

**The English hous-wife : extracted from the original work published in 1653
/ edited by Constance, Countess De La Warr.**

Contributors

Markham, Gervase, 1568?-1637.
De La Warr, Constance, Countess, 1846-
University of Leeds. Library

Publication/Creation

London : Grosvenor Library, [1908?]

Persistent URL

<https://wellcomecollection.org/works/n9cna8j6>

Provider

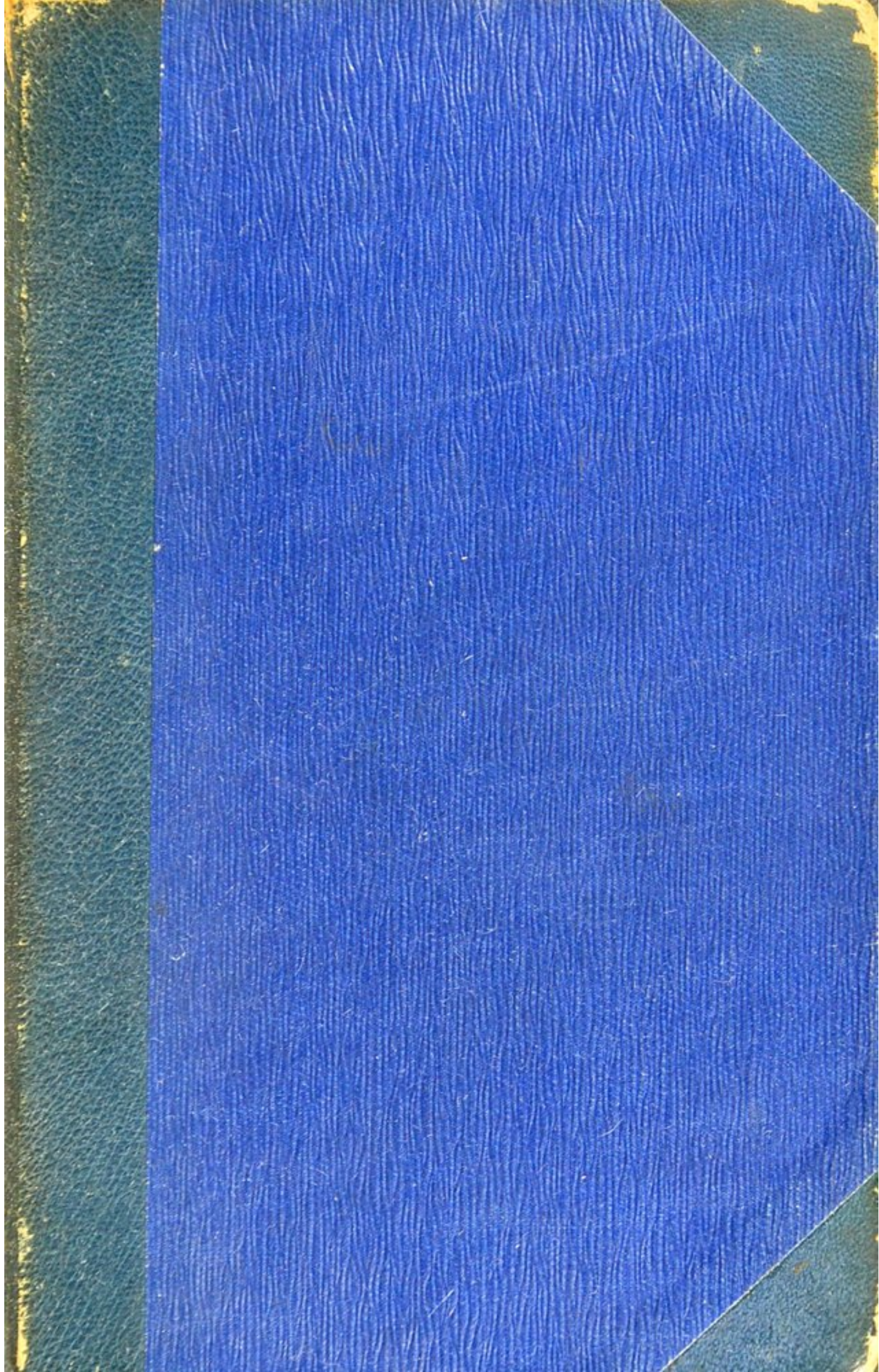
Leeds University Archive

License and attribution

This material has been provided by This material has been provided by The University of Leeds Library. The original may be consulted at The University of Leeds Library. where the originals may be consulted.
Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).



Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>



Saint Pancras Public Libraries.

Camden Town Branch

18, Camden Street, N.W. 1.

(EUSTON 1976)

The Home-Reading Library is open from 10 a.m. until 8 p.m. Monday to Friday (inclusive) and from 10 a.m. to 6 p.m. on Saturday

The time allowed for reading each work issued, whether one volume or more, is fourteen days. For any book not returned within that period, a fine of twopence for the first week or portion of a week, and fourpence for each succeeding week or portion of a week, is charged.

In cases of infectious disease, books must NOT be returned to the Library, but must be delivered either to the Sanitary Authorities at the time of their call, or to the Disinfecting Station, Public Health Annex, 67-71 Prospect Terrace, Gray's Inn Road, W.C.1. Tel. 8567—open from 9 a.m. until 5 p.m., Monday to Friday; Saturday, 9 a.m. until 12 noon.

No book can be issued unless the reader's ticket is presented or a book returned. No book can be exchanged on the day on which it was issued.

Changes of address of readers or of their sponsors must be notified within one week of such change.

Readers leaving the Borough or ceasing to use the Libraries are required to return their tickets to the Librarian, otherwise they will be held responsible for all

LEEDS UNIVERSITY LIBRARY Special Collections

Cookery Camden

A MAR

the books clean, to be leaves, or making them. They must be done to the books they will be held ne.



30106023301491

550 361316



St.

