

Take Virgins wax a q.tr of an ounce, oyle of Roses 2 ounces, let y.m boyle a little, & stirr them, then put in some Rosewater, & let y.m boyle over a soft fier, then take it off, still working the water & wax together, then take it out of y.e water, & kep it in a box close, so anoynt the Back every 2.d night on both sides & on the Ridge bone.

A Ballsom:

This Balsom is equivolently vertuous to y.e precious great Balsome, only it lasts but 3 years.

Take herb John before Midsomer, bray it as small as yo.u can, let it stand 3 or 4 dayes, then take a paire of wafer Irons w.th out print, & lay y.m in a fier free from smoake, make y.e red hott, then take the stampt herb, & make it into pellells, then put them into Irons & press them over a cleane basn, keep it from moths, so.r let it lye in a close glass.

Biting of a mad Dogg.

often & effectually experimented

Take Matt fennill w.th y.e blew flowers, white Lilly leaves, yarraw, night-shade, y.e blew flowers of wild sage, of each a like quantity, mingle them well together so.r distill them, keepe it for yo.r yeast.

For Man or woeman y.t is bitt you must take 6 spoonfull of it in a porringer, & put thereto a moderate quantity of treacle, mix them well together, then put it into an aleberry or caudle, drink it warme, & ly.e it 3 dayes together.

For a Dog y.t is bitt, mix it w.th milk or perridge, & for a Beast w.th drink. you may if you please add to this herb, a little mercury, knotgrass, here hound & scabias.

A Burning.

Take fresh butter, y.e inward rind of an Elmne, & houseleek, boyle these together, & straine them through a fine cloth, & make an oynt.t there off & anoynt y.e place.

Another.

Take a quart of Boris grease, two handfull of greencill, 2 ozs head of houseleek, stamp the herbs together, then put to it new sheeps dung 2 handfull, & as m.e goose dung, stamp them all together, & boyl hott, straine them through a cloth into an earthen pott, & w.th y.e liquor anoynt y.e place.

A Black Searecloth.

You may lay this searecloth upon any soare, it will stay y.e humour from falling in it, it is good for any ach.

Take a quart of Sallet oyle, half a pound of Red Lead, & half a pound of white Lead sorst finely, boyle these 8 hours in a new pipkin, continually stirring it, w.ch it is almost enough, put in a dram of Camphor & so.r make it into balls upon oyld boards or new dowlas for serecloth.

Against a Bruise or Swelling.

Take a pound of Deers suit, a pound of Yellow Bees wax, a q.tr of a pound of Rosin, 2 spoonfull of Frankinsence, put them all to gether in a dish over the Fier, let them melt & boyle, then power it into a cleane dish, & leave the dregs behind, so.r keepe it boyling and well your clothes in it as it boyles, then coole them and slick them on papers on a table, so.r use it.

Balme Water.

Take 3 q.tr of Sack, & put there in 2 good handfulle & somthing more of Balme, one good handfull of Spearemint, 2 handfull of Burrage w.th y.e Flowers on, & halfe a handfull of Sage, wash not the herbs for the dropp of water spoyles it, Take 3 ounces of Cinnomond, 2 ounces of nutmeggs, bruise y.e Spice in a morter also of herbe to y.e a force.d quantity, then put in 6 pound of Black cherries pick of y.e Stalkes bruise them Stones & all, let all these stope in the wine 2 dayes & 2 nights, then still it in an ordinary still saving y.e first & strongest by it selfe, & so.r y.e 2.d & 3.d, likewise, & put a good quantity of loafe sugar in the thing w.ch receives it.

Most excellent.

A Black salve to cuer all old soars & Ulcers

So they never soe greate.

Take a Gallon of stale strong Ale, 2 handfulls of wood brine leaves halfe a handfull of Red sage, as much Nettlis, a pound of Red Oynions halfe a pt of pild garlick, a pd of unsett Leeks, halfe a handfull of Log powder of Rotten posts, let all these be stampt severall y in a mortar then put them into y Ale. with a pound of Roch Allum, then set them over a soft fier, till one part be boyld away, then straine it and let it stand 3 or 4 dayes in an earthen vessell, then put to it halfe a pound of wax, as much Rosin, green or rose Oyle, a good quantity of stone hony, & set it on a fier. & let it boyle, till one half be consumed, then put it in an earthen pott, & kep it close stopt for yor use. ~

A plaister for a Bruise

Take a pound of Burgundy pitch, halfe a pound of white virgins wax, a qtr of a pound of Frankinsence finely beaten, boyle all these together, for a little time, then power them into a bason of cold faire water, & worke them with your hands into roles, & keepe them close tyd up in papers, & when you are to use them, spreade it on white leather, & apply it to the place greeved, & altho y bruis be inward it will draw it out. It must lye till it fall off, & must be very well stird in y chafer, when it is put in y bason, for the heaviest will sink to y bottome, & cause hard black Lumps, be shure their hands be oyled y work it, to prevent its falling into Lumps. ~~

* and work it well together, lest falling into Lumps.

Lucatellos Balsome.

This Balsom is good for burns, scalds, poyson, bruises to be taken outwardly or inwardly. for an inward bruis, take it in sack warm, for a deep sore melt it & power it in, for a Burne or scald, dip clothes in it & spread it on y soare as hot as possible.

Take 3 pints of y best Sallett Oyle, one Pint of Venice Turpentine, wash it 3 or 4 times, in Red Rose water, till it be very white then take half a pound of the best yellow wax & slice it very thinn, 7 spoonfulls of Sack, put all these together in a Pipkin, set them on y fier, & boyle them one hour & halfe continually stiring it. after put in halfe an ounce of red sanders finely sorst, then boyle it as long as before, then take it of y fier & let it stand to settle soe put it into potts for your use.

Another for Burnes or Scalds.

Take 3 spoonfulls of Sallet Oyle, y bigness of a nutmegg of Bees wax, melt them well together in a Porrenger, then take it of y fier, & put to it y yolk of 2 new layd eggs, stirring it together till it com to be perfect past, or salve, you must use it twice a day spread upon clothes & layd on the soare, & it begins to mend once a day will serve to dress it.

Lucatellos Balsome y better colour, tho both very good.

Take Bees wax 4 ounce, Venus turpentine halfe a pound Sallet Oyle a Pint & halfe, of best Canary a pint, Red sanders an ounce & halfe, stirr y Sack & Oyle together in a Basin for y space of half an houre, put halfe a pint of damask rose water to y turpentine & beate them together till it be white, then melt y wax in a skellet over a small fier soe put in y Turpentine and Rose water, & y Oyle & Sack, let them boyle still stirring it, & when it begins to boyle put in y Sanders, let it boyle an hour or more, still stirring it, then straine it & as it is cold make a hole in y middle & pour out y water which will be in y bottom, soe put up yor balsome for your use, the water is good to wash a soare.

Against shortness of Breath

It is y best remedy for this distemper known

Take a pint of the best hony yo can gett, set it on y fier & scum it cleane, then put in it a bunch of Hop bruisd and let it boyle gently together till y hony tast of it, then straine it well out, & put in it of allicum pane & angellica each y wight of sixpence grated, of ginger y weight of twopence grated, pepper beaten small y weight of twopence y ponder of liquorise 18 penny weight, let them boyle gently together a prety space, then put it in to a gally pott & pour in it 3 spoonfulls of aquavita, continually stirring it still it be throughly cold, then cover it for yor use. Let y Party troubled with stopping or shortness of breath take some of this electuary upon a bruisd liquorice stick doe this often, & expect much good by it. ~

To scale a soare Brest.

Take a little chickwood & a little groundsell, & a little dandelion, & make a pultiss of barly meale, or Rye meale, with a small quantity of sheep or hoggs suet & when it is almost boyld put in y herbs & lay it on y brest pretty warme.

This is very good to ingrease the Appetite of any sick person or to be given when they are weakly for a Diet

To make the Greene Batome

Rosemary one pound Sage one pound Lavender 2 pound Camomill Pimpernell & each half a pound Rosemary & Lavender & a pound & a half cast the most of the herbs then in a morning that ayre is well cooler then let it be put to be hot turn them for a weeke then boile it a quarter of an hour or 2 over ye fire then strane ye herbs from ye boile and lay in fresh ones ye same quantity as before and so ownce then turn it 3 weeks and after that boile it & runne very softly strane it and let the grounds settle so ye bottom powre it in so clear you may keepe it many years make it about the 10 or 12 of may for then the herbs are

The Bitter Purgen Drink

To a Quart more then half a pint of water put in 24 Carduus seeds pick a few slices of Gentian root about 9 or 10 & as much of ye tops of Centaury as you take up with ye tops of ye fingers. Boyle all these a litle while then put in half an ounce of Senna then let them stand 4 or 5 houres as hot as it can with out boyling strain it out and take of it fasting 12 or 14 spoonfulls with 2 spoonfull of syrup of Cycory and Rhubarb and 2 or 3 spoonfull of white wine it is best to keepe ye Chamber with it and to drink before ye working of it thin water cruell boyled with a sprig of time or blade of mace this is a most excellent thing for any illnes proceeds from a foul stomack or likewise from ye green sickness or worms it is to be taken 3 times staying allway before

Dr Lowers bitter draught

Take centery cadaus and commomed flowers of each penny worth as much cadaus and citron seeds and gentian roots boyle all these in 3 pints of spring water pill one pint be wasted then strain it out and put in one drame of salt of wormwood and drink half a pint in the morning and fast an hour after it if you will will have it purge add whence it grade half an ounce of senny let it best to ~~[illegible]~~ drink it a month together

Dr Cox's Bitter Drink

Carduus seeds one ounce gentian roots slice thin 2 drams Citron seeds bruised half an ounce ye tops of Centaury and Commomile flowers of each a handfull velac sandals one dram Cream of tarter 2 drams boile all these in a pint of white wine and a pint and half of water in a pipkin close covered till half a pint be wasted when you intend to drink strain it and take a quarter of a pint spring every morning fasting and as much at 4 a clock in the afternoon and continue it 3 weeks

Collicks

For the Collick.

Take a figg and slice it in ye midle, ye strike it over wth mustard soe lay it to ye navill.

For the Wind Collick in Children.

Take sweet Fennill, comfitts perfumed, & infuse them in small beer soe give it ye Child.

To prevent the Wind Collick & good for ye stone.

Take the quantity of a Beane of ollethredate in two spoonfulls of sack nr you perceive it coming upon you, & lye in bed, keepe warme till it bee gon wch will be in a short time.

An Excellent Remedy for the Collick & Strangulion.

Drink ye juice of Red nettles in 3 or 4 spoonfull of Ale, & put thereto halfe a spoonfull of quinny well beaten, then put a toast in your ale soe drink it in ye morning.

An Approved medicine for ye Collick & pain in ye side.

Take sugar candy comminseeds, bay berries, anniseeds, grainelicke & ye inner skin of ye Pidgeons maw, & ye pith ye runns betwixt ye walnut & kirnell, ye seeds & shugar each halfe a penneworth, dry them well then bray them all together, & use to take a spoonefull at a time or more in white wine luke warme, the best time is morning & Evening, tho it may be taken at any time.

Consumption.

Take a quart of ye top of milk nr it hath stood 2 hours, ye yolks of 30 new layd eggs, halfe a handfull of anniseeds, a stick or two of Liequorice, a quarter of a pound of shugar, halfe a pint of Reverialer still all these & take of ye water a spoonfull at a time, a certaine Remedy.

Against a deepe Consumption.

Take the powder of brimstone finely searst, Rosemary and a quantity of heny, make it into a dough, then make there off little pills as big as a hazell nut, take of them 2 or 3 in a morning fasting & excersise your selfe as strength well permitt, through Gods mercy you shall find good by it.

Cough

For a dangerous Cough.

Take a head of garlick & rost it in ye fier, then take away ye pilling, soe eate it wth hony.

Against a cold Cough or hearsness in ye throate.

Take a qtr of a pint of hysop water, as mch plantan water, as mch anniseeds water, one ounce of Sugar-Candy, 6 cloves of garlick blanched & beaten, ye boyle ym all to a Syrrop, strayne it, & take it on a stick of liquorice.

For a Canker.

Take 2 spoonfulls of live hony, one spoonfull of Rock alum in powder, one of boharmonick, as mch copperas as a bean, let this sheth on a fier, but stirr it well, least it run over, soe use it luke warme.

To make black Cherry Water.

Take 30 pound of black cherries, pick of the stems, pound ym in a morter till ye stones be cracht, then put to ym 2 qrts of sack, cardimum & cubib each one drachm, castor cod 2 drs, pony seeds one ounce, & ye roots of Pony one ounce, scutchineale 2 drs, saffron one dram, fennell seeds one ounce, carraway seeds ~~[illegible]~~ ounce corriander seeds 2 drams, burrage & buglass flowers each 2 ounce juniper berryes halfe an ounce, balme, spearmint, time of ye hill pennerroyall of each two handfull, let ye herbs be cut & put to steep in ~~white~~ white wine, & let ym be layd in ye bottom of each still, to lay ye cherries upon let all ye things bit to be bruised be soe, ye castor cod only cutt, & stirr it well to gether, when all the things are put to ye black cherries, let it stand 24 hours, before yo still & put to every quart of water, 2 or 3 ounce of doble refind, sugar & after bread is drawne, set your bottles in ye oven, till it be cold & wn the water is cold cover it close.

Cherry Water

Take a qt of ye best brandy, 3 quarters and halfe a quarter of a pound of morella cherries, the like quantity of loafe sugar, pull of ye stalke of ye cherries but don't bruis them, then put them together in a close neck glass well stopt, & bury it 3 or 4 months undergrd then use it as you please.

or troubled wth weakness in body.

For any in danger of a Consumption.

First prepare a strong earthen pott holding 2 gallons, fill it wth running water, then put into the well flesht capon, a cock, and a shoulder of Veale, or a leg of Beefe cutt small, then set it on the fier, seeth it well & wth in ye space of an hour will arise a great fatt, wch must be taken cleane off, then take five fiarcely roots, five fennell roots, ye stondinarch roots, cut ym in small peeces an inch in length, also ye good Branches of Rosemary, ye hart tongue leaves, stickwort 2 handfulls, landlebeef, burrage, spearmint, sowthisle, sorrill, dandelion, violet leaves, of each of these one handfull, a pretty quantity of hysop, after these herbs be cleans'd & washed & mixed one wth the other fill ye capon as full as you can condenient, & the rest bind in a bundle to be boylet wth ye other ingredient, where in also boyle the hard crust of a farthing loafe, & also halfe a pound of cut raisons a quarter of currance, 7 or 8 dates, half a qtr of an ounce of ~~dates~~ mace bound in a rag, a little quantity of Powdered saffron a wedge of fine gould of 2 or 3 ounces, boyle all these together untill the broth be something clamy as strong veal or hony it will not be boyld in less then 4 houres, it must now & then be fed wth water to keepe the fleth covered, when it is thus sodden, cast it into a cleane jelly bagg, & it will compresently wn being done set it on ye fier a gaine, & pourly clarrify it, ye manner of fatt be seene on it then give ye Patient 3 or 4 spoonfulls at a time to drink, & soe doe often & as hott as they can drink it.

Most excellent:

Against a Consumption.

Apigwater

Take a pigg flea it & beate it to peeces in a morter, then take a qtr of a peck of snailes bruise them & take them out of their shells, wash them in halfe a pint of white wine, put them & your pig into a still wth 4 ounces of hartshorne, 3 qts of Red Cows milk, a quart of whit wine, then take 4 bottles & in each bottle put 2 ounce of white sugar candy, & let wn water drop upon it, then take 4 spoonfull morning and evening, if you please 3 times a day.

A Cordiall Water.

of Rosmary flowers.

Take of Rosmary & borrage flowers, each 4 ounce, buglass roots & preserv'd Quince each 4 ounce, a quart of Whitewine, mix all these together, only slice y Quince & buglass root, then put them into a glass close stopt, set it coverd in horse dung 4 or 5 dayes then still it in a glass still, & set me of.

A Cordiall water for any Distemper.

Most excellent for small Pox or Season.

Take sage, Collendine, Rosmary, Sopps, Rue, mugwort, dragons, pimperhell, scabious, Balme, Agrimony, Scordium, Centuary, Carduus, Ros solis, of each a large handfull, of Gentian, Dormentall, Zedoary and liquorice roots, of each an ounce, of Angellica roots, a good peece green or an ounce dry, slice y roots & shred the herbs, and put all together in a stone pott, power a Gallon of sack or strong white wine upon them, & let them steep 24 hours then still it in a Cold still or Lembeck. Probat.

Against a Cough.

Take of hoarehound 3 handfulls, liquorish 2 ounces, maden hare, sopp, coltsfoot, & penneroyall, of each one handfull, annesseeds & fennell seeds of each one ounce & half, Raisins of y Sun stoned half a pound, 20 figgs, one pehe worth of allicompane seeth all these in a pottle of running water till it be sodden away, & then strayne it, & put to it 2 pound of shugar & a q.t of hony clarrifyd, seeth all these together till it com to a thick syrrup, then take it off & when it is almost cold, put a quantity of arras powder in it, & it makes an excellent Sirrupe.

For after paines in Child bed.

Take of unguentum martiatum, & unguent oregon of each one ounce, of unguentum merricum 6 drams, chimycall oyle of Sage 20 drops, mix all these well together w.th ten drops of Chimycall oyle of Rosmary, & keepe it for your use. This best applyd as soone as y.e Party is delivered, it must be warmed & a peece of flannen dipt in it, y compass of y woemans belly, & layd warm on before y.e Pooler, & soe keepe it on 3 or 4 dayes, it may be applyed she is in Bed, but it is more effectuall w.ch it is done imediatly on delivery.

An Excellent Remedy against Convullsion fits.

Take a good handfull of Radishes w.th y green stalk, wipe them cleane and boyle them in white wine vinegar to y thickness of a Poultess, & apply it as hott as you think y child can beare it between two fine linnen raggs to y Soules of both feate, renewing it as it cooles till y fit is quite off.

For one in a consumption

Take the juice of a rocket black and half a pound of Barles & a pint of redwine y yolkes of 24 egg pushers in 2 quarts of new milk and as much white bread as can well thickin it stil it in a cold still

To make a Cordiall Water.

Take 2 ~~[illegible]~~ quarts of Rum, milke a good handfull of fengreek of carduus Browne fenell of sperrmints teasle mead-parsly balm pennyroyall camemmile sunnage sweetmarjorome mary gold flowers of sorry of rosemary of red sage of wheat straw of leeks of one hanfull 2 ounces of methridate 2 ounces of London treacle 3 pennyworth of saffron take y herbs and power them upon it stirrd them well together in to y still and keepe a constant fire for it is a cordiall or you may give it to a woman body a quarter of a pint sweeted with shugar, oyle of dill, or fine sugar.

To make Cock ale

Take chine root, sha cut 4 ounces of sesperide shpices & bruised 4 ounces harts horn 4 ounces of each 4 ounces boyle these in 2 gallons of ale wort with 2 milk ale cocks they must not be pulled but pulled and dry cock broken let this boyle till comes to a gallon half then strain it and let it stand till it be quite cold and take of yeast or bury cleanse then warme it agane and put it in to a vessell or milking ale new from a cow and let them bush together you must have in a redynes in abay when stop it up & hang in it 2 pound of brown sugar currans finely pewered 2 pounds of blow currant drisse one ounce of mace let fore cleanse bottle is and in every bottle put a lump of loft sugar to y quantity of 2 pounds in all y garden

A Comfortable Cordiall

steepe gillyflowers in sack and when it is coldered strane it to a pint put 2 ounces of Lost suger to it and keepe close.

To make Cock water

Take an old red cock pluck him stir him take out the guts and dry out the blood with a cloth and then beat ye Bones & all in a morter then take 2 quarts of garden snails wash and wipe them very clene and bruse them shells and all: then cover ye bottom of a rose still with harts tonque and rosebaum and dric half a pound of raisins of ye sunne stoned and a quarter of a pound of dates bruse all these together and put in Burage flowers and bugle flowers of each a hand full and put to them a gallon of new milke stir ye still very close and kindle it with soft fire

Mr Sanders

for A Cough A Lambitive

an ounce of Canies Decompain an ounce of Syrrop of maiden hair an ounce of Syrrop of horehound or coltsfoot and ounce of Liquis Refine Suger beat all these in a stone morter in fo an Electuary and take ye bigness of a nutmeg att any time when you cough

To dry Cherrys

Take one pound of Suger to 10 pound of Cherrys stone as many of them as you can put to them as you can put to them a quarter of a pint of water Boil them Just boile & then take them of the fire stand all night in the liquor ye next day lay them on a sieve and dry them in the Sun

To preserve Cherrys

Take a pound of Suger to a pound of Cherrys stone & put halfe pint of water to them at first then boile them a pretty while & put of ye Sugar by degrees whilst they are a boiling when you see about ye Cherrys Boil to a Jelly rounds to boile to a quickbarry & put it into yo Cherrys & boile yo well together

The Lady Swanes Water to prevent Black Cataracts

Take of Eye Bright Vervain Tormentil and Red Roses of each two pounds Celandine Agrimony Wood Betony Fennel ~~Hony~~ Honey Suckles Flowers Vine Leaves Pimpernel Clovegrass Chickweed Smalage & Rue Ocalus Christi of each one pound. Cut and Beat these Herbs and steep them in a gallon of ye Best White Wine twelve Hours and put in three spoonfulls of Virgin Honey one pint of new Milke half a pint of the Urine of a Man Child Still it in a cold Still and draw off but three Quarts

This Water must be droped in to the Eyes Nights and mornings when it grows to sharpness with it a little Red or White Rose Water

A Cordiall julip for a ~~bring~~ in
a woman in Labour and after delivery

Black Cherry watter 4 onnices Cinimond which is distill'd on french ~~Carrots~~ Barly watter an ounce ~~read~~ half red rose watter an ounce and half briony watter compond one ounce two ounces of ye stephens watter manne Christi 3 drams, or 6 if ye party likes it sweet shak it all well together and take 30 4 times a day. 2 spoonfulls half this quantity is enough to make att a time

for a tissicky cough mrs mitimay

powder of Lignerish elicampain anyseeds also in powder of each an equal quantity. half as much flower of brimstone mix'd up with tar and make in to pills take 2 two of thees pills make of ye bignes of a pea in ye morning fasting and two att going to bed

Cinnamon Water

To one Gallon of Spirits put three Quarts of Water. Half a Pound of Cinnamon, draw from this Quantity five Quarts.