This
mark
write

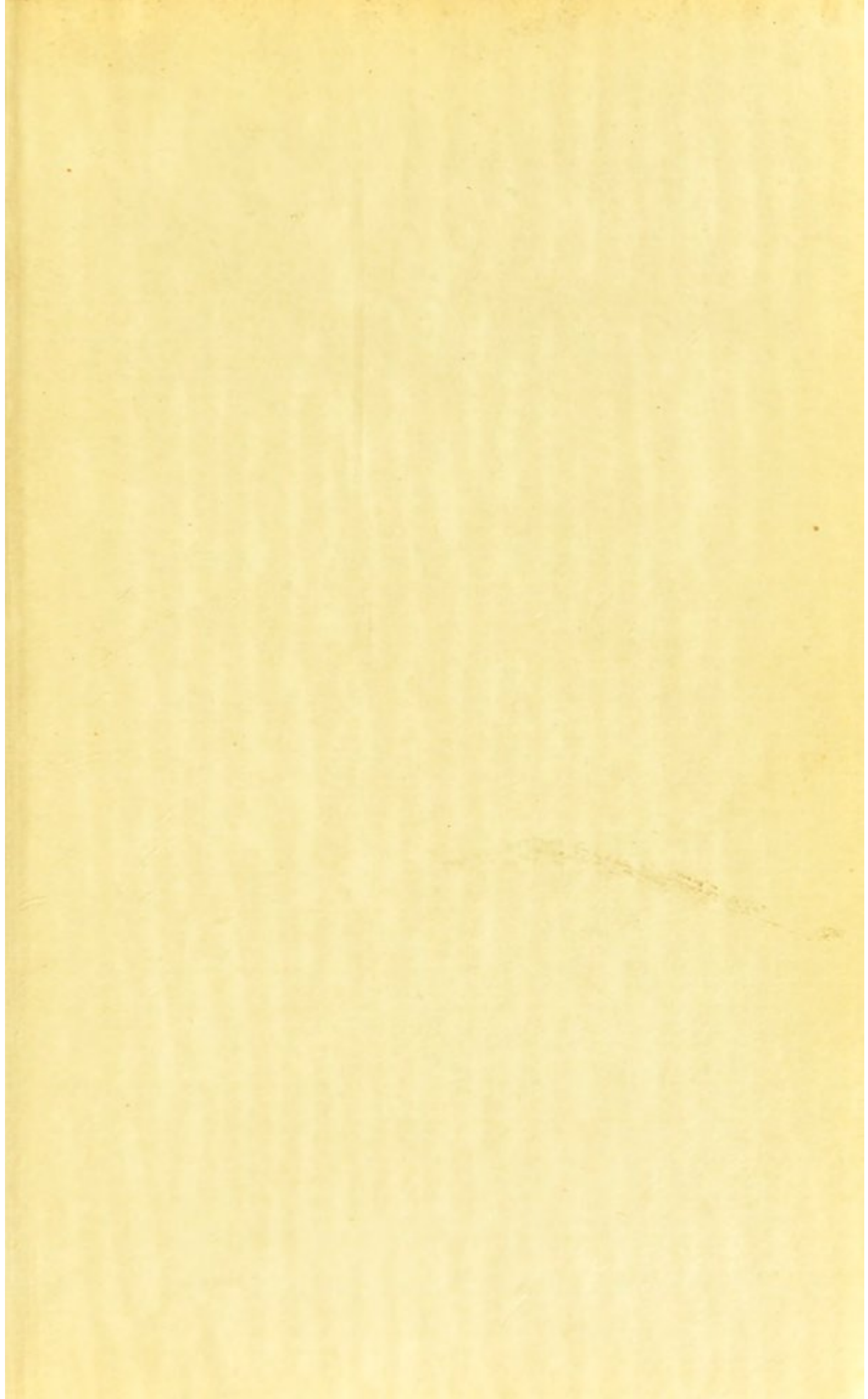
24 08 82

WITH
FROM CAMDEN P.



Digitized by the Internet Archive
in 2015

<https://archive.org/details/b21505950>

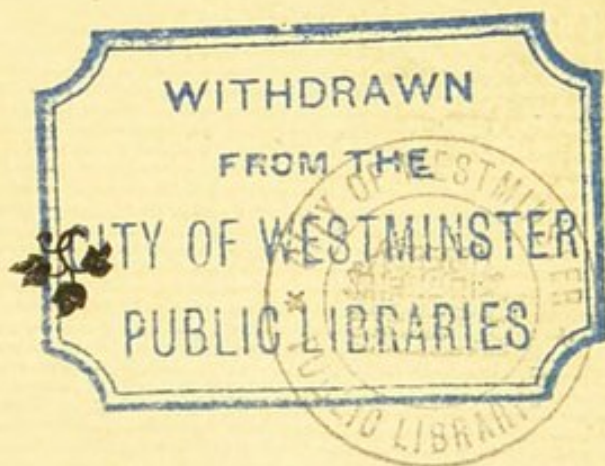


The
English Hous-wife

EDITED BY

Constance, Countess De La Warr.

Extracted from the Original Work
published in 1653.



✓
LONDON: Printed and Published by

THE GROSVENOR LIBRARY, CHAPEL STREET, BELGRAVE SQUARE,

1907

641.5 Q16

641
09

370 E

$\frac{A}{2}$ 21528

6

T361316

WITHDRAWN
FROM CAMDEN PUBLIC LIBRARY

TO THE READER.

*H*AVING come across an old book containing many quaint and useful receipts, which was published in 1653, and dedicated to the Marchioness of Exeter of that day, I have made a selection from among them of those I think may appeal to English house-wives of the present day—should any still exist! To add to their interest, they are printed in the original English which seems to carry us back to the peaceful gardens, and restful home life of old England, when house-wives and châtelaines of however high degree were able to devote their time to domestic arts and pursuits.

Constance, Countess De La Warr.

INDEX.

	PAGE		PAGE
She must know all Hearbs -	1	To make the best White	
Her Skill in the Garden -	2	Puddings - - -	11
Transplanting of Herbs -	2	To make Bread Puddings -	11
Choice of Seeds - - -	3	Rice Puddings - - -	12
Gathering of Seeds - - -	3	Of boyled Meats ordinary -	12
Of Cookery and the parts		Pottage without sight of	
thereof - - - -	3	Hearbs - - - -	12
Of Sallats, simple and plain	4	Pottage without Hearbs -	13
Of compound Sallets - -	4	Pottage with whole Hearbs -	13
Another compound Sallet -	4	To make ordinary Stewed	
An excellent boyled Sallet -	5	Broth - - - -	13
Of preserving of Sallets -	5	A fine boyled Meat - - -	14
The making of strange Sal-		To boyle Mallard - - -	14
lets. Sallets for stew only	6	To make the best White	
Of Fricases & Quelquechoses	7	Broth - - - -	15
Of simple Fricases - - -	7	To boyle any Wild Fowl -	15
Best Collops and Eggs -	7	To boyle a Leg of Mutton -	16
Of the compound Fricases -	7	A Broth for any Fresh Fish -	16
To make the best Tansey -	7	Additions to boyle Meat. A	
The best Fritters - - -	8	Mallard smoared, or a	
The best Pancakes - - -	9	Hare - - - -	17
Veal Tosts - - - -	9	To stew a Pike - - - -	18
To make the best Panperdy -	10	A Brest of Mutton stewd -	18
To make any Quelquechose -	10	To stew a Neats Foot - - -	19
Additions to the Housewife		Of roast Meats - - - -	19
Cookery - - - -	10	Observations in roast Meats	19
To make Fritters - - -	11	Spitting of roast Meats -	19

The

	PAGE		PAGE
Temperature of fire - - -	19	How to boyle small Fish -	29
The complexions of Meats -	20	To boyle a Gurnet or Rochet	29
The best bastings of Meats -	20	How to stew a Trout - -	30
The best dredging - - -	20	The Pastry and Baked	
Roasting Mutton with		Meats - - - -	30
Oysters - - - -	20	Of the mixture of Paste -	30
To roast a Leg of Mutton		Of Puffe Paste - - -	31
otherwise - - - -	21	Of baking Red Deer, or	
To roast a Gigget of Mutton	21	Fallow, or any thing to	
To roast Olives of Veal -	22	keep cold - - - -	31
To roast a pound of Butter		To bake Beef or Mutton for	
well - - - -	22	Venison - - - -	32
To roast a Pudding on a spit	22	To bake a Custard or Dowset	32
To roast a Chine of Beef,		To bake an Olive Pie - -	33
Loin of Mutton, Lark and		To make a Marrow-bone Pie	33
Capon at one fire and at		To bake a Chicken Pye -	34
one instant - - - -	23	Addition to the Pastry,	
To roast Venison - - -	23	Venison or Hares - - -	34
To roast a Fillet of Veal -	24	To bake a Hare Pye - -	34
Sauce for Pigeons - - -	26	A Gammon of Bacon Pie -	35
A generall Sauce for Wild		A Herring Pie - - - -	35
Fowle - - - -	26	A Calves Foot Pye - - -	36
Sauce for green Geese - -	26	Oyster Pie - - - -	36
Sauce for stubble Geese -	26	To recover Venison that is	
A Sauce for Pigge - - -	26	tainted - - - -	36
A Sauce for Veale - - -	27	A Chewet Pie - - - -	37
Additions unto Sauces -	27	A Minc't Pie - - - -	37
Sauce for a Turkey - - -	27	A Pippin Pie - - - -	37
Sauce for a Mallard - - -	27	A Warden Pie - - - -	37
Of the toasting of Mutton -	27	To preserve Quinces to bake	
Additions unto carbonados,		all the year - - - -	38
A rasher of Mutton or		A Pippin Tart - - - -	38
Lambe - - - -	28	A Codlin Tart - - - -	39
How to carbonado Tongues -	28	A Codlin Pie - - - -	39
Additions for Dressing Fish.		A Cherry Tart - - - -	39
How to souce any fresh		A Rice Tart - - - -	40
Fish - - - -	28		

	PAGE		PAGE
A Florentine - - -	40	Another way - - -	49
A Prune Tart - - -	40	To make Date Leach - -	49
Apple Tart - - -	41	To make Sugar Plate -	49
A Spinage Tart - - -	41	To make Spice Cakes -	49
A Yellow Tart - - -	42	To make a Banbury Cake -	49
A White Tart - - -	42	To make the best March-	
A Hearb Tart - - -	43	pane - - -	50
To bake a Pudding Pye -	43	To make Paste of Genoa, or	
A White Pot - - -	43	any other Paste - -	50
Banquetting Fruit and con-		To make any Conserve -	51
ceited dishes - - -	43	To make Conserve of Flowers	51
To make Past for Quinces -	44	To make Wafers - - -	51
To make thin Quince Cakes	44	To make Marmalade of	
To preserve Quinces - -	44	Oranges - - -	51
To make Ipocras - - -	44	Additions to Banquetting	
To make Jelly - - -	44	stuffe. To make fine	
To make Leach - - -	45	Cakes - - -	52
To make Ginger Bread -	45	Fine Bread - - -	52
Marmalade of Quinces, red -	45	To preserve Quinces for	
Marmalade white - - -	46	kitchen service - -	52
To make Jumbals - - -	46	To make Ipocras - - -	52
To make Bisket Bread -	46	To preserve Quinces - -	53
To make finer Jumbals -	46	Conserve of Quinces - -	53
To make dry Sugar-leech -	47	To keep Quinces all the year	54
To make leach Lumbard -	47	Fine Ginger Cakes - -	54
To make freesh Cheese -	47	To make Suckets - - -	54
How to make course Ginger		Course Gingerbread - -	55
Bread - - -	47	To candy any Root, Fruits,	
How to make Quince Cakes		or Flowers - - -	55
ordinary - - -	48	Ordering of Banquets - -	55
How to make Cinamon		Ordering of Great Feasts	
Sticks - - -	48	and proportion of expence	56
How to make Cinamon		A Humble Feast - - -	58
Water - - -	48	To make Aquavitæ - - -	59
To make Worm-wood water	48	Another excellent Aquavitæ	60
To make Sweet Water -	48	To make Aqua Composita -	61

	PAGE		PAGE
A very principal Aqua Com-		A Perfume to Burn - -	65
posita - - - -	61	To make Pomanders - -	65
To make the Emperial Water	61	To make Vinegar - -	65
To make Cinamon Water -	62	To make Dry Vinegar -	65
Five most precious Waters		To make Verjuice - -	66
which Hypocrates made		Additions to conceited Secrets	66
and sent to a Queen some-		To make Sweet Powder for	
times living in England -	62	Bags - - - -	66
An excellent Water for		To make Sweet Bags - -	66
Perfume - - - -	63	How to make Sweet Water -	66
To Perfume Gloves - -	64	A very rare and pleasant	
To Perfume a Jerkin - -	64	Damask Water - -	67
To make Washing Balls -	64	To make the Best Vinegar -	67
To make a Musk Ball -	64	To Perfume Gloves - -	68

The English Houswives Skill in Cookery.



*Of the outward and active Knowledge of the Housewife,
and of her skill in Cookery, as Sallets of all sorts,
with flesh, Fish, Sauces, Pastry, Banquetting-
stuff and ordering of great feasts.*



TO speak then of the outward and active knowledges which belong unto our English *Hous-wife*, I hold the first and most principall to be a perfect skill and knowledge in Cookery, together with all the secrets belonging to the same, because it is a duty rarely belonging to a woman, and she that is utterly ignorant therein, may not by Lawes

of strict Justice challenge the freedome of Marriage, because indeed she can then but perform half her vow ; for she may love and obey, but she cannot cherish, serve, and keep him with that true duty which is ever expected.