Against a Deafness

Probatum

Take a spoonfull of ye juice of maidenshaire, & as much oyle of bitter almonds, a little woemans milk, & beat ym all together make it milk warme, & drop ten drops into ye eare, ym stop it wth black wool, & lye down on ye contrary side.

Against Distractions or lightness of Braine.

Take ye flowers of Rosmary, & still ym over a soft fier then take this water wth fresh flowers & leaves of Rosmary & still ym all together, then take ye water & drink there off every morning fasting a spoonfull, & wash your temples & anoynt yor stomach it will by ye blessing of God help you.

Against Drunkness.

Take bellony eate in ye morning fasting, And if you are drunk take 2 or 3 spoonfulls of ye Juice of violetts, drink it off it makes you as sober as a Judge. Probatum

A Drink

For all manner of Coills in Man or woemans Body.

It is good for the stomach, ye brest & ye Mark, Palsey Swoundes, Rheums Soare throat, cough, trouble, numbling a bout ye Head, faintnes, to cause good digestion, good callour, & to make one very healthfull besides many other vertues.

Take of ye Powder of Pellitory of Spaine, anniseeds, liquorice, graines of Parradice, Callamus, ginger, camomile, & centry dry & beate all these together in to powder, & use to drink halfe a spoonfull of this evening & morning. most excellent.

Another.

Take one ounce of Cane, 30 Raisons of ye Sun, Fenell 2 spoonfull of currants, 20 Prueus, a yong Fennell Root, & 2 or 3 parrely roots ye pith taken out, of Violetts & Strawberry leaves each a little handfull, a little liquorice & anniseeds fryisid, boyle all this in a Pint & halfe of spring water till ye halfe pint be wasted then strayne it & drink ten spoonfulls at a time, you must drink it every day as need requiers, it will gibe 3 or 4 Stoles & not weaken natuer.

For the Dropsy.

Take Broome, dwarfe Elder, & smalledg, of each a large handfull, bayberrys & Juniper berrys of each 2 ounce, coliander & Fennill seeds of each one ounce, put all these into 6 Gallons of Ale, & let it work 4 days & let ye Patty drink it morning noon & nyght.

A Damask Powder.

very good

Take Orris 12 ounce, Rose leaves 4 ounce, fuscis of cloves one ounce & halfe, cloves halfe an ounce, Rhodium wood an ounce, yellow Sanders halfe an ounce, sweet Marjorum 3 qtrs of an ounce, Citron Pill, callamus aromatticus & Angellico roots, of each a qtr of an ounce halfe a dram of musk codd, beat them into Powder.

A Receiet For the Dropsie

Take of Alexanders seeds 6 oz, Carowes seeds of each one quarter of an ounce of horse radish a quarter of an ounce of sea Woemwood 5 or 6 Branches comfrey 2 oz leaves of Scurvy grass & centory of each a good quantity boyle them in 3 quarts of strong Beer & one quart of whit wine let it boyle till all wasted be aside then take of it morning and at 4 of ye clock half a pint if yor stoot be swell take one ounce of barsome and 2 ounces of grayes greese and mix them and bath ye sell with morning & evening

A Sweet Drinke

Take Rubarbe 12 peny worth Salsafrax 2 ounces Sassafrida 2 ounces Fenne 3 ounces

For ye Dropsie the cured a Woman of 60 years of Age att Dunfort

Take an ounce of ye corrosect gun powder beat it fine and put it in to half a pint of white wine let it stand all night ye next morning pour of ye clear and drink it will work with great violence both by urine and vomitig but never waste ye spirits it must be continued nine mornings it has been given to several with great success

very good and approved

E

Eye water

Take a q^rt of spring-water put into it 2 peniworth of white copperas, cald vitreall, let it stand 9 days in a coole place, then straine it & keep it for your use, droping it into ye sore eye.

To stop Rheume in ye Eye.

Make a Playster of ye Powder of Plastick, & fine Frankinsence, bollalmonick, & gumdragon, wth ye white of eggs, mix these together & lay it to ye Temples & forhead upon a flaxen cloth, if you put in nutmegs, it is good for ye sight & for ye paine in ye browes;

An Excellent powder a g^st flegm or pirle in ye Eye.

Take snayles in May drye them in an Oven, & beat them into powder, then blow them through a Quill into ye Eye, it cures a Perle in 4 dressings, or flegm in short time.

For Flegme in the Eyes.

Take the weight of 60 barly cornes of white copperas & ye weight of 30 barely corns of Roach allum, put m^m both together, & y^n take a new laid egge, & boyle it very hard, take a way ye white of it, & straine ye aforesaid Allum and Copperas wth ye white being hott, then mix ye water ye comes from it, wth a very little eye bright or Lenniell water, or wth a woemans milk, & drop it in to ye Eye upon ye flegme, it certainly cures.

A Water to stop Rheume in sore Eyes

Take a q^rt of spring water put it in a pewter dish cleane scowred, put into it a spoonfull of lime body, & ye quantity of a nutt of white copperas, 24 leaves of Green Rosmary tyed in a bunch, & tyed cover it close wth a nother pewter dish, then take 2 or 3 cleane sticks & scum it as it rises wch will be much ye untge of Rosmary leaves, & let ye goe a sunder so & boyle till ye leaves fall to ye bottom, y^n if it is enough, let it stand allnight coverd, put ye cleare of it in a glass bottle, w^n you apply it, let ye Patient lye on his back, his head lower y^n his feet, droppen drop, let him lye a good while, y^n a nother, & so a nother & all in halfe an heur.

To Cleere ye Eyes.

Take water of vervin, Roses, Fennill, each a qr. of a pint whiterwine something less, tutia preparata ℔ ½ shugar candy each 2 drams, hepatick 2 drams, beat this to fine powder & put them into ye water & wine mixt together, then put them into a Glass close stopt, & set it in ye Sun a month, stirring it once a day, then you may straine out ye growndes, so use it, putting in you think fitt of ye water in your Eye morning & Evening &

For weeke Eyes

this 3 pence to be great help to

Lapis calaminaris and Lapis nisye of each a dream Ang beaten & sarcell in half a pint of Red Rose water when you use it shake it you may either drop it in ye eye or wash them at night & morning

A water to take a spott out of ye Eye

Take of the stone Lapis Calaminaris the bigness of a nutmeg beate it Red hot nine times and each time quench it in half a pint of Red Rose water then beat fine the stone to powder sifte it through a ceruse then the stone mix with the powder the like quantity of white sugar candy boyle ~~[illegible]~~ the water & then of ye powder eight pins in every then ye much powder as will lay one a pence set it boyle one warme drop this in to ye eye morning and after noon

For the Eyes Mr Elton

A drame and a half of white vitt

Emplastrum mirabile

5 or 6 ounces of good Oyle of Olives, 2 ounces of the best yellow beeswax Litharge of Gold & of Silver, of each a port 2 ounces, and Two ounces of Ceruse all powdered very fine & 2 ounces of Venice Turpentine

First provide a Skillett of Brasse & a Spatula of Wood to stir withall, This done put 5 ownes or upwards of ye Oyle & the beeswax cutt in Small peeces into it Sett them over a Coale fire to cut flames till they be melted. Then put in ye Litharges one Imediately after the other & stirr them continually for ye Space of one Quart of an houre. Then putt in ye Ceruse & Stirr altogether incessantly for a nother quart, or till all be incorporated, Which you may try by taking a little up on a knife & cole it in Water. If it then be to hard and not tractable like wax (as it should be) you must putt in a little more Oyle. This done remove it from the fire, constantly stirring & put in ye Turpentine when all is well mixed, You must have a small or Brasse Skill boyled well with fair Water to cast it upon, That it may cool & be well wrought together in yo. hands & so into rolles for use

Note you must spread this Plaister upon Leather or Cloth or (if those cannot be had) upon paper, and if you apply it to any Sore some holes must be cut for Ymakor to run through otherwise it will hinder the Plaisters Healinge

The Diseases cureable by ye aforesd Plaister

First & in generall all Ulcers, Swellings, or Aches in any part of ye Body & Especially those that proceed from outward Cause

In Particular 1. All Fistulas, 2. The Sciatica proved on a Woman of 60 years old, 3. It giveth ease to ye goute & Strengthens cureth it, 4. St Anthonys Fire, or ye evill de la Rosa, 5. All Burnings or Scalds, 6. Kibes & Chilblains, 7. Bad Emphigmes 8. The Kings evill as to Outward Sores, if a good Diett be kept, 9. Cut takes away Wheales in ye Eyes, & preserveth ye Sight 10. Sores in Women's breasts ye Cancer &c 11. Pains in the Sides as often bane Tryed, 12. all green Wounds, 13. The pilis & worms,

Note for those Diseases ye have Inward causes a Suitable Diett drunke in this Plaister cannot but (with Gods Blessing) worke effectually

For ye Bruise in ye Eyes Mrs Milbmay

Rost an egg very hard take out ye yolk and put ye white hot in to a cambrick rag and press it hard till ye oyl comes from it then drop a drop in to ye Eye 4 or 5 times a day it offends ye Eye much

A salve for ye Eyes Mrs Milbmay

take out ye raw marrow out of ye pinion bone of a Goose stiring beat it together with ye same quantity of ye purest virgins Honey in to an oyntment anoynt ye Eyes with it prity thick Laid on it has cured them that have ben stone blint after ye Small pox

For ye evil a Diet Drink
or for any humour in ye Body that
should be dry'd up

Mr Lee

Take two pound of unslak'd Lime put it in to a Gallon of spring watter Let it Stand 12 hours then pour of ye watter clear from ye Lime and put to ye watter half a pound of Lignum vite chipps and two ounces of Lignorish scraped thinn Let it Stand 48 hours Let ye patient take of this fasting in a morning half a pint for 2 or 3 months or as Long as they find it need for but especiall care must be taken that ye party be well purged before they begin this course if ye humour is not very inveterate put but half ye quantity of Lime and Lignum vite in to ye watter

F

For a Feaver.

Take one dram of Rubarb infuse it in a little white wine and give the Person to drink in the morning fasting, it gives a Stoole or two, & is most excellent for ye wind Collick or gripes

Probatum

Another.

Take 2 ounce of pearle barly put it into 2 qts of running water let it boyle a little while, ye put away ye first water and put as much fresh water & let it boyle very well, then Strayne it, and put to the liquor a handfull of field poppyes, & a good handfull of wood sorrell, a qt of a pound of Raysings of ye Sun stoned & half an ounce of maidn haire, & let them boyle very well together, ye strayne it & let it stand till it is cold, then squese in the Jyice of Orreng as much as you think fitt & sweeten it with Sirrup of gillyflowers or violets.

A flux in ye Womb or Belly.

Take 3 or 4 gads of steele & being red hot 3 or 4 times, still quench them in a qt of faire running water, then make as much Almond milk as that water will make, ye take a little ~~[illegible]~~ rice & pumgranate rinde, twenty almonds with husk upon them, drye them & beate them to powder, put ye into ye milk and see eate it.

To purge Fleagme. & to preserve health

This is most excellent.

Make a Cake of oatmeale groats, bake it as hard as may be, ye beate it in a morter to fine powder, sift it & mix it with thre pounds of white Sugar candy, & eate therof 4 spoonfulls in a morning also of same quantity in ye opening, & it will consume & voyd ye bundance of fleagme & collor, & causes digestion downwards it prolongs health many yeares.

For a burning Feavor.

Take french barly & seeth it in 3 waters, ye take ye 3 water & put to it endiff & succory, strawbery leaves, violet leaves liverwort, a little burrage & buglass with a little mace, & when ye water is consumd, beate a few blanchd almonds, & straine them with that water like milk, then put in some Rose water and Sugar & drink it as often as you please.

F

To take a way Pimples or Redniss in ye Face

it will infallibly cuer. wth out danger.

Take a little^e chewing death & put in it 3 or 4 spoonfull of white wine, then take a small roul^e of Brimston & stir it in to a creame & wth ye said creame anoint your face.

A Fomentation for deadness in ye limbs

Take a gallon of the strongest Beer you can get put in to it a pint of new mustard seede bruised: ~~boil~~ a handfull of Rosemary tops and worm wood of each a handfull all bruised together and boyle till it come to 2 quarts then boyl ye Beer that it came by ye fire and keepe it very warm

A Water to take wrinkles in ye face

Take a quarter of a pound of Roysh Charter & calcine it in a Crucible till it looke red ye sprinck it in two quarts or more of fair water & breake it with ye hands see Let it stand & settle & poure off ye Clare from ye Black & as you use it put to it as much more fair water or as much Milk & wash ye face with it.

Gascoins Powder

Take of the raggs of Pearle, or seed Pearle, red corrall, crabbs eyes, hartshorne & white amber, of each a like quantity, beaten severally, & sifted, then take as m^ch black tipps of crabbs claws as of all ye rest together, beaten also & cersed, then having weighed every thing severally, mix them all together, and make it up wth gilly of hartshorne (wherein saffron is infusd more or less as you desire to have it collorid) into little balls, let them lye in a warme place till they be drye, if you can get the crabbs claws before they be boyld, they will be best, if not the other will serve.

This powder finely scrapd may be taken in a spoonfull of dragon or cardus water, 10 ganes to an Old body to a child 7 it prevents ye small pox, or if ye Party be infected sets them forth, it recovers such as are falne into a Consumption if taken dayly for a good space, it expels ye Plague helpeth ye tertian ague, it is good for ye Palsy of ye heart, being taken it preeth from all infection, & worketh no but violence to nature, it never decays it must be made in may or septem^br ye crabbs are in their preme.

to make gyl olives

an ounce of ye fat of a Bear or a heart
oyl of sweet almonds a peice of camphire as big as a nut
sparmaity a quarter of an ounce of virgins wax half
an ounce of schinin purpinine half an ounce
lay my y^e in side of
ye glove and turn ye glove whilst its hot

For the Green sickness m^r Elson

Joyces hiera piera salt of steel of each an ounce
infuse it in 3 pints of white wine or sherry twenty foure
hours then take 2 or 3 spoonfulls in a morning fasting
more or less as it works take it 6 weeks together then
Rest a week and then take it ~~a long~~ ye same time it takes
of all desires after fresh taken by green sickness people
and bring a true Appetite

Gascions powder Mrs Ladeyn

Take prepared pearl Crabs Eyes red Coral white Amber harts horn philosophically prepared Oriental Bezear of each half an ounce powder of ye black tops of Crab claws ye weight of them all together make a powder according to Art which with jelly of English vipers Skins make in to little Balls. Dry them in a warm place and keep them for use. you may take from 20 grains to 30

To Wash gloves

For five pair of gloves take ye yolkes of three Eggs pres arve ye whites by them selves beat them very thinn, and mix ye yolkes with Rain water then dip in ye gloves and wash them, then boil a half peny worth of Allum and ye same quantity of salt in as much water as will cover them, and save a quarter of a pint of it to dissolve a peny worth of Gum Dragon in. Lay ye gloves a soake in this water two Hours then take a peny worth of white Lead tie up a quarter of it att a time in a Rag and dip it in water and Rub very thick over ye gloves then Hang them out and stretch them when they are half Dry. and when they are quit Dry beat out ye dust then strain ye Gum Dragon and with a sponge glaze them on one side and when that is Dry glaze ye other side then glaze them all over again when they are dry beat ye whites of ye Eggs and glaze them with that twice over

H

To Make hair grow

Take a good quantity of Cowdung wn they are at Grass put it into ye bottom of a Rose Still, & on ye top there off put som parts of Rosmary & southernwood bruisd a like quantity then distill it with a slow fire & wash the head therewith.

for ye head ach acurte cure

take spermint Rue sage Rosemary and balme of each an equall quantity spill in ye head spill and when you are troubled with ye pain drink a little glass of it and stepe a pon it

To Make Grayes hair black

Take fine pouder half an ounce & twelve it in two ounces of aqua fortis set ye glass upon warm sand that ye aqua fortis may heat away there will remaine a feet or dreg that upon which you must put two pints water & let it boyl a little ye put into it a drame of gold pollver that is a little & let it stand to settle the water ye may tye gray or red hair black

For the Head ach mr mitchmay

put half a pint of mustard seeds in to a gallon of small Beer in a pot cover it and drink a quarter of a pint in ye morning and as much in ye after noon drink only ye clear of it and when it grows thick put more much note Beer and drink it out

Against an Impostium –

It is good for a feever or any disease in ye head.

Take 3 penny weight of ye roote of Pellitory of Spaine, and halfe a penny weight of Spikneard, beat these together in a mortar, & boyle them in good vinegar or wort, wn it is cold put thereto 3 spoonfulls of hony & one of mustard let ye Patient hold halfe a spoonfull of this in his mouth ye space of 2, or 3 minutts then spitt it out & take as mch mori for ten or twelve times & a good while after he hath eaten before night doe it againe, then goe to bed & wash his mouth very cleane & drink a good draught after it, use it 3 dayes together.

To make Jelly of Hart horne

Take a ounce of hart horne & one of ffiery putt it into a pipkin & put a pinte of Spring water to it, cover it close & let it stand all night in warm ambers, then boyl it moderately fast till it will jelly, strain it through a jelly bag which let it stand till it cruds then take of ffine sugar & boyl it & sweeten it & put into it ye juice of orenge or limon or a spoonfull of sack, you may eat it warm or cold. Jelly rolls — — — — — —

A very fine Water for the Jaundice and Cohick for opening ye spleen and all obstructions

Dr Greengrove

Take a large peck of Garden Snails wash them in a great bowl of fair water make a chimney very clean and pour out half a bushell of Charcole and when they are throughly kindled make a hole in ye middle big enough for ye snails and pour them in and scatter some of ye fire over them and let them so roast as long as they make a noise then you must take them out and with a knife pick them and wipe away ye Greep from them then in a brass mortar bruse them shells and all take also a quart of earthworms slice them and wash them in salt and water beat them to a mash in a stone mortar ~~put them~~ then wash the alembick or still very clean and lay att ye Bottom two great handfull of Angellica ye like quantity of Celandine and lay upon them ye snails and worms then put upon them a quart of Rosemary flowers of Agrimony Barefoot robert Dock roots of ye bark of barbary tree of wood sorrell Bettony one of each 2 good handfulls of Fennerick of Saxifrage of each one ounce of saffron dry'd and powdered the weight of 6 pence

then pour in 3 gallons of the strongest Ale and cover ye Alembick
and Let it stand a day and a night before you put fire under
it and just before you kindle ye fire add 3 ounces of cloverbeaten
to powder six ounces of harts horn grated to powder
before ye weigh it you must not shut it after you have
put in ye harthorn Least it go to ye bottom then put on
ye head of ye Alembick and make it fast with Rye dough
and to receive ye water in pints the first water is strongest
and must be received by it self ye last is smallest and
must be mixt with ye strongest when it is well
this water must be given fasting in ye morning and fast
2 or 3 hours after it and not sleep upon it a between
meals 2 or 3 hours ⅌ spoonfull of ye strongest may be taken
with a spoonfulls of Ale or white wine when you take
mixt
ye smallest put as much drink as water it has ben
often try'd and proved to cure ye jaundice and dropsie
arising from ye extremity and Long continuance of ye jaundice
and to cure ye colick in ye greatest degree to gitt a
stomach to help digestion and to open all obstructions
arising from ye Liver or spleen

to make a gallon of ink my brother
Ludyns way

take one pound of Alleppo gauls quarter them and Lay them
a-soke in water 24 hours to take of ye redness of ye gauls
then put away that water clean and put to them one gallon
of Rain water and Let them stand 7 days stirring them twice
a day then put to it 4 ounces of Copperis and stir them as
before for 3 or 4 days then add 4 ounces of Gumm seneca broke
fine and in a day or two it will be fitt for use but Let it stand
upon ye ingredients 6 months and then clear it off and bottle it

ink my sister Ludyns was

four ounces of galls two ounces of green copperis
two ounces of Gum Arabeck break them all slightly
and put them in to a bottle and put to them
three pints of middle Beer so Let it stand a fortnight
by ye fire or in ye sun stiring it every day if
you find it to thick put a Little more Beer to
it Let it continue in ye Bottle you make it in
and allways when you take out any shake
ye Bottle

Lip ~~Hand~~salve

take of ye best alony root and lay it in steep in ye best
talet oyl ~~all~~ 20 or 4 days till it come to a good colour then take out
ye root and put to yt oyl a peice of bears suet a little bees wax and
3 or 4 reasons stone & heat it all together over a chafin dish of coales
lending hot but not to boile and pour it in to pots for yr use

to take staine out of linin

when it is fresh done light a bundle of matches
and hold it over ye smoke of them

Against the biting of a Mad Dogg

Take a handfull of Gods Holy hand, one handfull of dervan one handfull of box, 3 heads of garlick, 3 handfull of Primrose Roots, a handfull of ye black tips of crabs clawes & wn they are powdered small take all these together and strayne them through a linnen cloth wth a pint of beere, take it fasting, eat not of 3 hours after it, if it be either Man or Woeman one spoonfull at a time 9 mornings together, if a Beast 3 spoonfull for two mornings, allways provided, this be taken 7 dayes after ye biting

An Excellent Drink against ye Mother.

Take of Plantane, succory, burrage, agramony, violet-leaves of each one handfull, boyle ye in 6 pints of water, till 3 be consumed ye straine ye, & to ye liquor put halfe an ounce of bruised cloves & halfe a pound of white sugar candy, set it on ye fire till ye sugar be dissolved, then clarrify it wth ye white of an egg & straine it againe wn it is cold put a quart of pint of white wine vinegar to it, drink of it 3 spoonfulls at a time ye first & last thing you do.

To make Milke water.

Take of Fenus 2. handfulls and of wormwood the like quantity and strip them from the hard stalks but not from the tender ones then add to it 6. Bunches of speer mint, shred all these together then steep all these together in new milk a little more then Blood warm all night, then put it into an ordinary still close stopped with paper or paste and distill it off with a very hott fire. or else it will sower in the setting leaf a wett cloth continually upon the still then put it into bottles and stop it very well and tye a leather over the corke and set it a sinking so long as the heat of weather lasteth.

This water may be made in Winter with dry herbs as well as in summer

To make masks for ye face

oyl of walnuts and oyl of bitter allmonds
Drawed without fire and virgins wax heat it
all together and dipe in a fine thin Leather and
make it in ye shape of a mask

O

Oyle of Ipericon or St Johns oyle.