To proceed then to this knowledge of cookery, you shall understand, that the first step thereunto is, to have knowledge of all sorts of herbs belonging unto the Kitchin, whether they be for the Pot, for Sallets, for Sauces for servings, or for any other Seasoning or adorning : which skill of knowledge of the Hearbs, she must get by her own true labour experience, and not by my relation, which would be much too tedious ; and for the use of them, She shall see it in

the composition of dishes and meats hereafter following. She shall also know the time of the year, moneth, and Moon, in which all Hearbs are to be sown; and when they are in their best flourishing, that gathering all hearbs in their height of goodness, she may have the prime use of the same. And because I wil inable and not burden her memory, I will here give her a short Epitomy of all that knowledge.

First then, let our English Hous-wife know, that she may at all times of the Moneth and Moon generally sow *Asparagus, Colwerts, Spinage, Lettice, Parsnips, Radish, and Chives.*

In February in the new of the Moon, she may sow *Spyke, Garlike, Borage, Buglose, Chervile, Coriander, Gourds, Cresses, Marjoram, Palma Christi, Flower gentle, white poppy, purslan, Radish, Rocket, Rosemary, Sorrel, Double Marigolds* and time. The Moon full she may sow *Anniseeds, musked Violets, Beets, Skirrits, White Succory, Fennel,* and *parsley.* The Moon old, sow *Holy thistle, Cole, Cabadge, white Cole, green Cole, Cucumbers, Harts-Horn, Dyers Grain, Cabadge, Lettice, Mellons, Onions, parsnips, Larkes, Heel, Burnet* and *Leeks.*

In March the Moon new, sow *Garlick, Borrage, Bugloss, Chervile, Coriander, Gourds, Marjoram, white poppy, Purslan, Radish, Sorrel, double Marigolds, Time, Violets.* At the full Moon *Anniseed, Beets, Skirrits, Succory, Fennel, Apples of Love,* and *Marveilous Apples.* At the wane *artichokes, Basill, Blessed thistle, Cole cabadge, white cole, Green cole, citrons, cucumbers, Harts-horn, Samphire, spinage; Gilliflowers, Isop, cabadge, Lettice, Mellons, Mugrets, Onions, Flower Gentill, Burnet, Leeks,* and *Savory.* In *May,* the Moon old, sow *blessed thistle.* In *June,* the Moon new, sow *gourds* and *radishes.* The moon old, sow *cucumbers, mellons, parsnips.* In *July* the Moon at full, sow *white succory;* and the Moon old, sow *cabadge, lettice.* Lastly, in *August,* the Moon at the full, sow *white succory.*

Also she must know that Herbs growing
Transplanting of Seeds may be transplanted at all times,
of herbs. except *chervile, arage, spinage,* and *parsley,*
 which

which are not good once transplanted, observing ever to transplant in moyst and rainy weather.

Also she must know that the choice of seeds are twofold, of which some grow best being new, as *cucumbers*, and *Leeks*, and some being old, as *coriander*, *parsley*, *beets*, *origan*, *savory*, *cresses*, *spinage* and *poppy*, you must keep cold *lettice*, *artichokes*, *basil*, *holy thistle*, *cabage*, *cole*, *Dyers grain*, & *mellons*, fifteen days after they put forth of the earth.

Also seeds prosper better being sown in temperate weather, then in hot, cold, or dry daies. In the month of *Aprill*, the Moon being new sow *marjoram*, *flower-gentle*, *time*, *violets*: in the full Moon *apples of love*, and *marvellous apples*: and in the Wane, *hartichokes*, *holy thistle*, *cabadge*, *cole*, *citrons*, *harts-horn*, *samphire*, *gilly flowers*, and *parsnips*.

Seeds must be gathered in fair weather at the wane of the Moon, and kept some in Boxes of Wood, some in bags of Leather, and some in Vessels of Earth, and after to be wel cleansed and dryed in the Sun or shadow: other some, as *Onions*, *Chibols*, & *Leeks*, must be kept in their husks. Lastly, she must know that it is best to plant in the last quarter of the moon; to gather grafts in the last but one, and to graft two days after the change: and thus much for her knowledge briefly of Hearbs, and how she shall have them continually for her use in the Kitchin.

It resteth now that I proceed unto **Of Cookery and the parts thereof.** Cookery it self, which is the dressing and ordering of meat, in good and wholesome manner; to which when our *Hous-wife* shall address her self, she shall wel understand that these qualities must ever accompany it: First she must be cleanly both in body & garments, she must have a quick eye, a curious nose, a perfect tast, and ready ear, (she must not be butter-fingred, sweet toothed, nor faint hearted) for, the first will let every thing fall, the second will consume what it should increase, and the last will lose time with too much nicenesse. Now for the substance of the Art it self, I will divide it into five parts; the first, *Sallets* and *Fricases*; the second *boyled Meats* and *Broths*;

Broths; the third, Rost meats and Carbonadoes; the fourth Bak't meats and Pies; and the fifth Banqueting and made dishes, with other conceits and secrets.

**Of Sallats,
simple
and plain.**

First then to speak of Sallets, there be some simple, and compounded, some onely to furnish out the Table, and some both for use and adoration: your simple Sallets are Chibols pilled, washt clean, and half of the green tops cut clean away, so served on a Fruit-dish, or Chives, Scallions, Radish-roots, boyled Carrets, Skirrets, and Turneps, with such like, served up simply: also all young Lettice, Cabbage-lettice, Purslane, and divers other herbs which may be served simply without any thing, but a little Vinegar, Sallet Oyl, and Sugar: Onions boyled, and stript from their rinde, and served up with Vinegar, Oyl, and Pepper is a good simple Sallat; so is Samphire, Bean-cods, Sparagus, and Cucumbers, served in likewise with Oyl, Vinegar, and Pepper, with a world of others, too tedious to nominate.

**Of compound
Sallets.**

Your compound Sallets, are first the young Buds and Knots of all manner of wholsom Herbs, at their first springing; as red Sage, Mint, Lettice, Violets, Marigolds, Spinage, and many other mixed together, and then served up to the Table with Vinegar, Sallat-Oyl, and Sugar.

**Another com-
pound Sallet.**

To compound an excellent Sallat, and which indeed is usuall at great Feasts, and upon Princes Tables. Take a good quantity of blacht Almonds, and with your shredding knife cut them grossely; then take as many Raisins of the Sun clean washt, and the stones pickt out, as many Figs shred like the Almonds, as many Capers, twice so many Olives, and as many Currants as of all the rest clean washt; a good handfull of the small tender leaves of red Sage and Spinage: mixe all these well together with good store of Sugar, and lay them in the bottome of a great dish; then put unto them Vinegar and Oyl, and scrape more Sugar over all: then take Oranges and Lemmons, and paring away the outward pilles, cut them into thinne slices, then with those slices cover the Sallat all over; which done, take the fine thinne leaf of the red Cole-flower,

flower, and with them cover the Oranges and Lemons all over; then over those Red leaves lay another course of old Olives, and the slices of well-pickled Cucumbers together with the very inward heart of Cabage-lettice cut into slices, then adorne the sides of the dish, and the top of the Sallat with more slices of Lemons and Oranges, and so serve it up.

An excellent boyled Sallet. To make an excellent compound boyl'd Sallat: take of Spinage well washt, two or three handfuls, and put into it fair water, and boyl it till it be exceeding soft, and tender as pap; then put it into a Cullander, and drain the water from it, which done, with the backside of your Chopping-knife chop it, & bruise it as small as may be; then put it into a Pipkin with a good lump of sweet butter, and boyl it over again; then take a good handfull of Currants clean washt, and put to it, and stir them well together; then put to as much Vinegar as will make it reasonable tart, and then with Sugar season it according to the taste of the Master of the house, and so serve it upon sippets.

Of preserving of Sallets. Your preserved Sallats are of two kinds, either pickled, as are Cucumbers, Samphire, Purslan, Broom, and such like; or preserved with Vinegar, as Violets, Primrose, Cowslips, Gilly-flowers, of all kinds, Broom-flowers, and for the most part any wholsom flower whatsoever.

Now for the pickling of Sallats, they are onely boyled, and then drained from the water, spread upon a table, and good store of salt thrown over them, then when they are thorough cold, make a Pickle with water, salt, and a little vinegar, and with the same, pot them up in close earthen pots, and serve them forth as occasion shall serve.

Now for preserving Sallats; you shall take any of the flowers before sayd, after they have been pickt cleane from their stalkes, and the white ends (of them which have any) cleane cut away, and washt and dried, and taking a glasse pot, like a Gally-pot, or for want thereof a gally-pot it self; and first strew a little Sugar in the bottome, then lay a layer of the Flowers, then cover that layer over with Sugar, then lay another layer of the Flowers, and another of Sugar; and thus doe one above another till the pot be filled,

filled, ever and anon pressing them hard down with your hand : this done you shall take of the best and sharpest vinegar you can get (and if the vinegar be distilled vinegar, the flowers will keep their colours the better) and with it fill up your pot till the vinegar swim aloft, and no more can be received ; then stop up the pot close, and set them in a dry temperate place, and use them at pleasure, for they will last all the year.

Now for the compounding of Sallats of these pickled and preserved things, though they may be served up simply of themselves, and are both good and dainty ; yet for better curiosity, and the finer adorning of the table, you shall thus use them. First, if you would set forth any red flower that you know or have seen, you shall take your pots of preserved Gilliflowers, and suiting the colours answerable to the flower you shall proportion it forth, and lay the shape of the Flower in a Fruit-dish ; then with your Purslan leaves make the green Coffin of the Flower, and with the Purslan stalks make the stalk of the flower, and the divisions of the leaves and branches ; then with the thinne slices of Cucumbers make their leaves in true proportions, jagged or otherwise : and thus you may set forth some full blown, some half blown, and some in the bud, which will be pretty and curious. And if you will set forth yellow flowers, take the pots of Primroses and Cowslips, if blew flowers, then the pots of Violets, or Buglosse flowers, and these Sallets are both for shew and use ; for they are more excellent for taste than for to look on.

**The making
of strange
Sallets.**

**Sallets for
stew only.**

Now for Sallets for shew onely, and the adorning and setting out of a table with number of dishes, they be those which are made of Carret roots of sundry colours well boyled, and cut into many shapes and proportions, as some into knots, some in the manner of Scutchions and Armes, some like Birds, and some like Wild beasts, according to the art and cunning of the Workman ; and these for the most part are seasoned with Vinegar, Oyl, and a little Pepper. A world of other Sallets there are, which time and experience may bring to our Hous-wifes eye, but the composition of them,
and

and the serving of them differeth nothing from these already rehearsed.

Now to proceed to your Fricases, or **Of Fricases & Quelque choses**, which are dishes of many **Quelquechoses**, compositions, and ingredients, as Flesh, Fish, Eggs, Herbs, and many other things, all being prepared and made ready in a frying pan, they are likewise of two sorts, simple and compound.

Your simple Fricases are Egges and **Of simple Fricases.** Collops fryed, whether the Collops be of Bacon, Ling, Beef, or young Pork, the frying whereof is so ordinary, that it needeth not any relation, or the frying of any Flesh or Fish simple of it self with butter or sweet Oyl.

Best Collops and Eggs. To have the best Collops and Egges, you shall take the whitest and youngest Bacon, and cutting away the sward, cut the Collops into thinne slices, lay them in a dish, and put hot water unto them, and so let them stand an hour or two, for that will take away the extreame saltnesse; then drain away the water clean, and put them in a dry pewter dish, and lay them one by one, and set them before the heat of the fire, so as they may roaste, and turn them so, as they may toast sufficiently thorow and thorow: which done, take your Egges and break them into a dish, and put a spoonfull of Vinegar unto them: then set on a clean Skillet with fair water on the fire, and as soon as the water boyleth put in the Egges, and let them take a boyl or two; then with a spoon try if they be hard enough, and then take them up and trim them, and dry them, and then dishing up the Collops, lay the Egges upon them, and so serve them up: and in this sort you may poach Egges when you please, for it is the best and most wholesome.

Of the compound Fricases. Now the compound Fricases are those which consist of many things, as Tansies, Fritters, Pancakes, and any *Quelquechose* whatsoever, being things of great request and estimation in *France*, *Spaine*, and *Italy*, and the most curious Nations.

To make the best Tansey. First then for making the best Tansie, you shall take a certaine number of Egges, according

according to the bignesse of your Frying-panne, and break them into a dish, abating ever the white of every third Egge: then with a spoon you shall cleanse away the little white Chicken-knots which stick unto the yolkes; then with a little Cream beat them exceedingly together: then take of green Wheat blades, *Violet leaves*, *Strawberry leaves*, *Spinage*, and *Succory*, of each a like quantity, and a few *Walnut tree buds*; chop and beat all these very well, and then strain out the juice, and mixing it with a little more Creame, put it to the Eggs, and stir all well together; then put in a few Crums of bread, fine grated bread, Cynamon, Nutmegge, and Salt; then put some sweet Butter into the Frying-pan, and so soon as it is dissolved or melted, put in the Tansey, and fry it brown without burning, and with a dish turne it in the panne as occasion shall serve; then serve it up, having strewed good store of Sugar upon it, for to put in Sugar before will make it heavy: Some use to put of the herb Tansey into it, but the Walnut-tree buds doe give the better tast or relish, and therefore when you please for to use the one, doe not use the other.