The vertue of this oyle is to cure all soares, it stanches ye blood if power in hott, cures it being used hott it heales veins sinnyes cuts, contracts ye are over lengthned, used cold it lengthens shrunk sinnes this ap[pl]ied not rinck to ye biting of a mad dogg or any venomous beast & thought to be as effectuall as any balsom in ye world.

Oyle of Pillwort

It is very good against ye Piles being anointed therwith or a linen rag lid therr on being dipt in ye Oyle, it is good alloe against fine things Cork ruby it well in before ye fier, then laying on a rag dipt in ye Sarde.

It is good for all wounds for ye Piles each or sing in ye burn for all impostumes, for sinews shrunk or spraind, it drawes out any thorn or broken bone in a wound, it good for ye biting of any beast for Fistoes, cankers or Noie me tangers it drawes all ackes from limes, for lues or Ulcers, good for a gouthing in ye mem bers, it takes ye flux, cures ye emrods, it very good to mak a Searcloth.

Take a pint of ye best Sallett oyle, and simmer gently in it a good handfull or 2 of ye fresh leaves of Pillwort, till ye oyle be greene, then when it hath soe simmed a good while, prosse out ye oyle from ye herb, & when it is cold put it up in a bottle & stop it close, put therr in a handfull of Camamile flowers first soe let it stand in ye Sun close Stopt for some time.

The flower of ointments

Take rosin par rain & burgundy pitch, of each half a pound virgins wax & frankinsence of each a quart of a pound, harts tallow a qt of a pound finigrick in fine powder three puncets, camfyer 3 drams, mastick qre. ounce, melt ye rosin is to be melted & powder ye rosin is to be powdered & strayne all into a quart of whit wine, let it coole a while, then put in a quarter of a pound of turpentine, stir it well together set it on ye fier a gaine & let it boyle a pretty while put it into potts for your use.

To make orange Marmelot

Take yor oranges & pare them thin then cut them into fitt peeces then cut them in pieces take out ye kernes & spill yem in water & let them lie yr six hours then boyle them till they be tender shifting ye water twice then take them out & dry them with ye cloth then slice them in thin slices to halfe a pound of oranges take a pound & a halfe of sugar & a pint of water & apple juice have boon boyled put all these together in a Stillall & boyle very fast & when it is allmost enough put in a quarter of a pint of juice of oranges & lemons & still it a boyling again, you may know when it is enough by a drop being some will hang with a jelly.

P

The Kings Medecin against ye Plague.

Take sage of vertue, Rue, adder leaves, red bramble leaves, each a handfull, stamp & straine them with a qt of white wine & some white wine vinegar, mingle them alleogether & put there unto a quarter of an ounce of white ginger, drink a spoonfull of this every morning for 9 days together fasting & it shall preserve you God willing. If one have it before he takes this medecine, then take with the aforesaid a spoonfull of Scabias water & as much Bellony, & a quantity of fine treacle drinking it all together it will put out ye venom if thy both appear then take bramble & elder leaves & mustard seede, & stamp them all to gether & make a playster there off & lay it to ye Soare, it will God willing take out ye venom.

An Excellent Poppy Water.

Take 4 pd of poppy flowers sifted from ye seeds, steep ye in 3 gallons of strong ale one night when it is working, ye next day still it in a limbeck, when you have drawn 2 quarts put them together & put as much fresh poppy flowers as will colour it like a pale clarrett, then strain it & for keepe it.

Simpathy Powder

Take of ye best Roman vitreall or fine transparent blewbitriall bruise it into a very fine powder, then lay it in ye Sun till it be white, when it will be in two or three months, be shure it get neither raine nor dust, If you would make it quicker calcine it softly with a burning glass, soe that it looked very white & not yellow then it is fitt for your use.

A cordiall water against ye Plague.

Take one qt of sack & put into it one handfull of sage, one handfull of Rue & one of Lavander, & let it boyle a way to a pretty quantity, then strayne ye liqr from ye herbs, & put therr in halfe an ounce of nutmegs, a quart of ounce of saffrom, one dram of long pepper, set it on ye fier & give it a walme or two, then take it off, & put in to it halfe an ounce of Venice treacle, a quarter of a pint of strong angellica water, give a spoonfull in ye morning & a nother at night probat.

P

The Palley Water

* for want of spirit of wine, take good aquavitæ in their season.

Take of Lavand: flowers clean picd & stript enough to fill a glass of a Gallon, then power on y: spirit of wine as m: as y: glass will containe, let it stand in a warme place for 6 weeks very close stop'd, then take flowers of sag: Rosmary and Betony of each a handfull of borage, buglass, lilly vally & cowslip flowers of each 2 handfull, digest: y: alloe in your spirrit of wine or aquavitæ, being gathered in their proper season, after having digested 6 weeks, mix them altogether, then take balm: mother-wort, Sinkeard, Bay leaves, & y: leaves & flowers of Orengt: tree, of each one ounce, cut these herbs & put them alloe to digest 6 weeks in aqua-vitæ or spirrit of wine, then take of Yellow thin Peeles of Citron or lemon, & Piony seed hulkt of each 6 drams, Cinnamon half an ounce, nutmegs, mace, cardiniums, cubibs, & yellow Sanders in powder of each a ounce, Lignoim alloes one dram, put this: alloe in digestion as y: flowers, add to them of Jucubes y: kernell or stone taken out halfe a pound shred small, let y: digest together 6 weeks more, then distill y: in a Limbeck receiving it in Seberall glasses, till y: blue be out after it is distilled, put in to it of prepared pearle 2 drams of prepared snallage stone one scruple, of dry'd red Roses, of yellow & red saunders shav'd small of each one ounce put this in a fine Sarsenet & hang y: in y: water close stopt.

Pomatom for the face

Take of the fatt of a Calves Caldron

Take of the fatt for 3 days and three nights in spring water shifting it three times a day; then strain the water clean from it put it in a galley pot and set it in a shellet of water over fire till it is melted then let it run through a Cloath and stand till it is Cold; then take of that fatt 3: ounces and put to it six or seven pears well purged of pepery roots bryeny roots white lily roots and marshmellow roots six penny worth scraped and beat to a pulp; then put it to the fat and heat them very hot together then run it through a Cloth and let it stand till it is Cold; then put to it the oyles of the four cold seeds of each half an ounce also the oyle of Popeys and of sweet almonds of each half an ounce six penny worth of spermaceti as much virgins wax as will melted in a spoon then put them in a spoon to melt then set over a —

P

Plague water

Plague water this is a most excellent proved receit

Take of Rue egremony wormwood celendine sage angelica fennell sulaire baste magistrall pimpernell horehound sperminit centery benedict dragons feathfoyen wood fennell lavent burnet groundsworf yarrow wood sage wood betony nettles cale ivy of the valey rosemary hearts tongue cowslip flowers parsley flowers borage flowers marigold flowers of each of these half a pound the rosemary a pound also root of elicampane fennell seed ginger great cardamon seeds cardamon seeds of each 2 ounces, three handfull very small and cut y: herbs and infuse them in as much English spirits as will just cover them let them stand infusing 7 hours over a close covered and just as you put it in to distill put in of the methriadate 4 ounces and treacle 6 ounces mix them well together. they may be drawn of very merry as much as it pleases and what 2: any: may be red mixt together it will be strong enough.

Dr Burges Direction against Plague Pitt Pox or measels

Take 2 pints of mustard seed Boyle them in a mangle of figs & chamomile of the pot lights be rostyd then strope it with the ouler of fire agane and the of that an ounce of ginger a pennyworth of long pepper a quarter of an ounce of nutmegs of ginger and let them boyle a litle then take it one time put thereto a penny worth of methridate 2 pennyworth of treacle a quarter of a pint of angelica water keep this at you lowe y: life above all worldly treasure and in any infection time take a spoonful in y: morning and at night then a spoonful y: first and last day you take it you at already infected take 2 spoonfulls and sweat upon it take heed it may harm trust to this under god in y: great plague it never deceived any

— Chafindish of Coales till the are very hot but not till the boyle; then take them of and beat it with something of wood till it is Cold and very thick: you must beat it once or twice a week as long as you keepe it;

P

A Past for the hands;

Take 3: Sneals very well purgd a quarter of an Ounce of Camphir one drim of Spermacity a quarter of an Ounce of bitter Almonds blanckt and beat alltogether into a fine Past with the Juts of Castile soap and one Egg; then boyle all these together in Halfe a Pint of Aquavite Posett not burnd there let it boyle to a Past then ~~[illegible]~~ into it Crumbs of bread and a little Spirrit of Ben or any thing else to Sweeten it;

To make spiritt of pepper an excelent remedy for the wind Cholick — — —

Take a pint of Brandy & putt to it two ounces of the best pepper beaten Lett it lye in the brandy nine or tenn dayes shakeing the bottle 3 or 4 times a day very well about the 3: day putt in halfe a penny worth of Saffront att 10 dayes end take it from the pepper & bottle it close up for Use. take 10 or 12 droppes in wine or ale in a morning or after dinner & twill doe you a very great kindnes.

mrs Shaws pury for pheme

Cream of tarter five drams Senna five drams manna one ounce Flow currants one ounce corriandy seeds one dram put them in a earthen vessell and pour on them Lett then half a pint of water cover ye vessell and let them infuse neer ye fire all night strain it out in ye morning and drink it if it does not most five or 6 times take five drams more of cream of tarter

R

For the spleen

Anoynt the spleen with oyl spick oyl of whit Lilies and oyl of capen of each an equal quantity do it by ye fireside when you are going to bed: prety warme

A powder for the teeth or Lower

2 ounces of salt peter half an ounce of ye powder of Eglante bol armenick a penny worth 2 penny worth of Dracons blood myrhe 2 penny worth of mastick 2 penny worth of sencle lime ma all these together an after they are finely beaten and cleared and sift them in a hardly

For the palsie mrs Bigerstaff

put in 3 spoon fulls of home made mustard fresh made into a pint of sack girgle ye mouth with it every morning fasting it will bring away great Quantities of water and has ben very effectual in ye Cureing that Distemphor.

S

Surfet water.

Take 2 quarts of ye best Wans brandy put there in 4 handfull of redd poppys let them steepe 6 dayes then strayne it, & put to ye brandy 4 drs of saffron, one grain of ambergreace, scutchaneele, cloves & cinnamon of each 4 drams, coriander seed, caraway, sweet fennell, and annisseed of each 2 drams bruisd, Resons of ye Sun stoned halfe a pound, loafe sugar halfe a pound, venice treacle 2 drams, let it stand 20 days then strayne it & keepe it for your use:

Against the Stone.

Take Rue & distill it to a bottle full, then put it in ye still againe wth fresh rue, & soe distill it a 2d time, & take 6 spoonfulls of this water wth one or two spoonfulls of Elder Berries, wn you find yt stiffe not well & if yu feare a fill of ye Stone, it will certainly ease you. ~ ~

this water is my own & never has bin yet cured.

A Bringe for the Gripe Mr Nitts

Take a peck of hunter trout & let them in a tun water in to a mash then pour on them 3 gallons of pure good white wine let them infuse 8 hours then add to it half a pound of Turpentine room 4 ounces of horse radish, fill ye cambock & when thes ingredients are in pour one 3 gallons of new milke skaped, it of 60 cows, against which drink of ye use ye rest reserve in bottles not corked but made up very close with paper you may drink of it morning and evening about fell or August shooters mr Nitts drink white wine with fine sugar and nutmegg.

this is very good for one in danger of a Consumption

A Milk Wall.

Take 2 quarts of milk and 2 quarts of new milke the milk must have the cream put them very well & then mesh them between 2 trenchers and put them in to the milke take a handfull of rosmarrell & the same quantity of thyme & sweet marjoram & a branch of rosemary flowers bringe these well and put them in to ye third and let them stand all night & stepe then put in ye rid and put it up very close with wax tie ye top of ye rid very fast keeping sweet herbs off but not any grone nor from this quantity except to drink or but a quart if red not keepe above a fortnight, take 2 spoonfulls of this morning and evening the first and last thing before the drinke to bed

For the Stone Sr Willis

Buck roots that a pound stie them and dryse them and take out the pith out juniper berries two ounces wild carrot seed one ounce fennigreek & liquorish put these in 20 4 or 8 gallons of small ale alone or is that dose workinge you may drink of it 5 or 6 days after

A Dyet Drink for y Scurvey

Take fenel 6 ounces Rubarb 1 ounce and half hyssop 3 ounces, harmudeterid 4 ounces monde Rubarb 4 ounces vehine lander sassafrax coriander seeds sweet fennel each half an ounce 2 oranges stuck with cloves 3 quart of sized hary steep in a bay in 2 gallons of spring ale to which nutmeg if that dose working ale one pecke of fresh grase horse reddish roots 2 ounces fennel roots parsley roots hartshorn and sitting of each a very handfull nutmegs 2 handfull cloves mace cinamon nutmegs of each 2 drams infuse in some of y ale before you worke it

For the Scurvey and Dropsey Sr Willis

Take a peck of scurvey grass a handfull of ~~[illegible]~~ Roman wormwood and wormwood ordinary worm wood 2 handfull of rice sage asp hope of rosemary fetch them be picked washed and well dried then put them in 20 a pecke of white wine and a quart of sherry stick with 4 spoonfuls of horse radish scraped daily morning and ~~[illegible]~~ evening a wine glass of it if y patient be very ill you must hang a bag of stale peppered in it it must stope 3 days before you drink it you must constantly drink it 20 days together without missing

Surfet water

take 2 quarts of whit anny seed water a pint of red popy water half a pint of rose water 12 ounces of reasons of y sun cut them small and take out the stones 6 ounces of dates cut small a quarter of an ounce of mace as much ginger half an ounce of nut megs broken put all these in a quid mouth glas and put in a good parcell of red popys and as much of clove gillflowers stop y bottle close and let it stand a fortnight or 3 weeks shaking y bottle every day then strain it through a fine flanell so bottle it up

Sier cloth for forhead cloths

half a pound of bees wax and 3 ounces of oyl of sweet allmonds strand with out fire 2 ingros of borax 4 spoonfulls of venigian turpinine lay it in water 3 days and then beat it very well out of it shift y water 3 times a day 2 drams of sparm acity put all together and melt it and put y cloth in it then take it out and spread it upon clene paper and when it is cold shed it with ashes spine dewing rose water sprinkles upon it

The compound snail water Dr Coe

take a good peck of snails with their shows on their backs set an oven very hot make it clean and put in y snails then let them lay till they have done shiting spring them now and then then take them out and wipe them clean dry them with a cloth and bruise them in a stone mortar then take coltsfoote leaves of yelow of a burberry bark of reed one handful angelica maidenhair betony mothers tine hartstonge spleenwort eaidus bean stalks tyremony wood sorell

T

Coltsfoot rosemary flowers cowslip flowers marigolds flowers of each handfull
one pint of dew worms one ounce of cloves half a ounce of harts horn bruse ye cloves and put them all after one night in two gallons of ye strongest ale ye next day distill it in anelembick but before ye lay ye snails on ye herbs or else they will burn, ye other will be 3 sorts of this water all good for we
give of first two spoonfulls of ye 2d 3 spoonfull of ye 3d 4 spoonfulls you may take of night and morning 3 days together and if you find yourself not well you may rest a week and take it again
this water is good to prevent a consumpcions jaundice or any distemper of wind or ague or to help a bad stomach in a fever take ye smallest of it it is good to give children if not sooth

proapum est

Mrs DeLawns Snail Water

Take 60 or snails gathered in a garden wash them and crack ye shells and pick them off then gitt a pint of great earth worms cut them in peices and wash them and put them and ye snails in to a gallon of new milke and boile it for half an hour then put it in to ye still and add to it coltsfoot cowslips harts tongue and alehoof of each a little handfull speermint a handfull an half and distill it with a hot fire this quantity will yeld 2 quarts and to each bottle put in 2 ounces of whit super candy finely beaten and let it drop on it new and then open ye still and stir it to prevent burning or creaming after a grown person may drink half a pint twice or 3 times a day

T

The Treacle Water

Take 4 pound of ye juice of green wallnutts, 3 pound of ye juice of yeow, juice of cardus marigold & balme of each 2 pound, of ye roots of Patasits a pound & halfe, on pound of roots of Bruyes, 6 ounces of angelica & masterwort roots, scordium 4 handfulls, 8 ounce of Venice treacle & mithredate, 12 pints of canary, 6 pints of white wine vinegar, Juice of lemon one quart, digest these in horse dung or in a Bath, then distill them in Sand

A most excellent cordiall

For a coto in the teeth Dr petters

2 grains of Ladnum put in to ½ spoonful of brandy and hold some of it in ye mouth this is a present remedy when the teeth are not halow

A Gargle for a sore throat Dr petters

Take bramble & strabery leaves and red rose flowers of each half a handfull and a quarter of an ounce of jewes ears boyle all these in a pint of running water till half ye water be wasted away then sweeten it with a spoonfull of honey & so use it

T

U

To Make Usquebath

Take Aquavitæ or sack less one Gallon, sugar as fine as you can
gett a quart^r of a pound, Liquorise sliced a q^tr of a pound, fenell seeds
bruised halfe a pound, Dates stond a q^tr of a pound, Rasins of ye Sun
stond a quarter of a pound, Currants halfe a q^tr of a pound —
Cinnamond bruised halfe an ounce, ginger sliced halfe an ounce
Cloves bruised halfe q^tr of a pound, mace halfe a q^tr of a pound, nut-
meg sliced halfe a quart^r of a pound, musk & amber, each^s grains
after these ingredients are put into ye Aquavitæ they must be
stirred ro^th a stick once a day for a month together, then distill y^e
your musk & amber must be tyed in a satinet bag wth a Lead
& a string to hang in ye middle of your bottle.

Regulath

10 gallons of ye best spirits of manck put it in fe ans barrell
with half a pound of corrander seeds half a pound of carraway
seeds annises a pound with a good hand full of angelica stu
8 pound of ye best fresh butter you can gett draw it off as near
ye same drancy again bared it up and put in yet bard half
a pound of ye best green Lymons 6 pound of peacks of ye stone ripe
stoned ye pound of brown Ginger candy nutmegs in a port of ye liquor
over ye fire 4 ounces of sinnamon and one ounce of saffron tyed
6 penny worth of cochineal shale & bared every day for a fortnight
together or more then set it aside and draw it off in bottles if you
route have it very fine filter it through white brown paper —
ye ingredients left with balme spearmint carbus angelica dragons
and rue makes a very good cordial water in the extract in
mill or strong bee

White Plaister.

Take 5 pints of sallet oyle, 4 pound of Letherge of gold finely searsed, 3 ounces of white vitriall, warme ye oyle, then put in ye Letherge continually stirring them, then dissolve ye vitriall in water, & put it in by spoonfulls stirring it till it incorporate, then take it off & make it into roules, the kettle you boyle it in must hold ten times ye quantity, it must be done on a cleere charcole fire not to hott.

Proba.

A Plaster for ye wormes

Take 2 pennyworth of methridate and 2 peny worth of Elissyr Vitae beat to ponder mix them both together and spread it on Leather Let ye plaster be Larg enough to come naked and ye hole of ye stomack and when ye plaster is spread stomp Greene wormwood and cover it over ye plaster and warme it before you Lay it on this plaster will not hold it ye child has not wormes

For those who can not hold their Water

Take ye stones of a Bore Hogs to ponder give as much as will Lay on a shilling in a glass of White Wine at first & and Last thing in the Morning and at Night & Rise before and after ye full of ye Moon, continue it till ye cure is effected

Wash Balls

ye l. and ounces

A pound of geoan Soye scrape it in to thinn slices Blanch 2 ounces of Bitter Almonds 3 ounces of Champher, 3 yolks of Eggs juice of 2 Lemons Lemery and rose water of each 2 peny worth beat them all together in to a fine past rote them in to Balls and Dry them in ye shaid

Walnutt Water for ye colick

Take a peck off walnutts in July & quarter of a peck off Clove Julyflowers as many. Let noyes beat ye walnutts to a mash and put them two ounces of mace as much ciniment and one ounce of nutmeggs Let ye spice be all beat steep all these ingredients in 2 gallon of Brandy and two Gallons of white port or Lisbone wine Let them steep 24 hours spill it in an alembeck you may draw off from this graniss eight quarts

Y

To Make ye Yellow Water

Take 4 gallons of your strongest ale being 8 dayes old, 1 gallon of sack lees put them in a Limbeck, then add to them a good handfull of Dragons root, & leaves of angellica stalks as much as you can grasp in yo hand, a good handfull of Cardus, 3 good handfull of Rosmary, one good handfull of Balme, Shred your angellica dragons & cardus, & put them wth ye herbs into ye ale & sack lees in your still mingle them well together, distill them gently, & fill yo Limbeck top wth water, & when it grows hot put in fresh because your water may not run too fast, but least it should, for it will be very apt, wthout great care, wrap wet clothes a bout ye Limbeck, you must keep your first Running by it self. & see ye 2d & 3d then let your still run as long as it will, it may be 12 or one of ye clock at night before it have done, next morning make cleane your Limbeck, & put in the other 4 gallons of ale & a gallon of sack lees with herbs & Roots as before, order them exactly as before, next day make cleane your Limbeck a gaine, & wipe it very dry, then take your strongest water and measure it in an ale quart, & see your 2d & 3d in order, till there be 16 quarts, then take 2 ounce of Nutmeggs, 2 ounce of Cloves 2 ounce of mace, bruise them all, severally, but not too fine, put all these to your water in ye Limbeck, then take a pound of the best greene liquorice, & scrape it very cleane, and slice it in to small strings, then strip a handfull of ye clearest out of ye still, the rest put into ye still, stir all these together and let it distill dropping pretty fast, then take 2 ounce of saffron spread it a broad, & divide it into 4 parts, take likewise 2 pounds of loafe Sugar & divide it in to 4 parts, as also ye liquorice, yo was left in to 4 parts, one part of ye saffron must be put in to ~~a glasse~~ a wide mouthd glass with ye liquorice & ye Sugar, it must lye in ye bottome of ye glass. & be let ye still run in ye glass, it will be an hour before it drops wch will be soe much ye better. & when there is soe much water as will cover these things take a spoon & stirr them all together, till ye sugar be dissolved, you must be shure ye glass be covered wth a parchm only a hole for ye nose of ye Limbeck wch there is a bout a qt then power it into a bottle and take ye things out of ye glass throw them away, & put in a nother part of saffron, sugar, & liquorice, wch it as before, & after put in fresh things till all be done, if you can get a Gallon it is as much as you can expect. Next day put your first 3 quarts in to an earthen pott & stirr ye well together, but if ye last quart be smaller much then ye east then doe not mingle it to the other, but if not mix all to gether, of this one spoonfull for men, if to Children, take it in 2 spoonfulls of Beare, for all distempers. you must break all Lumps in ye sack lees.

This is Christmd ye most soveraigne cordial in ye world.

for the yelow Janders

This is his Receipt given me by Mr Stone

Burn ye wood of an Ash tree to ashes and let the party affected make a lee of it with ther own water bake it in an oven and ~~let your the~~ keep it by them, and as it grows ye distemper wil wear off

Choice

Receipts for Cookery

A

To make almond puddings

Take to one pound of Bisket flour, orakes half a pound of sugar, almonds, blanched & fine beaten with Rose water, season them with Cinnamon & mace made cinnet Bisement and Rose water (as much water) & cookes to ye fire then raise & cool put out light & white, Beat them very fine and put them to ye Bisket & almonds and wet it with creme thin enough to put in gut but in 3 quarters of a pound of mayson, or for want of it Beef suett further beaten with butter or fresh very fine this is a very good pudding to bake in a cloth allowing about more fat:

To make blast puddings

Take a gallon of halfe groat oatmeal and stirre it in raw milk then take 2 pounds of hogs Lard beat it very well then take a little pennyriall and 2 or 3 cloves shred them very small then take mace nutmegs cloves cinamon all beaten very fine as much of each as you think will make it taste with a little white pepper beaten fine and a little salt.

To make French bread:

Take a gallon of fine flower a pint of ale yest and as much raw milk as will make into a very little dough blood warme.

To make almond butter:

Take a pint of creme and set it on ye fire when it boiles up put in ye yolkes of 5 eggs well beaten stir them well, set ye pott on ye fire then have ready half a pound of almonds blanched in cold water and beat very fine with a little Rose water take ye creme off from ye fire and put in ye almonds mixed therewith then put it on ye fire again. Let it stay a long space, will but wete yet that which is thinn then take off a ladle of a spoon put out that which is thick through ye fine put to it fine sugar and Rose water and so beat it up stirr it with a ladle take great care in the p[illegible] ye almonds white

To dissolve Ambergreece

Take a Drame of ambergreece half a Drame of musk half a Drame of civit an ounce of gul of Roses and the juice of a Lemon mix all these in a hot silver poringer putting in ye civit last of all Let it remain hot till you see ye juice of ye Lemon is perfectly incorporated with ye gul when it begins to cool cleanse ye vessell with salt finely beaten and it will last like amber one drop or 2 upon any thing will hold ye smell ygreat while

To pickle kitchen keys

Take ye yongest keys yt begining or mide of may when they are very yotender put them in a liquor of half water half vinegar and put in ye them some salt Let ther be liquor enough to just cover them fill them on ye fire cover them close but they must be often spirred they will ye first turn yellow and then green keep every gentle fire under them they must not boile when they are green take them out of ye liquor and spread them on a cloth till they are dry and soft then boile some fresh vinegar and let it be cold then put them in it and keep them from ye air

A

A Barbicue Choke

Put it in to a Pot with pretter Seasoning well with Pepper Salt & Onyons a good handful of Rosemary Parsley which must be put in whole Let it Boyle till it is tender Enough then take off ye overmost of ye Broth and put it in to a skillet with a good handful of parsly and just enough onyon to give it a taste take the parsly if better pender take it out and shred it and mix it with butter and vinegar and a little of ye liquor serve it up with sipet:

To make Blacke Pudings

Take a gallon of half a goal colmoll and stoop it in new milk then take 7 pounds of hogs blood boil it very well then take a little pennyroyall and 2 or 3 leaves shrub them very small then take mace nutmegs cloves and cinamon all beaten very fine as much of ye each how you think will make it tast with a little white pepper beaten fine and a little salt:

To make French Bread

Take a gallon of fine flower a pint & ye half of the yeast and as much new milk as will make into a very little dough cloud warm but not hot then prove very well before you put them into ye oven let your oven be very quick let them be well baked before you draw them you must make them fair cloves as round as you have made ye paste & when they are baked wipe them:

To pickle Green Buds

To 2 quarts of wine vinigar

To pickle French beans

put as much vinegar as will cover ye beans put them on a very gentle fire put much hotter then you can hold ye hand over spur them sometimes but keep them close covered put in a little salt they will appear white look yellow but let them stand till they are green & which then put them in a pot with a little water and which pepper then boile up ye liquor after ye beans are cut and pour it them scalding hot

To boyle Barbolls or any other kinde of fish
fish to be sweet

Take yor Barbolls or other fish whatsoever it is and draw them & wash yor
very cleane then set on yor kettle with water fair and put them in
liquor you desire to boyle yor fish in wch must be one pint of ale
wch must be best wine vinegar and yor other 3 quarts spring water put in
a very large handfull of sweet herbs & many Royall flowrs & fennell
2 or 3 corns quartered yor pills of a Lemon & to every gallon of
liquor 2 young handfulls of salt when yor liquor boyles freely up
put in yor fish one after another lest yor the bottom of them may
leave ~~them~~ boyling and then have in a Bason or 3 some spearmint to
mantlone it boyling very fast till they be boyled enough then
take them up and put them into some cleane boxes and
cover yor liquor with boiling downe put them together in yours
keeping till after 2 or 3 days they will be very good

To boyle a Pike

put in salt & butter with ginger sliced and nutmegs quartered a much &
Rosemary time & many Royall boyles in Bonnyfish wine or for want of
Bonnyfish white wine put in onions but if yor pike be dessible and
you would be perfect let it be pickled in stale of Onyons

The sauce to it

Sir Kenelmes dissolade in sauce of yor liquor boiled with butter till
it be thick to wch you must squeeze yor juice of a Lemon yor pills of
wch being boyled wch yor fish will give it a very good relish

To boyle all sorts of small fish as gudgeons pouts &c

Take yor fish & wash them & bone but doe not scale them but
Rub you over with salt & lay them in a deep dish you take yor halfe of
yor liquor wch they are to be boyled in wch must be white wine & set it
over yor fire & when it boyles freely power it upon yor fish you take
yor other part of yor liquor wch must be fair water & set it on at
quick fire into wch you must put a handfull of fennell sweet
herbs Royall time & 3 or 4 fair corns Bruised to it very great
bright salt when yor water boyles freely and you have provided
spiceries to put into it set they lye in yor liquor in yor dish when
they boil high highly up then put in yor fish & cover in close it may
boyle boyling very fast and yor fish must be ready as soon as it is
boyled enough let it be taken out of yor liquor

To make a Brown butter thick with sweet of yor liquor wch is Allso Nutmegs

Thubrigg Biskits

Rub half a pound of butter into a quart of flower very fine
then put in half a pound of sugar and 2 ounces of carraway seeds
a little beat ginger and salt 2 eggs 3 or 4 spoonfulls of ale yest
role them very thinn and bake them on platers or paper

To pickle Broombuds my Neece Lucie

gitt them very yong and green pick them well make a pickle of
white wine vinegar and salt to yor taste boile it and put to yor broombuds
boiling hot and so do every day till they look green and eat crisp
you may add spice if you like it they must be covered close with a
flannell that yor dew that comes off spring & scald of yor pickle liquor
may not fall on to yor pickles for that makes them mouldy

Flem

A Flemish Bread

To half a peck of fine flower put a pound of melted
butter beat 8 Eggs with a pint of yest and strain on it yet
is not weet enough add a little warm milk ~~and~~ made it
in to a Loaf and just as it goes in to yor oven wash it over
with yor yelk of an Egg

Biet Bread my Neece Lucys way

a pound of dry powder sugar eleven eggs leave out
5 whites beat in to them yor sugar and then a pound
of flower well dry'd just as you put it in to yor oven beat
in an ounce or if you like it full of seeds 2 ounces of
carraway seeds bake it in a buttered pan it requires
2 hours bakeing

Cinamon Water

To two quarts of Brandy or Spirits allow a quarter of a pound of Cinamon and fill the Alimbick three quarters full of water and may draw of from it three quarts. Sweeting it with a quarter of a pound of double refined Suger.

A most Excellent Receipt to make Cheesecakes

Take a pint of thick creme (it must be very sweet) when it Boyles take 7 eggs if thay be very yellow leave out one yolke Beat them very well and put them in to the creme stirring them to other it must bekept continued stirring till it is thick like curd then put in to it a quarter of a pound of currens plumped in water & a quarter of a pound of suger and a quarter of Butter here it stirring till it is cold and if next day put it in what crust you please

To make Custards:

To a quart of creme 7 eggs with ½ of yᵉ whites taken if may it will make them of new milk allow 9 eggs taken 5 of yᵉ whites away whether it is milk or creme Boyle it before you put in yᵉ eggs with adding or 2 of mace rum whole cinnemons and a little nutmegg if it is milke let a pint in 3 quarts boile away but creme is enough only just to boyle a walm or 2.

Broiled:

Cut a neck of mutton vᵉ bones singly and broile them one a Broiled paper seasoning it with salt and peper and sweet hearts cut small with lemon peele and a little nutmegg when it is broyled which must not be to much but that the Graves must be left in it then for yᵉ sauce take of yᵉ Liquor other in mushroms have pickled or for want of thus other Liquor allowe in it 3 ancholes and then put to it as much Gravies or grey broth as you make allow full of sauce let it boyl a walm or 2 together seasoned with spice nutmegg of sweet peans tye up and cast in it then take them out and thicken it with yolkes of Eggs as thick as for ultimate and stir in to it a peice of Butter shred fine all sorts of greene picks and mix yᵉ sauce tense it up grained with a gome sort of greenes which you shred add cover it with mushroms and pickes and forcemeat: you may ad to yᵉ seasoning a little onion or shalot:

To pickle any sort of flowers

pick yt flowers & put them in ye ship or put you salad to keep them in make a liquor of sugar an vinegar & make it scalding hot & powre it into you

To pickle purslin

take yt purslin & pick it & put it into a fritting pott & strew some salt upon it then take some vinegar & make it scalding hot and powre it to yt purslin

To make a great Cake Mr Jacks way

3 Gallons of fine flower 12 pound of Curance one pound and half of nipell bisquit beat fine in a morter 2 pound of almonds beat with half a pint of Rose water ~~yet~~ ten pint of the yest one pint of sack and half a pint of Rose water one ounce and quarter of mace finely beating a dozen and half of eggs half yt whites taken out 5 pound of butter 2 pound and a quarter of suger beat fine: for ye icing take 3 pound of duble refine sugar one dozen of whites of eggs first beat ye eggs till it comes to a white froth then strew in ye sugar ye icing must be made in 2 parcels 2 pound and a quarter for a icing of it and of nether 3 quarters made very thick to lay in nobes

first rub ye butter in ye flower very fine then put in ye bisquet sugar spice and almonds and then ye curants then make a great hole in ye flower big enough to hold ye yest and then put it in with ye sack eggs and Rose water then cover it over with ye flower and Let it stand and work half an houre before you mix it by ye fire wash a hot dish over it take out half a pound of butter to butter ye hoppe and paper at bottom it must not stand at all after it is mixed before it is put in ye oven wher it may stand 3 houers

To make ye ron Cakes

take 3 pound of fine flower one pound of sugar ye yolke of 2 eggs a Litl nutmeg grated and 2 spoonfuls of Rose water with a pound of butter melted then make it in a past: if ye butter be not weting enough put in a Litl fare water Let ye irons be hot then put in peces of past about ye bignes of a hors walnut:

To make a Great Cake my cozen gotherbys way:

take ten pound and a half of flower weighed after its well dryed in an oven 40 new Laid eggs kepe back 20 of ye whites beat ye eggs very well one pint of sack one quart of good ale yest measured after its ~~strained~~ strained 3 quarts of good thick cronne cream 3 pound of new butter one pound of almonds beat with 5 or 6 spoonfulls of Rose water ten ounces of ye best ponder sugar two nutmegs mace and cinamond of each a quarter of an ounce beat and cered:

first mix with ye flower all ye dry things that is ye sugar almonds and spice and when thay ar very well mixt put in ye yest and after that ye eggs and sack strained through a sive wi ye things as put in thes must be one to mingle ye things with ther hands next ade ye cream and butter ye butter being melted in ye cream and being Litl more then blood warme put it in by degrees when all this is very well mingled and beat together with ye hands then put in ten pound and a half of curance weighed after thay ar washed and picked and dryed in an oven of a gentle warmth thay should be ~~dry~~ a day and a night and keept often stirring put them in by handfulls in to ye butter and with ye hands beat altogether then set it before ye fire while ye oven is cleansing and cover it with a cloth then by handfulls put it in to ye vasle when you put it in ye oven keep it knocked several places and cut it cross to cook it well ade Litl more after 2 houers baking see it as you do other cakes — so

Portugal Cakes

Take 8 eggs well beaten rose water 2 spoonfulls worke in ye eggs one pound of fresh butter one pound of curranie sugar finely beat and searced one pound flower dryed one pound worke them well together drop them on plates or paper in litle peces strewing fine sugar over them before thay are put in the oven

To make a plain cake mrs Bails way:-

Take 2 ale quarts of flower 2 pound of butter and rub in the flower then take a litle of ye best ale yest the yolks of 4 new laid eggs and 2 of ye whites 4 spoonfulls of thick cream mix all there together and beat it with ye hands then let it lay almost an houre before the fire then take a pound of carway comfits half a pound of liquorrs comfits if you ease ye cake roone save some of ye carryways to strow upon it ye oven must be but litle hotter then for manchet pyes An houre or less will bake it:-

To dress a Carp with blacke sauce

The carp must be taken alive and slit in ye midst save all ye blood and take nothing out of it but the guts the liquor to boile it in must be half water and half claret wine season it with a litle salt and put no more liquor then will just cover them ye liquor must boile before you put in ye carp and it must be kept boiling then melt a pound of butter so that all ye scum may be taken off when ye carp is half boile poche in ye butter and season it with spice according to your fancy ye spices are ginger cloves nutmegs when ye fish is cooke serve it up with ye sauce which will be blacke if you do it speedily:-

To make a cake that will kepe a year

Take a potel of flower 26 eggs half a pint of ale yest a pound of Loafe suger 3 pound of curranie 2 pound of butter first take ye eggs and beat them and putt ye yest in to them and a litle rose water warmed and then strain it in to ye flower and worke it in to crumes then put ye suger in to ye creme being warmed and worke them all together then put ye butter in cold and worke it exceeding well:-

To pickel Cowcumbers

Take 3 pints of wine veneger which will pickel 3 hundred of cowcumbers and to ye veneger put a quart of water with a handfull of salt and fetch it up and a hard pudding boile it halfe way together and then power it boiling hot on ye cowcumbers cover them close and let them stand 2 or 3 dayes then boile ye liquor again and power to them as before during the every time for 4 or 5 times boiling will make them greene when you put them in put in to ye liquor mace and cloves suger or no hot spice you please but no out ye pickel and dill when you put them up:-

To make rise cheescakes:-

Take a quart of milke and a quarter of a pound of rise beaten fine and boile it in ye milke kepe it stirring lest it be thick then stir a quarter of a pound of butter in it as it boiles when it is boiled very thick take it of and before it is cold break in a half quarter of a pound of butter then beat ye yolkes of 3 whites a litle sack and grated nutmeg and then all well together put in 3 quarters of a pound of curranie plumpt then make ye crust of double liquor put in some suger in ye flower and ye yolks of 2 eggs mix it not too hot and harden them in ye oven then is made as you do custards and then put in ye rend

Sauce for a Cods Head

Mrs Burrough

A pint of white wine a Lemon slit half a pint of shrimps a pint of oysters with their Liquor a few barberys Lace mace nutmeg grated 2 shallots 6 anchovies a handfull of parsley shred small give them good boile or 2 then thicken it with butter and ye yolks of 6 Eggs Boile ye Cods head in water and salt Lemon peel and capers

Mrs Whitfields Seed Cake

Take four pound and a quarter of ffLower two pound and a half of Butter a pint of Cream a pint of Ale yeast twenty two Eggs Leaving out half the whites a quarter of a pint of sack five pound of Carraways a quarter of an ounce of mace a quarter of an ounce of Nutmeg beat a half a pound of Loaf sugar finly beaten first dry ye ffLower, strew ye sugar sugar and sifte sify ye ffLower beat ye sack Eggs and yest together and strain them through a sieve, put ye cream in a Tankard and put ye Butter in to ye cream and stiff ye Tankard in a kettle of hot water till it melted then mix it all together and Let it stand by ye fire to rise when ye oven is hot strew in Carraways smooth comfitts in to ye cake and put it in to ye oven as quick as you can and Let it stand an hour and half

finely beaten

smooth comfitts

An ordinary Cake my Neighbour May

A pound and a half off ffLower a pound of Butter rubb in to ye ffLower 3 pound of currants 3 quarters of a pound of sugar a pint of ale yest half a quarter of an ounce of cloves and mace a quarter of a pint of sack 6 Eggs beat, mix all ye dry things together and then put in all ye wet mixt together and what it wants in ye meeting supply with warm milke Let it work an hour by ye fire an hour and half bakes it and a pound of sugar seed is

Mrs Burrough

portugal Cakes

3 pound of sugar beat sifted Cut first dry'd a pound of fine flour dry'd a pound of currant very well dry'd ye yolks of eight Eggs take out ye whites of six of them a pound of sweet Butter a little mace beat fine work ye Butter and sugar well together then ye Eggs and mace and a little oringe flower water beat it an hour and half then butter ye pans and fill them 3 quarters full beat ye white of an Egg to froth and put to it a little white refined sugar beat and strew and with a feather wipe them over stir them in gentle oven when they begin to brake up they are enough

to Color a Breast of veal

Mrs Burrough

take out the Bones and sinews and Lay it flat cut a much of ye fat of Bacon very thin as will cover it beat nutmeg cloves mace pepper and salt and stirred small savory sweet marjoram Lemon pine and parsley strew this seasoning upon it and spread over it ye yolks of 4 eggs well beaten rolled it in and pinned it up with white nets so it may Lay even and a little thick Lay on ye Bacon and roll it up hard and tint it with tape Lets Stand wraping a thin cloth about it before you bind it boile it in meat Liquor 4 hours out in ye Liquor you boile it in an onion Lemon peel spice and sweet herbs when it is enough take about a pint of ye Liquor it was boiled in and put to it a spoonfull of whitewine, ye juice of a Lemon ye yolks of 3 and half a pound of Butter take up ye color and cut it in slices about an inch thick or more garnish it with Lemons pickl sweet breads and Bacon fried crisp pie paper to Lay on a dish of roasted rollops

to butter Chicken

Mrs Somerbush half boile ye chicken in milke and water then cut them in to small peices and put them in a dish with a quarter of a pint of ye liquor that they were boiled in 4 spoonfulls of white wine 2 blades of mace a little Lemon peel and salt cover ye dish and Let them spe softly turning them once or twice then take a quarter of a pint of ye sweetest and thickest cream warm it by it self 3 spoonfulls of whitewine ye juice of half a Lemon warm and put to ye cream with half a spoonfull of flower and a quarter of a pound of butter keep it spring over ye fire till it boiles then put it to ye chickens with some shred parsley Lay white bread sipits in ye dish and garnish it with shied Lemons

Mrs Barons seed Cake

to a pottle of flower 8 good spoonfulls of Ale yest ~~make~~ 2 ounces of Syper make it in to a prity soft past with warm milk Let it rise half an hour by ye fire then beneed in a pound of butter till it cleaves from ye hands in worke in a pound of Carraway Comfitts and set it greed in ye oven, after it is in ye hoop an hour bakes it

Chees Cakes

A Gallon of new milk from ye Cow soft it and when ye Curd is come press it through a Culender then worke in half a pound of butter take half a pint of Cream and boile it with some grated bread and a blade of mace pik nis thick and when it is cold mix it with ye Curd with 3 yolks of Eggs and one white a little Sinnimont and Nutmegg one oringe pil and one Lemon pill shred small half a pound of currance 2 or 3 spoonfull of sack a little oringe flower watter and sweeten it to ye palet

A very fine seed Cake

Mrs Buckingh four pound of fine flower well dry'd put to it a full half pint of good ale yest after it is strained make it in to a light bread with warm Cream then Let it Lay arising by ye fire put in no salt when it is much risen spread it open and worke in to it 9 Eggs Leaving out 2 of ye whites beat them well first and strain them melt 2 pound of fresh butter take off ye scum from ye top and ye Leave ye butter mild all ye bottom worke it well in add to it 2 pound of marchpan past 2 ounces of mace 2 ounces of Ambergreece half a pound of Lefe Suger finely beaten some bitters cut in to small peices Lastly work in 2 pound of Carraway comfitts bake it in a hoop Lay water paper at ye bottom next to ye Cake and flower ye paper well between ye paper and ye water paper it will be just like batter when you put it in ye hoop when it is 3 quarters baked see it over and sift it in again and when it is enough wrap it in a clean Linin Cloth keep it so till its through cold ye hoop must be just 8 yard and half about in compass Let not ye oven be to hot att bottom if ye cake colours to fast Lay a dry paper att ye top this cake must be sett in ye oven as soon as it is make less then an hour bakes it

A Cake without yest

take three pound off ye ~~fin~~est ffloWer dry it well
two pound of fine powder Suger beat and sifted
two pound off fresh Butter 24 Eggs beat and
strained put ye ~~flower~~ flower suger and Eggs together
and beat it well, then work in ye Butter with ye
Hands, and just as it is ready to go in to ye oven
put in two or three ounces of Carraway seeds
Bake it two Houres, in a pan or Hoop Buttered
and ~~Let~~ not ye pan or Hoop be above three quarters
full for fear of boyling over Let ye oven be quick
but not rash

To pickle Elder Buds

Gather them very yong pick them in to Litle sprigs put them in to a well glazed close mouthed pot Boile as much vinegar as will well cover them and pour it to them scalding hot Let them stand 4 days close covered then drawn them well from ye Liquor and dry them in a cose cloth and Boile ye vinegar again with a litle salt and put ye elder buds in ye hot again and when ye pickle is cold put it to them adding a litle long peper green them as you use them for they will not keep long after they are greened

A Fricyce of Rabits

Take 2 or 3 Rabits and cut them in peces and fry them in the fuet then browne a Litel butter and put in 2 oynions minced smal then strow in a Litel flower keeping ye pan stirring put in some strong broth and then put in ye Rabits and 3 anchouves and a Litel parsly and tyme minced smal season it with peper & salt and spice and ye juice of a Lemon then set it all up with a litell butter and so serue it up.