The best Fritters. To make the best Fritters, take a pint of Cream and warm it; then take eight Egges, only abate four of the Whites, and beat them well in a dish, and so mixe them with the Cream; then put in a little *Cloves*, *Mace*, *Nutmegge*, and *Saffron*, and stirre them well together: then put in two spoonfulls of the best Ale-barm, and a little Salt, and stirre it again; then make it thicke according unto your pleasure with wheat flower, which done, set it within the air of the fire, that it may rise and swell, which when it doth, you shall beat it in once or twice; then put into it a penny pot of Sack: all this being done, you shall take a pound or two of very sweet seame, and put it into a panne, and set it over the fire, and when it is moulten, and beginnes to bubble, you shall take the *Fritter-batter*, and setting it by you, put thick slices of well pared *Apples* into the *Batter*, and then taking the *Apples* and *Batter* out together with a spoon, put it into the boyling seam, and boyle your *Fritters* crispe and brown: And when you find the strength of your seame consume or decay, you shall

shall renew it with more seame, and of all sorts of seame, that which is made of Beef-suet is the best and strongest : when your *Fritters* are made, strew good store of Sugar and Cynamon upon them, being faire disht, and so serve them up.

The best Pancakes. To make the best Pancake, take two or three Egges, and break them into a dish, and beat them well ; then adde unto them a pretty quantity of fair running water, and beat all well together : then put in Cloves, Mace, Cinamon, and Nutmeg, and season it with salt ; which done, make it thick as you think good with fine Wheat-flower ; then fry the Cakes as thinne as may be with sweet butter, or sweet seame, and make them brown, and so serve them up with sugar strowed upon them. There be some which mixe Pancakes with new Milk or Cream, but that makes them tough, cloying, and not crisp, pleasant and savory as running water.

Veal Tosts. To make the best Veal tosts, take the Kidney, fat and all, of a loyn of Veal rosted, and shred as small as is possible ; then take a couple of Egges and beat them very well ; which done, take Spinnage, Succory, Violet-leaves, and Marigold-leaves, and beat them, and strain out the juice, and mixe it with the Egges : then put it to your Veale, and stirre it exceedingly well in a dish ; then put to good store of Currants clean washt and pickt, Cloves, Mace, Cinamon, Nutmeg, Sugar, and Salt, and mixe them all perfectly wel together : then take a manchet & cut it into tosts, and tost them well before the fire ; then with a spoon lay upon the tost in a good thickness the Veal, prepared as beforesaid : which done, put into your Frying-pan good store of sweet butter, & when it is well melted and very hot, put your tostes into the same with the bread side upward, and the flesh side downward : and as soon as you see they are fryed brown, lay upon the upper side of the tosts which are bare more of the flesh meat, and then turne them, and fry that side brown also ; then take them out of the panne and dish them up, and strow Sugar upon them, and so serve them forth.

There be some Cookes which will doe this but upon
one

one side of the toasts, but to doe it on both is much better ; if you adde Creame it is not amiss.

To make the best Panperdy. To make the best Panperdy, take a dozen Egges, and break them, and beat them very well ; then put unto them Cloves, Mace, Cinamon, Nutmeg, and good store of Sugar, with as much Salt as shall season it : then take a Manchet, and cut it into thick slices like tostes ; which done, take your Frying-panne, and put into it a good store of sweet butter, and being melted, lay in your slices of bread, then powr upon them one half of your Egges, then when it is fryed, with a dish turn your slices of bread upward, and then powre on them the other halfe of your Egges, and so turn them till both sides be brown ; then dish it up, and serve it with Sugar strewed upon it.

To make any Quelquechose. To make a Quelquechose, which is a mixture of many things together ; take the Eggs and break them, and do away one half of the Whites, and after they are beaten put them to a good quantity of sweet Creame, Currants, Cinamon, Cloves, Mace, Salt, and a little Ginger, Spinage, Endive, and Marigold-flowers grossely chopt, and beat them all very well together : then take Pigges Pettitoes slic'd and grossely chopt, mixe them with the Egges, and with your hand stirre them exceeding well together ; then put sweet butter in your Frying-panne, and being melted, put in all the rest, and fry it brown without burning, ever and anon turning it till it be fryed enough ; then dish it up upon a flat plate, and so serve it forth. Onely here is to be observed, that your Pettitoes must be very well boyled before you put them into the Frycase.

Additions to the Housewife Cookery. And in this manner as you make this Quelquechose, so you may make any others, whether it be of flesh, small Birds, sweet roots, Oysters, Musles, Cockles, Giblets, Lemons, Oranges, or any Fruit, Pulse, or other Sallat herb whatsoever, of which to speak severally were a labour infinite, because they vary with mens opinions. Onely the composition and work is no other than this before prescribed ; and who can do these, need no further instruction for the rest. And thus much for *Sallets* and *Fricases*.

To

To make Fritters. To make Fritters another way, take Flower, Milk, Barm, grated bread, small Raisins, Cinamon, Sugar, Cloves, Mace, Pepper, Saffron, and Salt; stirre all these together very well with a strong spoon, or small ladle, then let it stand more than a quarter of an hour that it may rise, then beat it in again, and thus let it rise and be beat in twice or thrice at least; then take it and bake them in sweet and strong seame, as hath been before shewed, and when they are served up to the table, see you strow upon them good store of Sugar, Cinamon, and Ginger.

To make the best White Puddings. Take a pint of the best, thickest, and sweetest Creame, and boyle it, then whilst it is hot, put thereunto a good quantity of great sweet Oatmeale Grots very sweet, and clean pickt, and formerly steept in milk twelve hours at least, and let it soak in this Creame another night; then put thereto at least eight yolkes of Egges, a little Pepper, Cloves, Mace, Saffron, Currants, Dates, Sugar, Salt, and great store of Swines Suet, or for want thereof, great store of Beef suet, and then fill it up in the farmes according unto the order of good House-wiferie; and then boyl them on a soft and gentle fire, and as they swell, prick them with a great pin, or small awl, to keep them that they burst not; and when you serve them to the Table (*which must not be untill they be a day old*) first boyl them a little, then take them out, and toast them brown before the fire, and so serve them, trimming the edge of the dish either with salt or sugar.

To make Bread Puddings. Take the Yolkes and Whites of a dozen or fourteen Eggs; and having beat them very well, put unto them the fine powder of *Cloves, Mace, Nutmegges, Sugar, Cynamon, Saffron,* and *Salt*; then take the quantity of two loaves of white grated *Bread, Dates* (very small shred) and great store of *Currants*, with good plenty either of Sheeps, Hogs, or Beef-suet beaten and cut small: then when all is mixt and stirred well together, and hath stood a while to settle, then fill it into the Farms, as hath been before shewed, and in like manner boyl them, cook them, and serve them to the table.