To make a Frigasie:

Take a Peck of Peale or a Line of Lambe & Fry it with fresh Butter then putt to it some good Broth & halfe a Pint of Clarett wine 2 or 3 Anchoves, putt into it a Blade of Mace a Little whole Peper, a little time a Little winter Savorie Then take a few Sutlets & put to, & a few Oysters, shred them very small and lett them be stewed all together for 1 an houre, then Thro yolks of Eggs beat well together & then thicken it up.

To Collar Beefe:

Take three or 4 gallons of water hange over ye Fire putt into it allmost a quart of Lett Peper, a handfull of Bramm lett it Boyle a good wale awaye then put it into a Pann when it is cooled, put ye Beefe into it & Lett it lie two days and Boyle the Liquor againe & lett it be cold, & lett it lay two days Longer & then take it out & season it with redd Sage & Tarragon if you can get it, & Peper, Cloves, Mace, and Salt peeter, And so Collar it & sett in an Earthen Pott upon ye end Putt a Litle Clarett into and beate it with some House-hold Bread.

To make Sauce for any Flesh:

Make it of Salt and water Vinegar a very little or none, whole Peper Bay Leaves, or a Sprigg of Rosemary Sett all these Boyle very well together soe put in cold to the meate and scumm it as it Boyles.

A fricacy of chicken or rabets

flay a chicken and cut them in 4 or 5 peces of peces put them in to a frying pan with 2 or 3 blades of mace a bunch of ~~[illegible]~~ sweet hearbs 2 shalots 2 anchoves 12 great pysters 2 balls of fryed ~~meat~~ let all stue together till ye chicken be tender then put in a peice of fresh butter and ye yokes of 2 or 3 eggs keep it stirring till it be thick serue it with capers and barberys and Lemon

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Fritters

Mrs Kinsingh

Set on ye fire a quart of very thick cream make it a little hotter than milk from ye cow turn it with sack to a curd keep it taking and it will keep ye curd from growing hard and only be thick put a quart or 3 pints of flower in to a Lard tole and put ye curd to it stir it well together and beat it half an hour it must be thicker then other sort of fritters put in nutmeg and salt in to ye flower

To Bake Fish

wash ye fish very clean take some anchovis parsly and winter savoury shreed fine a little peper mace and nutmeg beat salt and grated Bread ~~mix~~ these work in Butter and stuff in to ye Bellys of ye fish Lay ye fish signly in a dish and cover them with claret wine season ye wine with spirims herbs as before peper salt and Lary mace bake it 2 hours then put ye fish in to ye dish you must serve it in and pour of ye oyl that is att top of ye claret and put ye bottom in to a pt sauce which must be butter melted thick with some oyster liquor att stued oysters and shrimps thicken it with ye body of a lobster

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To keep Gooseberys all ye yeare

Take gooseberys when they are fad green but not ripe pick them and put them in a wide mouthed glass and set them in a kettel of cole water hang it over ye fire till ye gooseberys change cullor to take it they were scalded then take them out and set them cole and when they are cold put them up in bottles and seal them up lis that no aire may come in and set them in a cole seller and they will kepe all ye yeare

To make a gooseberey flake

Take ye gooseberegs and put them in an earthen pot and set it in a kettel of water over ye fire and then let it stand till they are scalded enough strain them through a hair sive clere from ye thins then make them very hot again and when they are scalding hot beat them very well with a pice of butter rose water and sugar and put in ye yelkes of 3 or 4 eggs stir it all together and eat it cold

To draw Graway ye best way

Take what flesh you please mutton veale or beefe cut it as thin as a strip pick of all ye fat hack it with ye back of a knife and put it in to a frying pan cover it close with a lid and set it in a kettel of water and let it boyle 3 or 4 howers then take it out and press it for a pound of flesh will make a pound of graway

Gooseberry vinegar

Mrs Burrough

Gather ye gooseberys when they be full green but very green and to yre gallon of gooseberys put a gallon of water and then

stand them

stand them in a cloth giving them now and then a gentell squeese but not to force any thickness from them then put it in a vessell and let it stand in ye sun till its vinegar it ought to be made one year under another it is better for any sort of pickles then other vinegar

To make Goosberry Vinegar better then white wine vinegar for Pickles or any other use this is the best way of making it

Gather ye Goosberys when they just begin to turn allow a gallon of water to a gallon of goosberys boile the water and pour it on the Goosberrys put Lett it stand 3 days and 3 nights then run it through a hair sieve put put it Liquor in a vessell and to each gallon of Liquor put half a pound of sugar dissolve ye sugar in some of ye ~~sugar~~ Liquor Let ye vessell be full and fit it in a sunny place all yt shimmer and then keep it in neither fit best to make it one year under another but may be us'd ye same year but it is not so good

To make Gravey

Chop a peice of a neck of beef to mash put it in a close pan with a pint of claret a pint of water a bunch of sweet herbs a nutmeg slice 3 or 4 blades of mace a little whole peper 5 or 6 shallots Let it stand 4 or 5 hours close covered then strain it out and put it in a stone bottle stop it close and it will keep a month

To pickle Hartichockes

Take them before the frost has taken them and ~~boil~~ boile them & lett them to dry 24 howrs then throw away ye water they were boiled in & make a pickle of of fresh water seasoned very high wth peper and salt let it stand till it be throwgh cold & turnd up ye hartichockes very close and power ye pickle ~~when~~ to them when you would vse them Boile them in ~~mu~~ mutton Broth or Liquor

To Bake a Hare

Take a Hare & flea him with it & pu Boile it then picke ye flesh from ye Bone & mince it small and beate it in a stone morter very fine with ye Liver season it with all sorts of spices and some fruit & ye yolks of 8 Eggs Lay one quarter of ye meate into ye pye then put in some Lard this do wt 3 times ye Lard must be about ye Bones of ye hare liver and 3 times at Lard, ye last laying put some thinn slices on of Lard one ye top and butter yt close it up and set it in to the oven when it is baked liquor with butter

To Roast a Hare ye best way

Take a hare and flay ye furr off with scalding water then take a coolmary sweet heard wild thyme heard but none that is bitter chop them very small and mixe them with a pound of sweete butter and lemon pill minced small nutmeg peper and salt and a grid nutmeg, put all these in to the belly of ye hare and draw it up very close that none may leye out least it run bigger when it is rosted enough take ye heards and put to melted butter and juice of lemons and put it in ye dish with ye hare

Another way to Roast a hare

Lay it alone in ye fire and kepe it dashing with water and fat till it be rosted enough ~~[illegible]~~ then take of ye skin and kepe it dashing with sweet creme till it be enough put ye same heards on ye belly as in ye former ye sauce is venison sauce or anchover which you like best

To ~~brooke~~ pott Herrings

Take half a hundred of full row'd Herrings pitt ye you can all hard row'd ones out of ye Heads and pull out ye guts and rows without slipig them down ye Belly wash them clean and dry them very well in a cloth rub an Earthen Crock with an onion then take pepper salt mace and nutmegs all beat together strow a little in ye Bottom of ye Crock then lay a Laying of Herrings and strew ye spice and salt between every Laying and so do till ye Crock is near full you may put on 3 or 4 anchovies if you like them when you have laid them all in Layon on them an onion or 2 sliced and 3 or 4 Bay Leaves cover them with fine vinegar and put to ye pot close with Brown bread paste take them with Brown bread but Let ye ~~heat~~ fierceness of ye heat be over Let them stand in ye oven all night ye Bones will dissolve

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A jelly Broth

Take a cock flesh him and quarter him yn break ye bones a litle then take a knickle of veal cut ye bones with a litle more water then will cover ye fowl you must skim it clean then put in a handful of heards sorge into half a handful of dandelyon and a litle bundell of sweet herbs a nutmegg of ginger three mace nutmegg and put in one ounce of hart horn and as much of french barley a quarter of a pound of ye pum stones a crust of bread and a litle salt that must all be boyld to mash and this will be a strong broth as you can desire

To make jelly of calfs feet

Boyle ye feet very well to a jelly take ten egg or 2 and beat them and put them in a litle sack or mucknone put in a litle lemon pille and sweeten it to yr tast strain it through a sive or cloth then put it in to glasses you may ade an ounce of hertshorn and a blade or 2 of mace

Italian pudding Nurse mead

pare some pippins and cut them in halfs take out ye core and stew them till they are allmost enough in clarit syger to yr tast a litle sminent then make a custard of cream and eggs and a litle grated bread then lay in a dish a laying of one and other till ye dish is full then cover it with dry'd cherrys and what other dry'd sweet meats you pleas and lay crust crose and crose as you do for Taffity Tarts half an hour bake it

To stue Kidneys

slice the kidneys thinn stue them in a pan with some water seasoned with beaten peper and sweet herbs Let them stue till ye water is wasted to half then a pint then take them out of ye Lignor and put them in to a frying pan first melt a peice of butter in ye pan fry them a little then take ye yolks of 2 or 3 eggs beat them very well and put in with ye Lignor they were stued in and a peice of butter shake altogether in ye pan over ye fire till ye Lignor thickens half a pint of ye Lignor is enough for a sauce

Ketchup

~~take of~~ ye largest mushrooms that are sound and ~~put~~ pruttty and fine colour underneath wipe the dirt off dry but do not wash them cut them in to small peices and put them in a pot and between every laying off ye mushrooms strew some salt Let them lay so four or five days then strain ye Lignor from them boil it and scum it and to a quart of ye Lignor put a pint of strong Red port wine ~~half a~~ quarter of a pound of anchovis half an ounce of whole pepper two drams of mace bruised a quarter of an ounce of nutmeggs broken a quarter of an ounce of cloves bruised Let it all boil together and when it is cold bottle it up ~~and~~ stt spice and all and keeps it close stoped set it in a cool dry place and it will keep ye year till mushrooms come again

To Pickle of Lemons

Take ye Biggest which are the thickest rinde Lemons parre of the rind as nere ye pulpe as you can put them at you pare them in to fair water etc they will Lye ye under Then put them in to a kettle of water which you must set on ye fire boile them until you fele them betwixt ye fingers tender then put them in a gode glass in pickel which must be made of ye best whitwine vineger and sugar ~~etc~~ ~~proportion~~ you must put to a pint of vinegre half a pound of sugar when you tarne them up you must put in to ye plate a little of ye Liquor

To make Lozinges for a cough

Take half a pound of green Lycorich scrape it in peetinges and put to it a quart of spring water with half a hand full of oak Lungs Let it boile gently till it comes to a quarter of a pint then strain it out and put to ye quarter of a pint of Lycore half a pound of ~~sugar~~ brown sugar candy beaten Let it boile to gether till it comes to a gume that adros will Lay upon ye nail with out staring then put it in a brason and beat it with stiff pugs till you can beat it no Longer then put it in potts or boxes or roll them up in Lozinges as you please: ye Lycorich must be boiled in a pipkin kept close covered all ye time. Let a parsy poultice with a chough always keep one in ther mouth it will cure them in few days

for violant chough and spitting of blood

Take Lucatellos balsome about ye quantity of a large walnut mix with it ye yolk of a new Laid egg and a much as a nutshell as will make it at thinn electuary and take it at night when you go to bed this quantity will serve 3 times which will cure you tho never so violant

A Lobster Pie

take off the shells and cut ye meat in so small peices season it with sniment vinegar a little salt some sald some Lemon peel and good store of marrow

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To dress Mushrooms

Draw them and wipe them clean with cloths cut off the roots & all the dirty in pieces as fast as halfe long put them into a pewter dish the ends standing up & put to them as much oile as will halfe cover them season them with salt white pepper whole cloves the pill of orange or lemon sliced very small & bay of both kinds one slipt & pickled set them on a large chafing dish of coals and cover them close they will boyle hot and have risen a walm or two then the other side turn them and throw the roots and salt them have an eare or two more then put a quarter of a pound of butter in a frying pan & when it is melted put in halfe this liquor in the butter & when all is hot put in the mushrooms put in the dish wood spoon take the roots and the liquor and put in the remaining part of the liquor & throw the wheat on the chafing dish straight the oile is fried into them in the frying pan & put them into the dish strew the roots & the cloves and lay them over the top also in the liquor of which draine them out of the cloves disposed in and a little pickled mushroomes put the liquor upon it

madam Cooper way to pickle mushrooms

Take the freshest and those that are best are of a pink colour underneath and the least are the best pick them adviser and put them in to water as you do them to keepe them white out of halt the stalks then put them in to a stewpan and set it over the fire with some salt strewed into them and with no barker liquor then comes out of them boyle them till they are tender then lay them on a clean cloth to cool & drain make a picked with white wine and wine vinegar cold of each alike and boil in some whole pepper cloves mace and nutmeg and ginger all according to your fancy when its cold put the mushrooms into it and keepe them in a day very close stopped you may put oil on top of it with keepe them a great while to eat them hot when they are boyled tender put in some whole spice and an onion and a pint white wine and a pice beer up to neither but first power away the liquor comes from the boyling of them serve it up with lights

The sauce to a shoulder roasted in block

take half a pint of white wine a few capers & a little Sorrel, shred the
Sorrel and put to it 2 or 3 anchovis stew them altogether a while and
when your mutton is roasted put it to ye sauce you must not take of y^e
roast ye mutton was roasted in

To roast a Shoulder of mutton

Spitt it & lay it to ye fire and as it roasts slice 3 or 4 onyons and put
them in a dish under ye meat and catch ye gravy drop into it mix it with y^e
meat & all roasted then take half a pint of claret wine
or better and pour upon ye meat ye dish being under where ye onyons
are but you must first remember to take away ye fat of ye gravy
or in but you must first remember to take it off the claret in
and onyons it stands under before you take it off the claret in
take ye yolkes of 6 eggs & beat them into ye gravy that this onthe y^e
sauce will be as thick as cream put this under ye meat with
capers and samphire and sliced lemons

Mead

To a gallon of Hony six Gallons of water
and 2 pound of ginger Clarifie it with 8 whites
and 2 pound of ginger Clarifie it with 8 whites
of eggs beaten well boile it an hour with some spice
then spread a toast with yest and worke it well a day
when you put it in to ye vessell put in with it y^e
peels of two Lemons at a month end bottle it
for strong mead 12 pound of hony to 5 gallons of
water 12 pound of hony to a gallon

To pickle melons my own way

gather them before they begin to ripen and on a dry day
scoope out ye insite that is soft and all ye seeds as near
as you can cut ye hole att ye stalk and save ye peeces lay
them in a brine strong enough to bear an Egg for 48 hours
then take them out and wipe them dry and have ready
ye following seasoning ginger sliced in very small thin slices
mustard seed ground or beat and sifted near as much
Turmerick as mustard seed cloves nutmeggs and mace
grossely beaten indian pepor shreed fine a little dry
marjoram crumbled in to powder mix all these ingredients

together and fill ye melons better than half full and put in to
every one one two or three cloves of garlick pill'd according to
ye bignes of ye melons and to ye cloves of garlick then sew on
ye peices you cut out of ye melons but not so close but that
ye veniger may run in to them when ye veniger boils which
must be enough to cover them put in ye melons in to it as it
is over ye fire and cover them close and let them stand till it
is ready to boil then take them off and put them in a pot
and pour ye vineger to them cover them tying them downe
with a peice of flanell next to ye mouth of ye pot let them
stand 12 days and then boil ye vineger again and put them
in as before then lay them in ye pot for good and set y^e
vineger on again upon ye fire put in a pint or a quart of
mustard seed according to ye quantity you do of ye melons
upon ye melons in ye pot and put in to ye vineger upon y^e
fire some Bay leaves some race ginger some jamaica pepper
some horse radish and turmerick enough to give it a yellow
cast and att to ye vinegar some orange pickle if that is
not to be get some caper vinegar let it boil and then
pour it upon ye melons putting in cloves of garlick tis
ye best way to lay ye ginger in vinegar 2 or 3 days before
you use it to make it slice ye better, their can be no certain
quantitys directed because ye bignes of ye melons are not
known till seen it must be done according to judgment
they will be fit to eat in 10 or 12 weeks if ye melons be small
some large cucumbers done ye same way are very good

minced pies my own way

to a pound of Tongue 2 pound of suet good weight half
a pound of raisons cut from ye stones half a pound of reasons of
ye sun both chop'd small ye peel of a Lemon shred fine a pound and
half of currance good weight weiget after they are wash'd and
picked half an ounce of cloves half an ounce of ginger half an
ounce of nutmeggs a quarter of an ounce of mace all beat fine salt
and sugar to ye taste sharpen it with Lemon or tamarine half
a pint of sack half a pint of tent or claret 2 ounces

of candies mince peel shreed fine put it downe close in
a pot and it will keep 2 months with a butters paper
at top when it is make in to pies put in as much
pipen as about a quarter of ye meat you make out
pare them and grate them upon a great grater
when ye pies are hot put in to each 4 or 5 spoonfulls
of roast mutton gravey mixt with ye same quantity
of sauce and a little suger heated hot to gether you
may add what sweetmeats you pleas when you make
them

Non Pareil

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pare six Lemons very thin and put the rinds and
juice in to a Quart of Brandy with ye rinds of 2 china
oringes Let it stand close stopped 3 or 4 days put two
pounds of fine sugar in to 3 quarts of spring water
Clarifie it with the whites of two Eggs Let it boil a
quarter of an hour skimming it very clean add 12 ile
Liniment to ye water put it in a vessell and Let it stand
till its cold then put to it ye brandy and two quarts
of white wine strain it all through a flannell bag Let ye
vessell be full and it will clarifie it self when its
clear bottle it which will be about 3 weeks it will keep
a year

To pickle oysters my mothers way

Gis ye fairest oysters you can take ye Liquor of them and straine it and then boile it with a little salt sum it and then put in ye oysters and 2 or 3 blade of Large mace and som cloves and Ginger sliced nutmeg quartered Let all these stew a while to gether till ye oysters Looke greene in ye inside then take them out of ye Liquor and Let that rest then straine it through a fine sieve to ye vessel and when ye oysters are cold put them in to ye Liquor with some peper greely beat and 2 or 3 bay Leaves

An Oyster Florentine

If you will have it made sweete take Mace and nutmegg beate together with Sugar and a little salt season it according to ye taste & put in some good peices of Marrow & if you have no Marrow put a good Quantity of Butter & a little of ye Oyster liquor & put amongst them, when they are in the Dish preserved Cherries Damsons Currans Dill thinne sliced & Two or Three Dates sliced 2 or 3 blades of Mace you may if you please put in thre or foure yolks of Eggs hard & so cover the Dish with Paste and when it comes out of ye Oven if you think it be not fall enough of Liquor put a little white wine beaten with Sugar warmed

Or

If you will have it plaine, Put the Oysters in the Dish with some whole peper and a little nutmegg And Two or Three blades of Mace & an Onion in the middle, & a little Salt & the liquor of ye Oysters & a pretty quantity of Butter & cover ye Dish with puffe paste

To stue oysters

Take ye oysters and a Lil of ye Liquor a pint of white wine 2 anchoves, a Little Gut mace and mace a Cuppe of sweet herbs Let them stue a quarter of an houre other a chafen dish of coals then put in a quarter of a pound of sweet butter stirr it for ye table with sweet herbs barberys and Lemon sliced

To fry oysters

Beat 2 eggs with a little grated bread put meggy peper and salt dip yr oysters and fry them browne with fresh butter they or very proper to be layd round yr fish and oysters or any fish

An Olio

joint 3 chicken and 3 Rabets in every joint put them in to a stew pan with a quart of a hundred oysters 3 ort fmls of Lard mace a nutmegg peeled a bunch of sweet herbs let these stew over ye fire with a pint of white wine 2 Rabets and lb of lean broth when put in a quart pot a pound of sweet butter stirre it with barberys and Lemons

To pickle oysters my own way

boile ye Lagour with a little salt and a nice of an onion rum it to a long a cream. fryes once then put in ye oysters and with them some whole mace and nutmegs bruck and some whole peper boile them together till ye oysters look green in the mide then take them out and lay them single then boile ye Lagour again and strain it in to a earthen vessel and when they are cold put them together and put in to them 3 or 4 bay leaves and a little peper grosley beaten put in 2 or 3 good moonfull of white wine when you boile ye Lagour ye last time

Oyster Loves

take three french Loves or Rolles and dig out the crumb of them ~~in butter~~ fry them in butter stew some oysters in their own Liquor and spice a shalot put boile a peice of veal and cut it in to thinn slices and fry it with some thinn slices of Bacon about ye same bigness. put them in to ye oysters put in likewise some cut mushrooms and capers make some forced meat and fry then mix all together and thicken it up with yolks of Eggs and fill yr Loves add a peice of Butter

To Butter oringes

Mrs Bussingh

take a pint of ye juice of oringes 6 Eggs well beaten put them to ye juice and sweeten it to yr tast sitt it over a gentle fire till it simers and grows thick then put in as much fresh butter as ye bignesse of a walnutt stir it over ye fire again till it simers then strain it through a hair sieve in to cups or Glasses.

oring Custard

Mr Bussingh

ranice out ye juice of ten oringes and put in to it ye rinds of five of them pared thinn sweeten it with fine sugar to yr tast boile ye juice and rind together a little then strain it beat 12 Eggs with their whites very well and put to ye Eggs a pint of cream then mix all Eggs juice and cream altogether stirring it very fast all one way then sit it over a gentle fire till it is as thick as you would have it put it in to glasses or China cups take care it doe not boile

To preserve oringes

pick the largest and the fairest Civil oringes pare them as thinn as possible cut a round hole where they grew to ye stalk and put them in to a brass or copper pan of fair water set them on a clear charcole fire boile them till you can put a straw through them shifting ye water twice then take them off and put them in cold water and when ye oringes are cold take out ye meat of them with a little knife out as you do them put them again in to cold water and let them lay for 48 hours shifting ye water 4 times then put a pint of water to 2 pound of sugar boile it and scume it and strain it through a peice of white flanell put ye oringes on a splinter sieve to drain then place them in single rows in ye preserving pan and put to them as much of ye syrrop as will handsomely boyle them let them just boile then set them by till next day then boile them again half a quarter of an hour set them by again another day and then boile them till they are enough which you may know by drying a drop of syrrop on a finger for when it ropes it is enough they must be sometimes turned as they boile that they may be preserved alover alike and when they are done set them by till cold

to make ye jelly to keep them in

take sipins and a few John apples sliced thinn and cored pare them in to cold water and boile them in it till ye goodness be out then strain and let it stand till the clear then take a pint of ye juice and put to it a pound of double refine sugar boile it and scume it clean and when it will jelly put it to ye oringes let them be put in glasses fill up them and wet ye papers in fair water and half dry them again in a napkin set them in a dry clutter not too near a fire or stove

take of ye best and fairest Civil oringes pare them so very thinn as to take of none of ye colour put them in fair water and wash them well but do not rub them so hard wte bruise them put them in to a china pot or jar or any silver vessell and let them lay 3 days in cold water changing ye water once a day them every day then take them out and with a pen knife make a hole at ye stalk and pick out all ye kernells as near as you can leave ye inside whole breaking it as little as possible you can when you pick out ye kernells which is best to do with ye little finger hold ye oringes over a silver bason to save ye juice that runs in ye picking out ye kernells then put ye oringes in to a basket with good quantity of water and let them boile 3 or 4 hours till they are very tender then put them on a clean cloth to let ye water run from them then take double their weight in double refine sugar put ye sugar and juice that came from them with half a pint of water to every two pound of sugar and set it over a charcole fire in a silver bason till it boil warm and ye sugar melted then take it off and put in the oringes and let them lay 3 days in the sugar turning them every day let them be covered then boile them a pace unscumed and scum them well when the syrrop is of a good thickness they are enough but let them not candy mind to keep ye oringes under water in ye boiling and keep them close covered and turning some times 12 oringes is about 4 pound weight put to ye juice that runs from them in pulling out ye kernells enough to make it a pint and a half to ye quantity of 4 pound of oringes

A oyster pye

Take two quarts of Lary oysters wash them clean in ther own Lignor grate a nuttmegg and as much beaten peper half as much mace whole 2 Anchovies 2 shallotts 3 sprigs of lemon thime 3 of sweet marjoram 6 of parsley stripped and cut small as much salt as the 2 nearly of a nuttmegg then put in a pint of shrimps and a pound of butter bake it 2 hours then put in anchit spine bantle with some of ye oyster lignor

To Boyle a Pike

put in salt and butter ginger three nuttmegs quartered a bunch of rosemary time onions a small bayle in it smith or fine wood of that white wine put in vinegar but if yt taste to not exceeded and you would do perfect put in garlick

Rice pancakes

Take ½ pound of rice cleane picked & washed boyle it in fair water until it be yellow when it is cold then take a pint or a quart of thick cream 8 eggs yolkes & whites till yt thick doing to cream & when they are well beaten with yt cream mingle yt rice & then together with a little salt & nuttmegg put in half a pound of butter molted & as much flowre as will make it thick enough to fry but altogether very well & fry them in as little fresh butter as you can put them into yt dish and brow them eys with double refine sugar

Puff paist apple pattys

to 2 quarts of flower a pound and a quarter of buter 3 eggs 2 of yt whites taken out wet it with fair water thre yr apples very fine then thrid candid orng pel very small and mix them with super in a pan: this quantity will make a dozen pattys

To make puff paist

Take a quart of flower and yt white and yelkes of 2 eggs and wet it with cold water put to half 3 quarters of a pound of buter rowle yt buter in yt paist ~~[illegible]~~ 5 or 6 ~~times~~ generall times but do not breed it at all

To make good venison pasty crust

To half a peck of flower put 3 pounds of butter and hal in yt flower very wel and put halfadozen eggs yt whites left out wett yt past with cold water

An excellent pudding

Take 3 penny Loaves thinne the crust must be first pared of then take a quart of very thick creame and when it is boyled power it upon ye bread and when it has stood a while and soaked breake it very well with a spoone and put in a nutmegg grated and ye yolkes of 6 eggs and one white a quarter of a pound of suger 3 quarters of a pound of currants and half a pound of butter broken in so beate it well and put it in the dish backe and so let it procede in ye oven but hope it beating until you put it in

To souse a pig

Take a pig being scalded cut of ye head split it downe ye back draw out ye guts and bowe it then cleanse ye ides very well from ye blood then season them with nutmegg venigar and salt a little marjorome and time cut small and role them and bind them up close in clene clothes then put as much water in so it will cover it 2 inches over and let ye water boyle then put in ye herbs with salt mace pounded of time a little lemon pille: ye pig being half boyled put in so it 2 quarts of whitwine and when it is boyled shut put in slices of lemon and ye pell of a lemon and eate it with elder venigar keepe it in ye liquor you boyled it in

A carrot pudding

Take 4 Larg carrots scraped and grate them 3 half penny Loaves grated as much carrot as breed and a pound of butter beate it finely shred a pound of suynge and beate it with a grated nutmegg a little salt sed suger and sweet it with creme or milke pretty warm and bake it

A nother way to make a carrot pudding

Take 3 Larg carrots scraped and grated mix ye breed and carrots together put 4 half penny Loaves grated and worke in half a pound of butter with ye hands then put in 6 eggs a little salt and suger sweet it with milke or creme very sweet and bake it

pan cakes

To pint of creme 12 eggs with half ye whites taken out beat very well season it with a little salt sinnament and suger 4 ounces of butter melted and fry them in nothing at all but ye pan made pretty hot and make them very thin

an orang pudding

Beat ye yolkes of 12 eggs very well with a pound of fine suger and flour in a pound of butter mingle with ye pick of preserved orangeses dry'd into slices and beat it very well with a spoon or an earthen pot put it in a dish ye paste with puff paste on ye top and bottom half an hour bake it but let it stand awhile to soke slices in a little wine

an orang pudding another way

Take 2 orangeses very tender put in rose water take out the pulp and beate it in a morter very fine put to it 8 ounces of suger 8 ounces of butter and 8 yolkes of 8 eggs beat it all together in a morter and bake it in puff crust

A vottage

Boile a Leg of Beef and a Lonnide of veal till boill. jelly with a bunch of sweet herbs five or six onions and some whole spice when it is boill enough strain it Let it stand till its cold and then take off all ye fat then fit ye broath a stweing in a napkin with some spinage and sorrel and some french bread toasted a little salt and above of Bacon, Lard a duck with bacon and half rost it put ye broath in a dish and Lay ye duck in ye middle of it and Let it stue a little together then take ye ladlers being tenderly boilt and blanch'd slice them thinn as also veal sweet breads and cockscombs being Likewise tenderly boilt and blanch'd they being so prepared brown a peice of sweet butter in a race pan and a little flower then put in ye combs whole ye ladlers and sweet breads stew them thus with a good quantity of gravey when thus are stued a little and ye herbs enough put them and ye broath together with some marrow well boilt and cut in peices about ye bigness of a walnutt cover ye duck with ye ladlers sweetbreads and cockscombs garnesh it with ye same

if its time of year add sparow grass hoppes peace french beans and hearty chokelotons which must be first boilt and put in with ye marrow

vermicelli or sago may be added if you please

Green or yellow puding

Boile a quart of Cream with whole mace and grated ginger grate 2 Loafs of ye whitest bread and pour it in Cream upon it scalding hot Let it stand close covered till its cold then put in 12 eggs leaving out ten of ye whites stir in ye eggs after they are well beaten then divide it in ye two parts Colour one part with a juice of spinage green wheat of a race ye other colour with saffron butter ye bags and boile them with meat be sure ye pot boiles when ye put them in

To pickle Cowcumbers

Mrs Burrough

Make a brine of salt and water strong enough to bear an egg Lay ye cowcumbers in it covered allover a Night and half a day then dry them very well in a cloth to a hundred of cowcumbers allow 3 quarts of vinegar half an ounce of white pepper half an ounce of Black a race of ginger sliced 20 cloves 4 or 5 blades of mace but keep out half ye spice till ye second boiling. Let ye middle boile and then put in ye cowcumbers sit them over a gentle fire not to boile about a quarter of an hour then pour them in to an earthen pan and cover them close Let them stand 2 or 3 days then boile ye pickle again and put ye cowcumbers in as before Let ye fire be very gentle Let them stand till they be green and through them close covered put them in to a well glazed pot and keep them close covered ye first time of doing Let them have one boile they must be done. in a brass skillit or kettle ye Last time boile ye pickle pretty well affter ye cowcumbers are out and put in some fenell and dill such pickle from ye stalks and very well spyd

To broile pigeons

put in the bellys of them parsley a little Lemon time a little Lemon peel a very Little peper crumes of bread and a peice of butter broile them whole put melted butter for sauce and when you cut them up mix ye stuffing in ye sauce

Mrs Oughtens Oringe pudding

pare 2 or 3 oringes as thinn as you can and boil ye rinds in several waters till ye bitterness is out then beat it very fine put to it half a pound of butter and beat them together and ye yelks of 12 eggs well beaten and a custard cup full of cream mix all thees well together and sweeten it to your gust put pasts part on ye top of it half an hour with stake it

A fine Baked puding

Boile a Quart of thick Cream with some mace as soon as you take it from ye fire put in a peece of butter ye big as an Eggo Stir it well in to ye cream then beat ye yolks of 8 eggs and put in to ye cream when it is almost cold Cut and beat a quarter of a pound of Almonds with ye cream to keep them from oyling put them and 4 spoonfulls of grated bread to ye cream with 4 spoonfulls of flower to bind it 2 spoonfull of Sugar mingle it well together then put in half a bone of marrow in Lumps butter ye dish well and put it in ye dish and as you put it in ye oven and stir it well that ye bread may not settle at ye bottom

cold Rice puding

put half a pound of Rice to a gallon of milk almost half a pound of butter sweeten to ye taste a grated nutmeg bake it with bread

A quarterin puding

a Quarter of a pound of rice a quarter of a pound of butter a quarter of Sugar a quarter of reasons ye Lbs of currance 2 a quarter of milk bake it with bread

pillow Nurse mead

Take a pound and a Quarter of Rice give it 3 or 4 Boiles quick but doest Let ye rice bee to soft then drain ye watter away through a sieve till it is quite dry then have ready a quart of broth made of ye Knuckle of veal season ye broth with an onion stick with cloves cover ye bottom of ye pot with thinn slices of fat bacon then Lay a whole all top of it then put in ye rice and broth half a pound of butter 3 or 4 anchovies 2 drams of whole mace a small clove of garlick cover it up close and Let it stand on a gentle fire till it is enough and all ye moisture dry'd up and that ye rice will fall one grain from another give it time that it may do Leasurely for if it stands 3 or 4 hours it is ye better

Q

A Quenie puding

take what Quantity of Quences ye dish requires boile them very tender in watter then pare them and take ye pulp only sweeten it to ye taste slice ye cream of a pale penny Loaf very thinn cover it ~~and~~ the bottom of ye dish with it then Lay some of ye Quinces half an inch thick on ye bread have ready a quart of cream with ye yolkes of ten Eggs beaten in it and sweeten it pour some of it on ye quinces then Lay another laying of bread and Quinces pour more of ye cream and eggs upon it so do till ye dish is full but reserve ye most to pour at ye top Let ye dish be well buttered an hour bake it pickled Quinces may be had in the winter

To keep Quences all ye year

Cut some of ye worst of ye Quences in small peices with the cores and pairings boile them in watter put to every Gallon of Watter 3 good spoonfulls of salt and as much honey boile all together till it is very strong then put it in to an earthen vessell till it be cold then add half a pint of vinegar to every gallon then put in ye Quences which must be full ripe and not bruised they must be covered in ye Liquor of ye vessell very clare that no air gitts in when you go to use them you will find a thick scume upon them which you must not break but put it aside till you take out what you want and then cover them again with it keept thus with care they will hold good ye great round

Orange Orange puding hot Snow

pare 5 oranges let thinn as possible bake ye Rind so pared in 3 or 4 watters till ye bitterness is out and ye pips very tender beat them in a pipe morter very fine and beat in with it 6 ounces half a pound of butter and 3 quarters of a pound of sugar then take ye oranges that were paired and squize out ye juice and put in to ye mixture to ye rest but strain them first beat 6 eggs taking out 3 of ye whites grate in 3 a nutmeg 3 biskett mix it well together bake it in a dish with crust round it and also on ye bottom bake it in a quick oven half an hour boast it

R

To make Fine pancakes

Take a dish of fine white flour and sifter keep it in your water until it be
jolly when it is cold then take 8 yolks of eggs and 3 whites and put into
them together with a little salt and mingle put in half a pound of butter melted
and as much flower as will make it thick enough to fry but all together very
well and fry them with as little fresh butter as you can put them into yt dish
and strew them up with Double Refine Sugar — — — —

To Roll a Pike

Take yt fish & scale him yn take parsley thyme and sweet Herbs and sweet
marjoram lard yt pike yn take anchovis Lemon & salt Butter minced small and yn mix
mingle with them oysters nutmegs cloves & mace Boil yt well with a pound of butter all
which being Reduced together in yt butter must be put in yt belly of yt pike yn stitch up
yt yn put him into the spit with yt spindle of a pike and bind yt round with a
round thread of yn be yn furnished with a spit & cannot remarkably roll him, and
it a little while and butter & put him into yt oven when he is ready to be dish
up yt table take a little sugar & butter with anchovis & oysters seasoned with salt and
mingled with yt drippings in yt belly put some slices of new bread and dish it
up this way is Excellent and as it has been proved — — — — —

To Dress an Eel

Put into water about ½ pint of white wine vinegar then salt them well and pound some
more vinegar on them into a deep dish in which they must stand some hours then
put all this in which some finely bruised with a good handfull of sweet herbs
as of yrself pepper or something like with a onyon when it is boiled put some
fresh butter in yt skillet squeeze a lemon thick it together & dish it — — —

To Dress flounders soles dabs eels smelts pike tenches
Gudgeons and all River fish

Take large flounders and strip off yt fins and tails with scissors take off yt
black smooth them with a sharp knife strew them over yt dish lay them in
a dish and pour on them a little white wine vinegar & strew salt but them
lay in yt dish half an hour in yt meant time take a quart of good oysters
open yt beards in a clean wine lay them in a dish and season them with pepper
salt & an onyon pick them & season all yt clean liquor of yt oysters and put
both it & them in a pipkin and let them heat 3 or 4 walms over yt fire &
not above for they will grow tough they must be kept stirring continually
the dish being set stewed they must be kept covered close for if yt air may not
come in for will hurt yt butter put into a frying pan warm half a pound
of butter and let it by until it begin to look brown take off yt fresh dish it
in yt with a feather put in yt butter set fry yt liquor of yt oysters and to
both halfe a pint in a little more of which wine mingled with them in yt frying
pan together pour it all into a deep dish and set it on a chafing dish of coals
very hot, as soon as it begins put in yt fish and after shake, when all

cloves all have been a walm together put in some white cloves and nutmegs
quarter of six cloves of Garlick a small handfull of sweet herbs put all of Common
and a little sugar slices a nutt of French bread rub it & let it stand
till it be enough you put into it handsome slices of French bread and
pour of them as much liquor of ye fish as will serve then mortify the
Sippets then lay on ye flounder & strew handsomely the Oysters which
have been close rubbed in ye pickle. Upon all a bed of thick butter with
anchovies dissolved in it garnish it with slices Lemon and quirkes oranges
and strew ye brim of ye dish with Raspes of French bread

To stew a walnut body

Take a walnut head & boyle it until it cleave from ye bone then rub it
into little pieces & put it into a dish with a quart of claret wine a handfull
and parsley shred small wth ye Graines a little whole pepper a blade or 2 of mace
half a pound of Bacon sliced then some pickled oysters and after it has
stewed put in a quantity of mutton gravey and when you think it almost
enough put in half a pound of butter and stir it until it be very thick
then lay Sippets about it & serve it in your crust season it wth salt

Mr Parkers Egg of Mutton

Take ye Egg of Lamb young mutton & half roast it yet take it from ye fire
& pare away skin & ye gravelest part of ye fat & then stick ye fat by part
of it in as you doe ye meat to wch put all ye gravey wch comes from the
Egg & a quart of other fresh gravey newly taken wth allmuch a pint of
claret wine 12 cloves of garlick roast butter in a mortar till this stew
together a quarter of an hour mace whole put half a pound of fresh
butter in a long frying pan into wch put 3 onions sliced then and two
anchovys sliced very fine & as soon as ye frying stir of ye onions and
sliced put in ye meat. Stew it with sliced yr pance and yolks
of 3 eggs wth vinegar & as much saffron ground & dissolved in gravey
as will turn ye butter, after this put in ye mutton you must be sure
stir ye eggs hard wch will be in a very short time then serve it up
with Sippets wth slices of Lemon and juice of oranges

another way to roast a shoulder of mutton in blood

Take half a pound of bacon cut into small Spinnage parsley and any
other sweet herbs a good quantity shred the small and both together very small
season it with nutmegs pepper & salt mingle them all together with a little sugar
blood as much as will wett it then have ready a shoulder of mutton wch you
must cut with deep gashes to ye bone and fill ye gashes as full of the herbs
as you can then wrap it up in a cloth and make it fast. Seethe it in the pot
till it be throughly roasted

An excelent thing to prevent an weake body

Take a pound of ye lean of a Leg of veale shred it very fine and put to it a large spoonfull of Cyret wine a little and a much white suger beat fine as wch Lay on a plate and a little piece of Lemon rind and a handfull of Borage flowers mix these together and put it in to a quart ston bottel and cork it very close and let it boyl in boyling water and keep it boyling constantly 2 hours then take out ye bottel and strain it thro a fine canvass but do not wring it to hard you may take of this mixe a day 2 or 3 spoonfulls at a time

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To dress

half roast a brest of mutton with sweet herbs and all sorts of spice Let Lay one ye gridiron till it be brown then serve it with anchovet sauce

Mr Bruscings

A Capon of Hens or Capons

Slit a Hen down ye back beat it with a rolling pin till it
flat then Lard it with bacon put some butter on a frying pan
and make it black put in ye hen with some whole pepper salt an
onion slit when its half fryd put it in to a stew pan with a pint
of claret and as much water onion cloves whole pepper mace
nutmegs and a bunch of sweet herbs a little Lemon peel and ye
liquor it was fryd in Let it stew an hour and a quarter
when its near enough put in some anchovies mushrooms oyster
of a Lemon and a half a little gravey and thicken it with bread or
flower

Rice Cream

to a quart of cream put 3 or 4 spoonfulls of Rice flower
a quarter of a pound of suger ye yolks of 2 eggs put it over
ye fire till it begins to thicken then put it in to a dish and Let
it stand till it cools

Mrs Kwedgwick A white pot

Boile a pint of thick cream with a blade of mace when it boiles up put in ye yolks of ten eggs well beaten and a little salt take it presently from ye fire sweeten it and put it in a dish or squirts and whole reasons let it stand till its cold then lay some Lumps of marmalade on it and bake it as you do a Custard serve it hot

S

To boyle a Scale of Salmon to eat hot

Take ye Salmon enough in order you put it into a dish with a handfull of salt upon it & a pint of vinegar let it lye on this liquor about a quarter of an houre then make ye Liquor boyle with water & put in it all ye Spice a pint of white wine mixed ye water with a little lynne & rosemary or 3 or 4 bay leaves sweet marjoram 3 or 4 onions & a good quantity of Salt let all these boyle together first then put in ye Salmon with ye herbs yt they were in ye Dish with & let it boyle according to discretion then take Butter butter about half a pound ye yolks of 2 or 3 eggs 2 anchovies a little Common thyme then ye kind being taken off of ye fire put in vinegar & a little of ye liquor ye fish was boyled in put these into ye fire till it be thick and ye anchovies dissolved then put ye Salmon in a dish and pour ye sauce upon it

To make Sassages

Take the lean of a leg of pork & 4 pounds of beef suet or butter some thyme & sweet marjoram & some sweet herbs together with a handfull of bay & when together very fine then put it in with 3 ounces of an ounce of pepper & half an ounce of cloves & mace together and a handfull of bay & when it is cut small and as much salt as you think will make it taste well of it mingle all these with ye meat then take & break in 10 or 12 eggs all but 2 or 3 of ye whites you temper it well together with your hands you must then take ye bigness you like and fry them or if you please you may put them into ye bigness you like and fry them or if you please you may put them into ye biggest guts or skins you must make ready and tye ye ends of them like puddings when you eat them they must be boyled first and then broyled on soft embers

To pack pigeons

take a quart of milke and put some nutmegs in it then set it over ye fire and let it boyle then beat ten eggs when and all yolks put some sugar and half a pint of sack together and set it over ye fire making it hot keepe it stirring all one way untill it boyling hot ye eggs must be stirred in ye sack then take a dish wipe it boyl a pour it in in a dish wipe a great light then cover it boten for a quarter of an houre Let it stand by ye fire

A Scotch collop

cut a Legg of veal in so thinn slices beat it well on both sides with ye back of a knife lard it well with bacon season it with mace cloves, peper and salt a litil grated white bread fried browne in fresh butter then ~~put the~~ take out all ye butter and put in yre pan a ladel full of strong broth half a pint of white wine 2 anchovies, a lemmon sliced 2 shalots Let them stue half a quarter of an hower then put in a quarter of a pound of butter keepe it over ye fire till it thick put in it a litil flower and so sauce it up

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veal sausges

beat half a pound of ye lean of a Leg of veal very fine in a stone morter, picking out all ye sinnos and skins shreed a pound and half or 2 pound of beef mete very fine, ye yeolks of ten eggs and 4 of ye whites a handfull of grated bread an ounce of beaten mace half an ounce of peper salt to ye taste a little handfull of sage half so much sweet marjoram with lemon time shreed thesmall very small and work all together roll them in out them in outes fry them of a bright brown and do not fry them to much

A Tourte of peas

A quarter of a peck of peas 3 pound of lean Bacon soff them in water till they are tender and then span them make a strong broth of a shin of beef and a rag ends of necks of mutton strain it out and put ye peas to it season it with mace nutmegs, cloves and peper let it over a fire and boile it together then take sweet mint and spinage and scald them and put them in to ye broth fry white bread in butter crisp and brown and put in to ye dish with small sausges and small slices of bacon fryed brown and crisp Lidenish

Sauce for wild fowl

take half a ladel full of grauey a litil claret 2 shalots a nut megg 2 anchovies put it over a chauendish of coles with a litil butter and ye necks of ye fowls then pure it through ye body of ye fowls leaving out ye necks of ye fowls this is very good sauce for veal and adding a pint of oysters it is very good for mutton

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A soop

take 2 quarts of strong broth put in to it a loaf of french bread 2 full of forced meat season it with peper and salt, and handfull of spinage and 2 of sorel let it boile half an hower put in a quarter of a pound of sweet butter beat it up thick and sauce it up