Take

Rice Puddings. Take half a pound of Rice, and steep it in new Milke a whole night, and in the morning drain it, and let the milk drop away, and take a quart of the best, sweetest, and thickest Cream, and put the Rice into it, and boyle it a little; then set it to cool an hour or two, and after put in the Yolkes of half a dozen Egges, a little Pepper, Cloves, Mace, Currants, Dates, Sugar, and Salt; and having mixt them well together, put in great store of Beef-suet wel beaten, and small shred, and so put it into the farms, and boyl them as before shewed, and serve them after a day old.

Of boyled Meats ordinary. It resteth now that we speake of boyl'd meat and broths, which forasmuch as our Housewife is intended to be general, one that can as well feed the poor as the rich, wee first begin with those ordinary wholesome boyl'd meats which are of use in every good mans house; therefore to make the best ordinary Pottage you shall take a rack of mutton cut into pieces; or a leg of mutton cut into pieces; for this meat, and these joynts are the best, although any other joynt or any fresh Beef will likewise make good Pottage; and having washt your meat well, put it into a clean pot with fair water, and set it on the fire; then take *Violet* leaves, *Succory*, *Strawbery* leaves, *Spinage*, *Langdebeef*, *Marigold* flowers, *Scallions*, and a little *Parsly*, and chop them very small together: then take half so much Oatmeal well beaten as there is herbs, and mixe it with the hearbs, and chop all very well together, then when the pot is ready to boyl, scum it very well and then put in your Hearbs, and so let it boyl with a quick fire, stirring the meat oft in the pot, till the meat be boyl'd enough, and that the herbs and water are mixt together without any separation, which will be after the consumption of more than a third part: Then season them with salt and serve them up with the meat, either with sippets or without.

Pottage without sight of Hearbs. Some desire to have their Pottage green, yet no hearbs to be seen, in this case, you must take your hearbs and oatmeal, and after it is chopt put it into a stone-morter, or bowle, and with a wooden pestel beat it exceedingly, then

then with some of the warm liquor in the pot, strain it as hard as may be, and so put it in and boyl it.

**Pottage with-
out Hearbs.** Others desire to have pottage without any hearbs at all, and then you must onely take Oat-meal beaten and good store of Onions, and put them in, and boyl them together; and thus doing you must take a greater quantity of Oat-meal than before.

**Pottage with
whole Hearbs.** If you will make pottage of the best and daintiest kind, you shall take Mutton, Veal or Kidde, & having broke the bones, but not cut the flesh in pieces, and washt it, put it into a pot with fair water; after it is ready to boyl, and thoroughly skum'd, you shall put in a good handfull or two of small Oatmeal: and then take whole Lettice, of the best and most inward leaves, whole Spinage, Endive, Succory, & whole leaves of Coleflowers or the inward parts of white Cabage, with two or three slic'd Onyons: and put all into the pot, and boyl them well together till the meat be enough, and the Hearbs so soft as may be, and stirr them oft well together: and then season it with Salt, and as much Verjuyce as will onely turn the taste of the Pottage; and so serve them up, covering the meat with the whole hearbs, and adorning the dish with sippets.

**To make
ordinary
Stewed Broth.** To make ordinary stewd broth, you shall take a neck of Veal or a leg, or marry-bones of Beef, or a pullet, or Mutton, and after the meat is washt, put it into a pot with fair water, and being ready to boyl, skumme it well; then you shall take a couple of Manchets, and paring away the crust, cut it into thick slices, and lay them in a dish, and cover them with hot broath out of the pot; when they are steept, put them and some of the broth into a strainer and strain it, and then put it into a pot: then take half a pound of Prunes, half a pound of Raisins, and a quarter of a pound of Currants clean pickt and washt, with a little whole Mace, and two or three bruised Cloves, and put them into a pot, and stir all well together, and so let them boyl till the meat be enough, then if you will alter the colour of the broth, put in a little Turnfoyl, or red Sanders, and so serve it upon sippets, and the fruit uppermost.

To

**A fine
boyled Meat.** To make an excellent boyled meat: take four peeces of a rack of Mutton, and wash them clean, and put them into a pot well scoured with fair water; then take a good quantity of Wine and Verjuyce, and put into it; then slice a handfull of Onyons, and put them in also, and so let them boyl a good while, then take a piece of sweet Butter with Ginger and Salt, and put it to also, and then make the broth thick with grated bread, and so serve it up with sippets.

**To boyle
Mallard.** To boyl a *Mallard* curiously, take the *Mallard* when it is fair dressed, washed and trust, and put it on a spit and rost it till you get the gravy out of it: then take it from the spit and boyl it, then take the best of the broth into a Pipkin, and the gravy which you saved, with a piece of sweet Butter and Currants, Vinegar, Pepper, and grated Bread: Thus boyl all these together, and when the Mallard is boyled sufficiently, lay it on a dish with sippets, and the broth upon it, and so serve it forth.

To make an excellent *Olepotride*, which is the onely principall dish of boyld meat which is esteemed in all *Spain*, you shall take a very large vessel, pot or Kettell, and filling it with water, you shall set it on the fire, and first put in good thick gobbets of well fed Beef, and being ready to boyl skum your pot; when the Beef is half boyled, you shall put in Potato roots, Turneps and Carrets: also like gobbets of the best Mutton, and the best Pork; after they have boyled a while: you shall put in the like gobbets of Venison, red and Fallow if you have them; then the like gobbets of Veal, Kid, and Lamb, a little space after these, the fore parts of a fat Pig, and a cramb'd Pullet: then put in Spinage, Endive, Succory, Marigold leaves and flowers, Lettice, Violet leaves, Strawberry leaves, Bugloss and Scallions all whole and unchopt, then when they have boyled a while, put in a Partridge and a Chicken chopt in pieces, with Quailes, Railes, Black birds, Larks, Sparrowes, and other small Birds, all being well and tenderly boyled, season up the broth with good store of Sugar, Cloves, Mace, Cinamon, Ginger, and Nutmeg, mixt together in a good quantity of verjuyce and salt, and so stir up the pot well from the bottom: then
dish

dish it up upon great Chargers or long Spanish Dishes made in store of sippets in the bottom : then cover the meat all over with Prunes, Raisins, Currants, and blanch't Almonds, boyled in a thing by themselves ; then cover the fruit and the whole boyled herbs, and the herbs with slices of Oreniges & Lemmons, & lay the roots round about the sides of the dish, and strew good store of Sugar over all, and so serve it forth.