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To pickle smelts

take a quart of whitewine and a quart of wine vinegar a litil whole peper cloves mace nutmegs and salt to yr tast a few bay leaves a litil lemon pilt a litil shallot Let them boile all together and when it is cold put it in to an earthen pot then take ye best smelts cut of ye heads and tales wash them well and dry them in a cloth lay them in a pot one by one and let yr pickle be enough to cover them Let them aweeke and then you may eat them open them when you eat them bring forth out ye back bone and eat them with oyle and vinegar and a slice Lemon

Sage wine

to a quart of water put a pound of malle raisons stone ye raisons stalks and all to cutter and boile ye water and pour to them let them stand 7 or 8 days stirring it twice a day strain it and put it in to a vessell to 25 quarts of liquor put in ye vessell a pottle of sweet sage and when it is fine bottle it

Syrrup of Cowslips

Take a Galon of Cowslips ffloweres and Divide them in halfs bruse ye one half and boile 3 pints of faring watter and pour boiling hot to them then Cover them close and keep them warm on wood embers 8 hours then fit them by: the next morning heat them very hot but be sure Let them not boil and strain them through a cloth wrung very hard then bruse ye other part of ye ffloweres and put to ye Liquor which came from ye first part and Let them infuse in that 8 hours as before then ye next morning heat it hot again and wring them likewise through a cloth take great care in all ye heatings and infusions that you do not boil it for that spoils ye Colour then to a pint of this juice put a pound and a quarter of fine sugar sift it on ye fire but Let it not boile but simer a full hour scum it very clean and Let it not do to fast ye next day. Bottle it and Let it stand a month with sugar over the mouth of ye Bottle then cork it

Rew'd Chicken Purse Mead

Trus ye Chicken as for boiling then take some oysters and cutt very fine season them with nutmegg grated bread and shreed parsly then Leaving ye skins of ye Chicken and stuff them under it all places you can make hollow put them in a pot and put to them as much strong veal broth as will barely cover them season ye broth with mace white peper a little garlick and a bunch of sweet herbs Let them stew gently till they are enough then take a little of ye broth they were stew'd in and add some white wine oyster Liquor and juice of a Lemon a little cream and a peice of butter rol'd in ffloweres shake it up prity thick and put in some shrimps and garnish it with fry'd and stew'd oysters made some of ye stuffing in to balls and fry you may do pigeons this way only make them brown with Beef stock broth clarit in stead of white wine no oyster nor shrimps

T

6

To Bake a Cod though never so great yet ye back bone shall be as tender as the flesh

make a coffin of coarse rough wheaten paste of a good thickness and when the cod is drawn gutted washed and dryed with a cloth ye fins and tailes cut short of them ye stope him wth ye Bits with ye knife yet ye stuffing may take in wch must be good store of mace a little pepper salt & nutmegs — you take good store of butter washed in Rosewater lay some pieces of it in ye coffin under ye fish & put much more on ye top as you think will serve it when it is baked then close it but make a hole on ye top of ye cover and so let it lie baking yet stand in ye oven five or six hours

To make Buttered Crabs

Take some fresh water & bath it till it be cold then take a quart of fine flower 4 yolks of eggs ye heads taken clean and half a quart of a pint of butter melted and a little salt make it into a reasonable stiffe paste then quickly roll make it into pieces then take of pots either pipe moulds or pipings slick & dry them & lay in yet tarts take shelsing of bisqes with bread shelles then take them in a goodbroth over with you must lay by shreddings of flowers yet if ye flower spread it is to hot but if it only browns it then bake in yet tarts you must then stand in ye oven until they have had some bisqing but be sure ye oven be not too hot put one pound of sugar dissolved into parts will sweeten them but be not too sweet

stuffe very well

To make a Junket

Take a pint of creme 19 eggs half ye whites taken out then take of ye juice of Barbs as much as will cut it greene one nutmegg cutt a pound of sugar lay it being mixt together set it over ye fire with half a pound of butter Let it stand till it be enough then take it out of ye skillet and put it in a mazeron with another peice of butter drop out ye butter from it then set it over a chafindish of coles to harden and turn it on ye other side then squeez juice of orrng over it and white sugar and so serve it up

To Dry Tounge

Take ye tounge and scrape them and salt them very well with brown and white salt of an equal quantity of each the browne salt must be beat in 8 days time salt them more beside ye first salting and ~~let~~ then you may let them lay well covered with salt a weake and then salt them agane they must lay 3 weakes in salt and it in a fortnights time if ye brine dos not cover them it will be best to turn them and let them lay so ye water ~~wel~~ then throw away all ye brine clean and rub in ye tag that is about them very well and then strew upon each tounge half an ounce of salt peter finely beat and lay upon ye root side and downe to ye tip then after you have rubd in ye salt peter very wel strew some of ye browne and white salt over ye salt peter and strew ye bottom of ye tub with it and then lay them in with ye root side upwards and so let them lay one weake more which makes a month in all and then hang them in a chimney to dry they will be dry enough in a matter of 3 weakes time ye best time to do them up is in Lent for then the tounge^s^ are fearmest

Mrs Buscough

pickt Tongues potted

Lay ye tongues when they are fresh in pump water one night then salt them with bay salt and salt peter let them lay 3 or 4 days in ye salt then boile them till they will blanch well sweet season them whilst they are hot with peper nutmeg and salt Lard them with big peices of bacon seasoned with ye same seasoning let them lay 2 days then bake them in butter then take them out of ye pot and bake them in and lay them^e^ brown then press them downe in another pot whilst they are warm and cover them with butter ye oven must not be hotter then for a penny bread when you bake ye tongues

Beat 12 eggs very well in ye winter put in all ye whites in ye summer leave out 2 strain them in to a pint of thick cream grate in one nuttmeg and a half sweeten it very sweet a little salt a glass of sack or 2 spoonfulls of ye best brandy green it with juice of grase and beat with ye grase a top or 2 of tanzey stir all theses continually over a soft fire add a peice of sweet butter as big as an egg broke in 3 or 4 peices stir it all ye time till it is turned to a tender curd then put it in a hair sive to strain away ye whey put a peice of butter in a frying pan and when it is melted put in ye tanzey and shape it take care it dos not burn which it will be very apt to do turn it on a plate just fitted to ye pan melt a little butter in ye liquor that drained from it and put a little verjuice or juice of Lemon in it lay it over with slice oringer

A Tanzey my own way

Beat 18 eggs very well and leave out half ye whites strain them in to a pint of thick cream and sweeten it very sweet grate in a Larg nuttmeg and then strain in a pint of juice either of spinage or wate add a glass of sack thicken it over ye fire and when it begins to grow thick put in a quarter of a pound of very good Butter and strew in ~~two~~ naples biskets finely grated when it is near cold for ye best way is to keep it stirring till its near being to thick put it in a hair sive and let it stand till ye either bake or fry it

A Ragoo of pallets tongues and sweetbreads Mrs Mead

take 3 sheeps tongues 3 veal or one ox sweet breads 3 or 4 ox pallets boile them tender and blanch ye tongues and pallets then cut them in thin peices as you would do a hash then have ready some strong gravey as much as will heat them put in some Larg oysters with their liquor and 2 eggs boyld hard and chopt small season it with salt spice a little garlick and sweet herbs then put in some burnt butter garnish it with fryd oysters Lemon and barberrys

To Spice an Oyster

2

first boile ye oyster pretty tender season some Larg oyster with
mill mego grated bread a little salt a little Lemon pilt the pastey and
sweet marjaram every Little garlick nd shreed fine with stuff
ye under to with this when it is a little cold then take some of
~~this liquor to make~~ white ~~broth~~ strong broath some of ye oyster liquor
some whitwine season it with peper ~~mach~~ mace and a few cloves
all whole some salt ~~some~~ of juice of Lemon pine and sweet marjaram
Let it stue till it be very tender which will be 2 houre about half
an hour before you take it up put in 3 Larg onioves then
thicken up ye sace with a little butter and Lakis of egge
cover it all over with oysters some shred and some fryd
Garnish it with sliced Lemons and barberys

To pickle Walnutts

Mr Burough

take ye Walnuts before they have any shells on them put them in to a strong brine of salt and water and let them lay 3 days shifting them once a day then sit them on ye fire in a pot of clear water let them warm a while then shift them 3 or 4 times till they begin to grow tender then take them off and rub every one of them till ye blackness is off

the pickle for 200 of Walnutts

four quarts and a pint of whitewine vinegar a pint of water boile ye water by it self with 4 handfulls of bay salt then put in ye vinegar and a handfull of pepper a pint of good mustard some ginger 4 heads of garlick peel and ~~slice~~ slice all theese a good boile together and pour it on ye walnuts scalding hot cover them close and ye next day boile ye pickle again and pour it scalding hot on as before in a quarter of a year they will be fitt p eat

Figgs

Mr. B

Bru 2 pound of flower very well put to it a little salt and a good handful of suger 2 or 3 eggs a spoonfull of rose water a little warm milk and half a pint of yest make it up in a stiff paste and let it rise before ye fire then work in a pound of Butter and it will be a stiff past then worke in Licorice 3 quarters of a pound of carraways flower w^t paper make them in p little cakes and bake them in a quick oven

Dr Stephens Water

Cinnamon Galingal Cloves Nutmegs Graine of paradise annyseeds oring rinds Liquorish sweet fennell seeds and carraway seeds of each 2 drams leaves of mother thyme mint sage pennyroyal rosemary red rose leaves Lavender of each 2 handfulls distill them in an alembeck in 2 gallons of sack lees draw off 4 quarts

Ordinary Buns

A Gallon of fine flower a pound of Butter a pound of Suger a wine quart of Ale yest a pint of milk 8 Eggs Leaving out half ye whites 3 ounces of Carraway seeds melt ye Butter in the milk Let it Lay rising before ye fire till its very Light make them in 50 biggs and bake them in a moderate oven

To pickle Walnutts green

Lady Wentworth

gather them dry when you can run needle through them Lay them in Rape or Beer vineger Enough to cover them very well so that none of them Lay dry put upon them a peice of Slate to keep them downe in ye vineger Let them Lay in it a fortnight then pour away that vinegar and wipe ye walnutts one by one and put to them more fresh Rape vineger and Let them Lay a fortnight Longer then throw that away and wipe them one by one as before then Lay them in ye pot you design to keep them in and to 1000 of walnutts put ye following ingrediants an ounce of peper an ounce of Dill seeds an ounce of coriander seeds and ounce of mace cloves and nutmeggs together

a quarter of a pound of Race ginger sliced ye seeds and spice must be bruised & strewed between ye Layings of ye walnutts a Larg head of garlick half a pound of mustard seeds beat fine and sifted a gallon of ye best white wine vineger with a quart of strong white Wine Boile ye vineger and white wine together and pour upon ye walnutts scalding hot put ye slate upon them again and keep them very close from ye Air they will not be fitt to eat under 4 or 5 months but will keep 3 or 4 year, when they have Lain in ye pickle about a month boil ye pickle again and as it Boils put in ye walnuts and cover them close and let them stand till they are just ready to boil then take them off and put them up for good

A

To make an Apricock wine

Take one pounds and a halfe of double refined Sugar 3 pints of faire water put that together over ye fire till they boile take of the Scum as it rises then take 5 pounds of Apricocks pare them and stone them and put them into ye liquor and let it run not boiling till ye Apricock be very tender then take ye Apricock out and take ye liquor from ye fire and let it stand till it be cold then bottle it up; if you please you may put one sprig of flowers clary into it and let it boile on after ye clary is in and ye Apricocks are taken out for it will give it a very good flavor ye Apricocks you may make sweet meats of or dry them.

To make Almond milke

Take 2 quarts of water 2 ounces of pearle barley of Surrey roots and fennell root

To make a marmalett of Apricocks

Take Apricocks not to ripe and cut them into equallers strew Sugar on them as you pare them & boyle them gently with 2 or 3 spoonfulls of water and let them breake you must ye weight of Sugar to the Apricocks and boyle it with them, boyle ye other halfe to a candy, then when ye Apricocks are a little thick put them both together let them stand one ye fire but not boyle when it is almost cold put it out and if it doe not candy on the top you may set it in a stove

To dry Apricocks

To 6 pound of Apricocks take 5 pounds & a quarter of Sugar then take your Apricocks & stone them put them into a skillet of water set it on the fire till ye Apricocks be hot through then take them out & put them into another pot of cold water then pare them dry them & put them into a gallon pott of cold water then put to ye Sugar a pound & a half of water & put in ye Apricocks let them boile very fast for a quarter of an hour when they are boiled enough they will look black then take them of ye fire & put them in a pot let them stand 12 days & a halfe then set them upon ye bottom of a sieve a draining a day & a night then take a little Sugar beaten very small & put it in a tiffany bag & dust a plate with it & lay on ye Apricocks & set them in a warm oven turning them every day still dusting both plate and Apricock every time you turn them

To dry Hollicock Stalks

Take a pound of stalks & lay them in water 24 houres yt is th them on ye fire & boyle them till they be tender then pull them keeping them clye cowered & when they are pilled put them into ye stand wch is growing in ye weame & take a pound of Coarse Sugar & boyle it to a good height then put ye dry stalks into it boyle it but a little then take them off & every day set them on ye fire turninge them till they be candied then lay them on plates

To make a Sack posset wth out milk

Take 28 eggs yolks & whites very well beaten then put ye whites in take a pint of sack & a pint of ale stirr a nutmegg & put in swoodon it well with fine sugar stirr it altogether & in set it upon a chafingdish of coales keepinge it stirring all one way till it comes to a posset then take it of very quick still keeping ofe stirringe upon which after it is of from ye fire

To make ol Sack posset

Take a quart of sack & warme it 12 eggs keep 8 a pint of sack 4 a pound & ½ fine sugar a little cinamon ye eggs must be beaten very well & strained put in ye sack & sugar in a bason then well together set on coales till it be ready to boyle stirringe it all ye time put ye cinamon & ready boyled in take off ye bason with ye posset with ye sack & eggs it runes in ye cinamon stirr it a little in cover it & let it stand a quarter of an hour or more fole it out put it into a fair bowle you must put a little cinamon into ye sugar before you mix them

To preserue Apricocks mr cooper way

Take ye Largest you can get when they are yellow all over they need not be ripe and put ye weight of them in refine sugar and a quarter of a pint of spring water peppered of sugar & wet it and when they are pared and pared put them immediately in to the sugar and water as it is cold and boyle them very quick till they take clegge and are tender this way does very well if carefully boyled as ye scum rises take it off very clene this is mr Coopers way

To dry Apricocks madam Coopers way

Take half their weight in double refine sugar pare and stone them and lay them in a whit bason with some of ye sugar beaten fine strewed between ye rest of ye sugar cover them with to let them stand close cowered till ye next day then boyle them till they are clere and tender or you may let them lye when they are half enough and when they are cold with a quick fire boyle them up for good and let them stand in ye syrup 4 or 5 houres then lay them on ye bottoms of trues and set them in a warm place turn them ye first day every houre upon a chain true if ye place be constantly warme they will be quickly dry and take very neat

To dry apples

Take ye apples before they are ripe cut and pare them lay them for a pound of apples allow a pound and a half of sugar with as much water as will wett it put in ye apples when they are cold stiff them on ye fire close cowered till they boile then uncover them and let them boile apace till they be enough

B

To make Biscket Mrs Randolphs way

Take 30 a pound of sugar (finely ~~beaten~~ beaten and sersed) a pound of flower and put them together then take 8 eggs and beat them up with a whisk till ye froth rises: and in which them up till it be well enough it must be kept beating till ye oven be hot then butter yr pans and fill them half full a little sumdrille before you put them in before you put them in ye pans

To keep Sullis all the year

gitt ye fairest and nicest Sullis put them in ye narrow mouthd Earthen pot, boile some watter and when it is a little cold pour ~~them~~ it on ye Sullis fill not yr pot to full of watter but fill it up with mutton suet as hot as it will run through a sieve Let it stand till its cold before you tie it up and then clo it as close as possible and sett it in a cool cellar you must not tog it affter it is cold for fear of ye watter getting above ye fat

to make Biscket Cakes Mrs Bunscough

30 pound of flower well 8 or 10 2 pound and a half of Singe Loaf Suger beat and sifted 15 eggs Leaving out half ye whites 3 spoonfull of orring flower in affter a spoonfull of fair watter put all ye watter to ye eggs and beat it with a whisk as ye froth rises strew it on ye flower and strew till all ye eggs are consumed to froth mix it well with a spoon and when ye sweetmeats is all in beat it with a spoon till its as thick as batter that will drop from ye spoon but not to thinn then gry some paper and drop it on it and Let it Lay as smooth as possible Let ye oven be gently hot all over alike take them from ye paper when hot they should not be cat under a fortnight or 3 weeks but will keep good half a year

To made conserue of red Roses

Take a pound of ye Leaues of red roses cut of ye whist then take 3 pints of spring water and boyle them 3 ort houers of least until they be very tender then put in ½ pound of fine suger finely beaten stir it very well to gether Let them boyle a little while gently over a soft fire then take it of and kepe it stirring till its cold

To make cowslip wine

To 3 gallons of watter put 6 pound of fine whit suger boile them together 2 houres & scum it very clene then take half a bushell of picked cowslips and put them in a clene and put ye Liquour boyling hot to them Let it stand close covered 2 dayes & then put in 3 ort spoonfulls of ale yest and ottle it of ye next day slice in 3 ort lemons leaving out one of ye pills they must be put in with ye cowslips in to ye stene

To Preserve Cherries

Breake ye Currance & put ye juis a flannell Jelly bagg & hang ye a draining all night then take to a pint of Juis a pound of suger & boil it to a Jelly & when its Jelly enough Let it stand till ye scum is settled a top then take off ye scum a quarter of an hour will last it except then take ye Cherries & pull off ye stalk but let not stone ye a pound of Cherries to a pint of Jelly; take 6 pound of Cherries & to 6 pound of Cherries take two pound & a half of suger & set ye over a quick fire & Let ye boil very fast till they are tender ye braise ye Liquor very out from ye through a seive we put ye in a pot & power ye Jelly upon ye Cherries; ye Cherries must be boyled first that they may be ready when ye Jelly is boyled. Morella Cherries is ye best ye Liquor that is strained from ye Cherries is good for Cherry Brandy

AK

Glazed Cakes:

Mrs Burrough 2 ounces of flower well dryd and 2 ounces of suger carraway and corrander seeds as you please rub in a little peice of butter 2 eggs and as much rose water as will wet it in to a past a grane of musk dissolved in ye rose water role this past pretty thine in to what form you please lay them on a tenders plate and put them in a warm oven to harden then beat and sift half a pound of dulle refine suger and put it to ye whites of 2 eggs temper it well with a spoon keeping it continually beaten till it be very white then glaze one side of ye cakes with a knife put them in to ye oven again and when tis hardend glaz ye other side

Apricock Cream

Boile a quart of Cream and when you take it of from the fire put to it 4 eggs well beaten then set it on ye fire again and scald it but keep it stirring that it may not burn have read 6 fair Apricocks which must pair and cut in ye midle take out ye stones put them in to a pot and cover them close and set ye pot in a skillit of water and set ye skillit on ye fire and let them scald an hour and half then take them out of ye pot and put away ye Liquor that is run from them and take out ye apricocks and mash them out in as much suger as will sweeten them and ye cream put them in to a strainer and pour ye cream when it is not to hot to them so work them through the strainer together with ye back of a spoon put it in cups or glases let it not be hot till tis quite cold

To Dry Cherys

Take noe pound of Suger to 10 pound of Cherys stone as many of them as you can put to them a quarter of a pint of water let them soft boyle & then take them of let them stand all night in ye Liquor, ye next day lay them on ye bottoms of Sieves and dry them in the Sun

To preserve Cherys

Take a pound of Suger to a pound of Cherys stoned put halfe yes Suger to them at first then boyle them againe strew ye rest of ye Suger in by degrees whilst they are a boyling when you put about yes Cherys set on some vinegar to boyle to a gardenay & put it into yes Cherys & boyle yem well together

Bring Creame

Take a pint of Juice of Swill oranges & ye yolks of 8 or 9 eggs beaten very well mingle them with ye Juice then strain it & sweeten it with double refine Suger set it on a dish upon coales stirring it continually keeping it from boyling till it comes to ye thickness of a thick creame then put it in cups or glasses or what you will

To make Lemon Creame

Take ye pelles of 4 fair Lemons and put in 6 porringers & halfe of fair water & let them stand 4 houres then take ye juice of 6 eggs & ye yolkes of three beat them very well & put them into fair water & ye Juice of ye Lemons and stir them & sweeten it with double refine suger & set it upon coales keeping it stirring ye not ceasing; keeping it from boyling till it comes to ye thickness of a thick creame then put it up in glasses for yes use

Cowslip wine

Take 3 galls of faire water & 8 lb of good suger Loafe suger is best & boyle it a goodly hour & skim it very clean then put 4 handfulls of orange cowslips into a large earthen pot & a quarter of a peck of good strong of lemon & power ye boyling water to yem let lett it stand untill it be little more then blood warm close covered yet put to it a good spoonfull of good Ale Yeast & let it work for 3 days then strain it out ye flowers & put it into a barrell fit for it & let it stand 3 weeks close stopt then bottle it up with a lump of suger in every bottle in 10 or 12 days it will be ready to drink but you may keep it a year

To make Sweet of Cherrys

stone fower pounds of Cherrys & put to them one pound of Currants let them boyle till ye Liquor is halfe boyled away then put to it a pound of sugar or if you desire to keep it long put a pound & a half let it boyle till ye scum has done arising then take it of and let it stand till noe day before you paper it

To make Currant or Gooseberry wine

Take 3 pounds of Gooseberry pickt bruise them in a mortar & to ye Juice you strained from them put a pound of sugar to a quart then you strained them & put them into a Bolt Tub & stiff it up close for a fortnight then draw it out into Bottles ye bottles must not be stopped close ye first 3 or 4 dayes

To make Cowslip wine Mr Kooper's way

Take 12 gallons of water and 24 pound of sugar boyle it half an hower take of ye scum as it rises put it in a tub and put to it 8 gallons of Cowslip flowers clene picked and a little bruised in a morter Let it stand till it is cold make a yest and spread it over with ale yest and put it in to ye tub cover it close it close and let it stand 2 or 3 dayes a working: then strain it off and put in 4 quarts of whit wine or renish and ye juice of 8 lemmons and 6 ounces of sirrop of Cittern then put it in to a cask and bottle it out when you think fit if you lent ye whites of 3 eggs and put in to ye water when you boyle it it will have ye scum: it will keep 2 year you must not eate ye Cowslips but only squeeze them through a line. and be sure to fill ye vessel

To Bresome Damsons

Take the fairest Damsons you can get ~~fresh~~ fresh from ye tree prick them with a pin then take ye weight of them in sugar put ye sugar ~~and~~ pretty thin with water set it over ye fire make it boile and skime it very clean then put in ye plums boile them till they Like red within shake them prety often then take them up and lay them in glases if you like not ye syrope make prech ye jelly and put it them

To kepe damsons all ye year for

Take ye damsons and put them in a pot in how greatly you will and to every pound of damsons put a quarter of a pound of suger put them in in an earthen pot and cover them close with past and bake them, not pyes and when they are cold melt some fresh butter and power over them & you use ~~them~~ any cut a hole in ye butter dis when you have taken ye me out put in ye pice of butter agane

To make Elder wine or Syrop

Take Elder berries when they are full ripe pick them & stow them in a Brock in a pot or tubb of boyling water when Syrop will come freely from them strain it to a quart of Syrop put a pound of Sugar boyle both togett about halfe a quartes of an hour or less then when it is cold put it up into bottles

To candy figgs

Take yr figgs and paire them and pinch them then haveing pricke of them on pieces redy boyled and skimed put yr figgs in it and boyled them till they be tender and then set them by in yt syrup till next day and then heat them againe and sode nine days together then drane them from ye syrop well and lay them on plates to dry in an oven put in fire every day and when they are redy to turn sift sugar on ye other side of them Let it be dusted refine sugar and Let yr figgs be fulep ripe before you do them

To frost fruit

Take suble refined sugar beat and sifted very fine put to it as much water as will wet it sit it on yt fire and Let it boile to a candy height till it looke white and frothy and is almost sugar again then dip in yt fruit as fast as you can lay them on plates when yt Last are done yt first you did will be redy to dip again put them over again and Lay them on plates for use raw fruit done thus will keep but a month but dry fruit all yt year

To make Ginger bread of almons

Take quarter of a pound almonds blanched put them in to a morter and put to them a quarter of a pound of suger being beat fine and half a score dates cutt small beat them to gether till it is very fine then put to it an ounce of sinemond and an ounce of ginger being finley scaried beat all these to gether then make litel cakes and lay them on yr papers and cast of ye powder of ye sinemond and ginger ~~and then~~ before ye mollet and if do not cleane thik dry them in a stole till thay be hard and to lay them on boxes and thay will keepe ye year

To make cracknells

Take a pound of suger and as much fine flower the yolks of 3 eggs and one whit and a quarter of a pound of butter half a ~~pound~~ spoonful of coriander seeds shred in vinger an hour bruse them a litl worke these all to gether in to a past with 2 spoonfulls of rose water then cute them out as thin as you can throw some flower on papers and lay them on cut round bake them in a soft oven

To make a gooseberey foole

Take 3 pints of gooseberys tuist a pound of butter and boyl in y Gooseberys then strain them and put in a pound of suger and let boyl a prety while then beat y yolks of 12 eggs and 6 spoonfuls of rose water beat in ye eggs then put them in letting them stand awhile burning fire but it must not boyle then dish it out and eat it cold

To make Greene Gooseberey wine

Take a galon or 2 of gooseberey: and to every galon of Gooseberey: being well stamed in a morter ~~to~~ a galon of water Let them stand in ye water 24 houes: then pres them well and run ye Liquor thro: a hare sive and put to every galon a quarter of a pound of Lofe suger then put it in to a vesel and stop it close when it has stood 2 days quiet. a Litil vent and in a fortnight draw it in to glas bottels and to every bottel put a quarter of a pound of suger but do not stop it close till it has done working which you may tel through ye bottles when ye it hard downe for it will fly it will kepe all ye year set them in ye sun and rye a paper one them till they have done working

To make a Good drink

Take of sarsaparell sassafras & China & ounces of each one ounce of the saunders one ounce of anisseeds & one ounce of licorish.
put them into three gallons of spring water in a stone pot & hang it over a slow fire make it soothing hot but not boile: it must infuse eight hours till one gallon be wasted away. then let it boil a quarter of an hour. strain it into a stean & let it stand 12 hours to settle & then it into bottles./

to make gingerbread

Mrs Butterfield her way

to a pound of meall put a quarter of a pound of melted butter half a pound of suger 2 large nutmegs 2 ounces of ginger an ounce of caraway seeds beat them all together for near half an hour and then make it in so as it rest with flower a pound and a quarter of flower makes this quantity very good you beside what you make it up with

Gingerbread

Mrs Burleigh

2 pound of flower 3 pound of peasle half a pound of butter ye yolks of 4 eggs half an ounce of coriander seeds beaten and sifted half an ounce of caraway seeds an ounce of ginger 2 ounces of ounces of Lemons what sweetmeats you please made of ye bigness before you bake it handle it as little as possible make it in peasles an inch thick when they are in going in to ye oven dust in egg with a little water and wash them over.

To preserve Grapes

Mrs Compton

pick ye ripest and largest grapes off from ye bunches stone them and peel the ye skin off put them in a Sheny bason take ye weight in double refine suger wet it with a pint of water from ye grapes boile it to a thick syrup then put in ye grapes and boile it a pace till it will gelly put in a little pipen Liquor will make it gelly ye sooner the grapes will turn yellow if first with water. standing a great while to ye clear will turn green again except them close covered.

Honny Water Mrs Gomyn

Brandy a gallon Honny and corriander seeds of each a pound Benjamen Storax nutmegs of each an ounce cloves half an ounce Honeiot & Lemon peelsz to a gallon of ye water put 5 graines of musk and 5 of Amber greece grind it in some of ye water steep it in an Alimbeck

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Jelly of Rasberrys to eat ~~with~~ with cream

Boile a pound and half of single Loave Suger to a Candy height
a pint of Lumps of suger in fair water then put in a pint of
Rasberrys and half a pint of Juice of red Currance and boile it
as fast as possible pll pie with Jelly

L

To Make Lemon water

Take a quart of good wormwood watter and ye Juices of 6 Lemons stepe them 22 days in ye water stop ye glas very close set it in ye sun or in a hot roome shaking it 3 or 4 times a day. then strane it and put to ye water a little safron 2 sticks of mace one nutmeg sliced, 2 grains of ambes greese and 2 of musk half a pound of dubled refine suger stope ye glase very close and shake it 2 or 3 times a day till ye suger be dissolved

Lemon puffs

pare of ye rind of one Lemon as thinn as pasable cut very fine and beat it in a stone morter to a mash beat and sift a pound of duble refine suger and mix with it wet with ye hands very well then wipe up ye white of one egg to a froth and mix it all together, make it in to little cakes as big as a small wall nutt and bake them on pin plates with ye plates ingered

Lemon Cream mrs Speed

put to 16 spoonfulls of spring watter half a pound of duble refined suger sitt it on ye fire till ye suger is melted then put in ye juice of 4 Lemons and then ye whites of 4 eggs well beaten then sitt it on ye fire again keeping it stiring all one way till it is scalding hot then take it off ye fire and run it through a fine flanell jelly bag not squeezing it then set it over a gentle fire with a spoonfull or 2 of orange flower watter still stiring it softly all one way till it is thick as a thick cream and then put it in to ye plates

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Lemon puffs

beat a pound of duble refine suger with ye peel of 3 Lemons finely paired and shred the rest first in a stone morter then beat in ye suger to it and beat it in to a fine past then whip up ye white of one egg to a froth and weet it with it and make them up in little ~~rond~~ cakes them after breadth rond fillet and dent them in ye midle ~~and~~ bake them after breadth

To make red marmalet quinces Mr Jacobs way

Take 6 pound of ye best pouder sugar and 6 pintt of water and set it on ye fire and scum it very clean and then take it off from ye fire and let it stand till it is cold then take 7 pound of quinces pared and cored and put to ye sugar and water then set it on ye fire and cover it close till it be almost boyled enough when it begins to be red coloured then uncover it and you must then keep it stirring for fear of burning when it is boyled enough box it up you must save ye cernals and put them in a fine bage and boyle them in ye marmalet you must first wether them in water, they must be taken out before ye marmalet is enough you must break ye quinces warm they are tender

To make Muckaroones

Take sweet jorden almonds and blanch them and put them in cold water, and let them stand 2 houers then beat them in a morter and put to them as you beat them a litil rose water to kepe them from oyling and when they are very fine put to them ther wate in suger boyled to a candy hight this is wel to gether and drop them on glasses to dry you may cut them of what shape you pleas

Mrs Finches Mead

twenty quarts of spring watter 2 quarts of Honny 2 pound of fable refine suger boile all thees to gether and scum it as long as ye scum rises which will be about an hour then put to it to cloves a quarter of an ounce of nutmegs 4 sprigs of flowrd rosemary peels and juice of 8 Lemons when it comes off from ye fire when it is no more then blood warm put to it 4 spoonfulls of ale yest to fitt it a working and when it is quit cold put it in ye vessell let it stand a week and then bottle it

French mackrooms

Beat and scerce a pound of fatte refine suger beat up ye whites of two eggs to a froth then put in ye suger by degrees as you do for icing blanch a quarter of a pound of allmonds and cut them in longthian shies and when it is beaten very white and stiff put in ye almonds stir it well together and lay them by spoonfuls on wafer paper strew suger on ye top and bake them in a stove oven

mate rooms

Blanch ye largest jordan almonds in to cold watter let them lay 2 hours to whiten then beat them in a stone morter to a fine past with a little sweet watter to keep them from oyling allow their weight in suger boiled to a candy height stir them together and drop them on plates in to what shape you please

marchpan past

take ye larg fine jordan allmonds blanch and beat them to as fine a part as possible with some orange flower or rose watter then have ready ye same quantity of ye finest refined loaf suger beat & finely scarced and beat it with ye allmonds till you can make it in to what shape you plea make it up with a little of ye finest flower Dryd

orange Bastard

take ye Juice off ten oranges ye peel of one

orange Wine

Mr Grange

Boile 20 gallons of spring water with 20 pound of ordinary white suger clarife it with whites off eggs against thie is boiled have ready 200 of oranges pared or than that none of ye whites is on them put the peels in yt used that will hold all ye quantity and pour all ye liquor upon the pills reading hot cover it close then wring all ye Juice from ye oranges as clean as you can and when ye Liquor is allmost cold put in ye Juice strained to every gallon put a spoonful of good ale yest cover it warm and let it work 2 days then take out ye peels straining them through a Colender then put in to ye vessell 2 gallons of white wine and pun it up Let it be stirred close for 6 or 7 weeks when it is fine bottle it putting 3 quarters of an ounce of loaf suger in every bottle or 2 lumps some put to every gallon of Lionor an ounce of sugar of Currans and mix a lump of suger to each bottle ye peels will make good chips after they are taken out of ye Liquor

orange Biskiates

pare 3 oranges very thinn and beat ye peels in a morter till it is past put to it double refined suger beat and sittiee and a little gum Dragon steeped in water beat it till its a past and roll out it in to cakes what shapes you please with a glass they will dry as they lay put in some amber greece

To preserue pipins

Take a pound of cleare sound pipins pare them and take out ye core then take a pound of ye best fine sugar beat it and put it in to a quart of spring water set it on ye fire and when it boyles apace put in ye pipins and a quarter of a pint of ye juice of Lemmons and a hire slice or 2 of ye rine and make it boyle as fast as can be till ye sirrope will Jelly then take it off

To make Surrop of Clove Gilly flowers

Take a pint of water make it boyle in a galey pot set in a shilet of water then take a pint and half of Clove Gillyflowers ye whites out clenley put them in to ye water and Let them boyle till ye flowers be quit white then strain them out hard and put ye Liquor and 2 pounds of sugar in to it in to fresh galey pot so big that it may not be full for fear of ~~boyling~~ boyling over set ye pot in shilet of water couering it very close with platt and paper kepet boyling t houers with a reasonable fire Lake in some time to take of ye scum if any rise when it is cold put in to it a spoonfull of ye juice of Lemond

To preserue pare plumbs

wipe ye plumbs th put them in a shillet of water till they be soft close covered then take their weight in sugar beat it fine and cover ye plumbs with it so let it stand all a night ye next day boile them apace and scum them out when they look clear they are enough if ye plumbs be rine pull of ye skins if green do them so

To preserve green plumbs

take ye Largest wheaten plumbs in ye July gather them att ther full growth before they turn yellow wipe them apt Lay them in water 12 hours then put them in scalding water half a pint for a time have ready more scalding water and put them in another to dry plumbs

scalt ye plumbs very tender if ye plumbs be green pill them Let them stand till they be green in ye same water on warm Embers to a pound of plumbs allow a quarter of a pound of Suger and better than half a pint of water make a syrup of ye water and suger and clarife it when it is well boiled put in ye plumbs stiff them in ye syrove and let them stand a day then take ye syrup from them and boile it and put it to them again repeat it 4 dayes between every time you take them out of ye syrup Lay them on a hair sieve stiff them in syrove and strew suger on them in ye drying

To perserve green plumbs

Take ye Largest Wheaten plumbs in July gather them full grown but not turn'd yellow wipe them and Lay them in cold water 12 hours then put them in to scalding water a quarter of an hour and when you take them out of that have more scalding water ready to put them in Let them Lay also a quarter of an hour to do ye third time keeping them close covered all ye time to every pound of plumbs allow a pound and 2 ounces of fine suger boile them up till they are enough very Leatively close covered

To make a quaking puding

Take a pint of creme, and grate in it a nutmegg and a bage of ginger shred beat very well in ye creme 6 eggs whites and all put in some rose water and a little sack grate a half peny loafe and stir in: butter ye cloth with melted butter and let it be cold & put it in let it have roome enough to rise and when it is enough put to it for sace butter rose water and suger

To make an excelent Q[illegible]

[illegible] contrary [illegible] then put it into a pipkin & set it over the fyer putting to it 6 yolks laid eggs & commony shred & 2 nutmeggs. cutting all thes together about halfe an hour then put to it half a pound of fresh butter melted thick & serve it up. probatum est

Quince Marmolade

Take ye best quinces & scald ye till they are tender then have a liquor made of springe water & pippins boyled together & let it be so strong of ye pippins till it will jelly ye string into this liquor. a great many barbarys as will make it very stiff red they must infuse over a soft fire till ye coulor be out of ye barbaries then strain ye out & slice in ye quinces into that liquor & to every pound of this liquor & quince together take a pound of suger & when ye suger is melted boyl it up as fast as ever you can boyl it till it jelys to ye spoon & leave out a handfull of ye suger to strew in as it boyls a little before & squeese in ye juice of a lemon dee not boyl above a pound or pound & half at a time & ye coulor will be ye better

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Miss Lukyn
Canterbury

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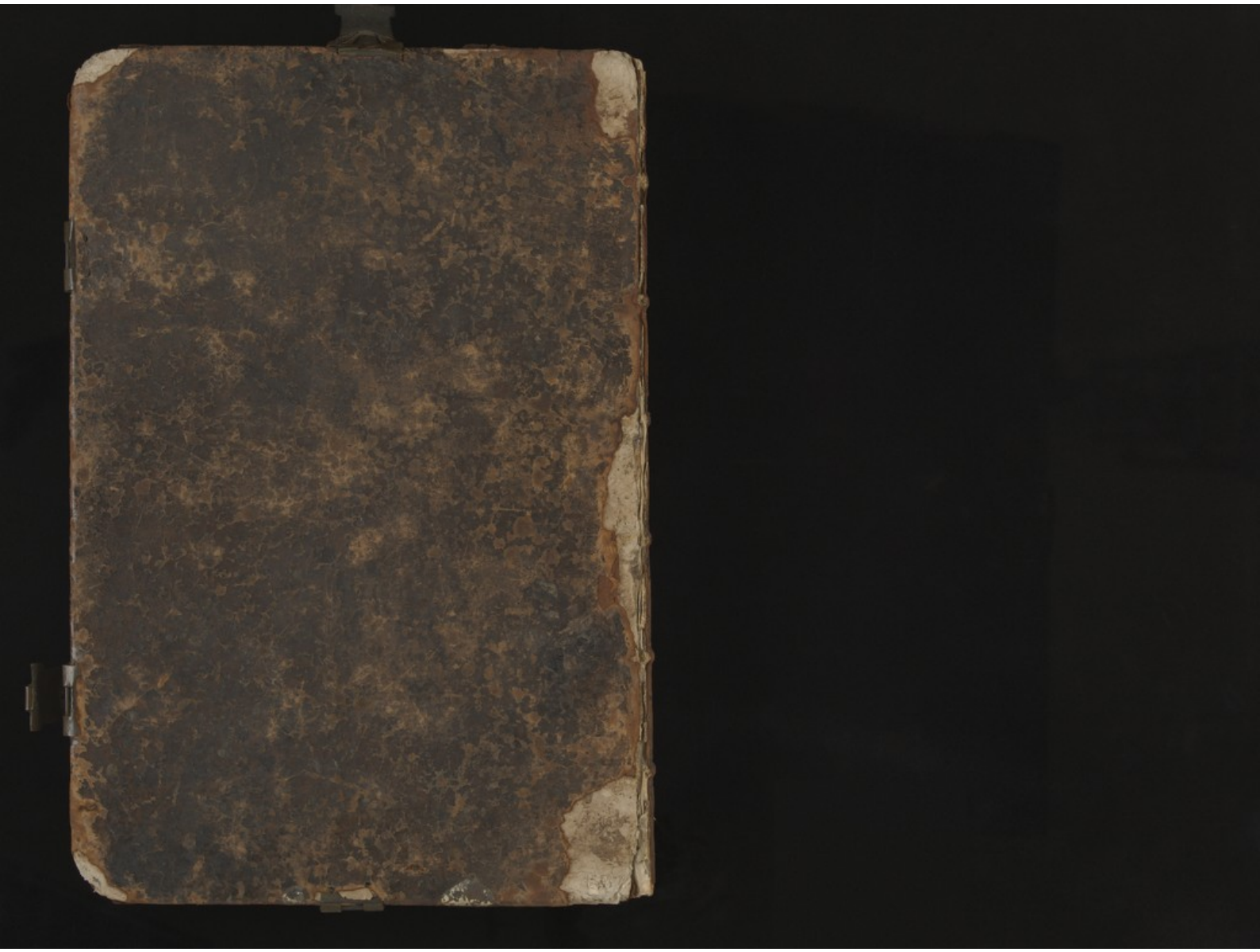
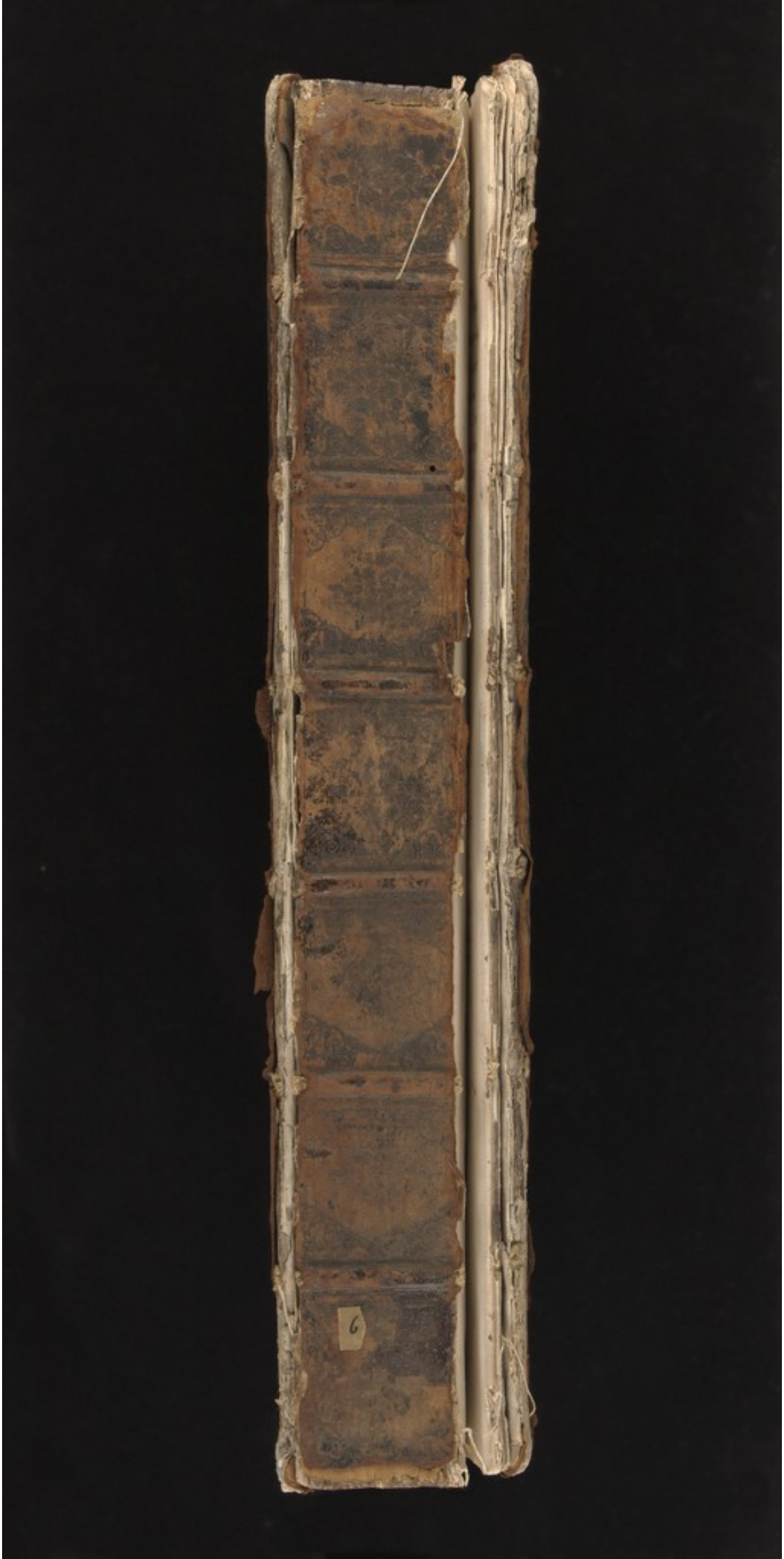
1 Miss Lukyn

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