To make the best White Broth. To make the best white broth, whether it be with Veal, Capon, Chickins, or any other fowl or Fish : First boyl the flesh or Fish then by it self, take the value of a quart of strong Mutton broth or fat Kid broth, & put it into a pipkin by it self, and put into it a bunch of Time, Marjoram, Spinage, and Endive bound together ; then when it seeths, put in a pretty quantity of Beef-marrow and the marrow of mutton with some whole Mace and a few bruised Cloves ; then put in a pint of White wine with a few whole slices of Ginger ; after these have boyled a while together, take blauncht Almonds, and having beaten them together in a mortar with some of the broth, strain them and put it in also ; then in another Pipkin boyl Currants, Prunes, Raisins and whole Cinamon in verjuyce and sugar with a few sliced Dates ; and boyl them till the verjuyce be most part consumed, or at least come to sirrup ; then drain the fruit from the sirrup, and if you see it be high coloured, make it white with sweet creame warmed, and so mixe it with your wine broth ; then take out the Capon or the other Flesh or Fish, and dish it up dry in a dish ; then powr the broath upon it, and lay the fruit on the top of the meat, and adorn the side of the dish with very dainty sippets, First Oreniges, Lemmons, and Sugar, and so serve it forth to the table.

To boyle any Wild Fowl. To boyl any wild Fowl, *Mallard, Teal, Widgeon*, or such like : First boyl the Fowl by it self, then take a quart of strong *Mutton*-broth, and put it into a pipkin and boyl it ; then put unto it good store of sliced *Onions*, a bunch of sweet pot-hearbs and a lump of sweet Butter ; after it hath boyled well, season it with verjuyce salt and sugar, and a little whole pepper ; which done, take up your Fowl and break

break it according to the fashion of carving, and stick a few *Cloves* about it; then put it into the broth with *Onions*, and there let it take a boyl or two, and so serve it and the broth forth upon the sippets; some use to thicken it with toasts of bread steeped and strained, but that is as please the Cook.

To boyle a Leg of Mutton. To boyl a leg of *Mutton*, or any other joynt of meat whatsoever; first after you have washt it clean, parboyl it a little, then spit it & give it half a dozen turns before the fire, then draw it when it begins to drop and press it between two dishes and save the gravy; then slash it with your knife, and give it half a dozen turns more, and then press it again, and thus doe as often as you can force any moisture to come from it; then mixing *Mutton*-broth, White-Wine and Verjuyce together, boyl the *Mutton* therein til it be tender, and that most part of the liquor is clean consumed; then having all that while kept the gravy you took from the *Mutton* stewing gently upon a Chaffingdish and coales, you shall add unto it good store of salt, sugar, Cinamon and ginger, with some Lemmon slices, and a little of an orange-peel, with a few fine white bread crummes: then taking up the *Mutton*; put the remainder of the broth in, and put in likewise the gravy, and then serve it up with sippets, laying the *Lemmon* slices uppermost, and trimming the Dish about with Sugar.

If you will boyl Chickens, young Turkeys, Pea-hens, or house fowle daintily; you shall after you have trimmed them, drawn them, trust them, and washt them, fill their bellies as full of Parsley as they can hold: then boyl them with Salt and Water onely till they be enough: then take a dish and put into it Verjuyce and Butter, and Salt, and when the butter is melted take the Parsley out of the Chickens belly, and mince it very small, and put it to the verjuyce and *Butter*, and stirr it well together; then lay in the Chickens, and trimme the dish with sippets and soe serve forth.

A Broth for any Fresh Fish.

If you will make broth for any fresh fish whatsoever, whether it be Pike, Breame, Carp, Eele, Barbell, or such like: you shall boyl water, verjuyce and *Salt* together with

a handful of sliced Onyons; then you shal thicken it with two or three spoonfulls of Ale-barm, then put in a good quantity of whole *Barberies*, both branches and other, as also pretty store of *Currants*: then when it is boyled enough, dish up your Fish, and powr your broth unto it, laying your fruit and *Onyons* uppermost. Some unto this broth will put *Prunes* and *Dates* slic't, but it is according to the fancy of the cook, or the will of the Hous-holder.

Thus I have from these few presidents shewed you the true Art and making of all sorts of boyled meates, and broths; and though men may coin strange names, and feign strange Arts, yet be assured she that can do these, may make any other whatsoever; altering the tast by the alteration of the compounds as she shall see occasion: And when a broth is too sweet, to sharpen it with verjuyce, when too tart to sweeten it with sugar: when flat and wallowish, to quicken it with Orenge and Lemmons; and when too bitter, to make it pleasant with hearbs and spices.

**Additions to
boyle Meat.
A Mallard
smoared,
or a Hare.**

Take a Mallard when it is clean dressed, washed and trust, and parboyl it in water, till it be skum'd and purified: then take it up, and put it into a Pipkin with the neck downward, and the tayl upward, standing, as it were, upright: then fill the Pipkin half full with that water, in which the Mallard was parboyled, and fill up the other half with white Wine: then pill and slice thin a good quantity of Onyons, and put them in with whole fine herbs, according to the time of the year, as Lettice, Strawberry leaves, Violet-leaves, Wine-leaves, Spinage, Endive, Succory, and such like, which have no bitter or hard tast, and a pretty quantity of Currants and Dates sliced: then cover it close, and set it on a gentle fire, and let it stew, and smoar till the Herbs and Onyons be soft, and the Mallard enough: then take out the Mallard, and carve it as it were to go to the Table; then to the Broth put a good lump of butter, Sugar, Cynamon, and if it be in Summer so many Goose-berries as will give it a sharp tast; but in the Winter, as much wine vinegar, then heat it on the fire
and

and stirr all well together : then lay the Mallard in a dish with sippets, and pour all this broth upon it, then trim the edge of the dish with sugar, and so serve it up. And in this manner you may also smoare the hinder parts of a Hare, or a whole old Cony, being trust up close together.

To stew a Pike. After your Pike is drest and opened in the back, and laid flat, as if it were to fry, then lay it in a large dish for the purpose, able to receive it : then put as much white wine to it, as will cover it all over ; then set it on a chaffing-dish and coales to boyl very gently, and if any skum arise, take it away ; then put to it Currants, Sugar, Cynamon, Barbery-berries, and as many Prunes as will serve to garnish the dish, then cover it close with another dish, and let it stew till the fruit be soft, and the Pike enough ; then put to it a good lump of sweet Butter ; then with a fine skummer take up the fish, and lay it in a clean dish with sippets, then take a couple of yolks of eggs, the film taken away, and beat them well together with a spoonfull or two of Cream, and as soon as the Pike is taken out, put it into the broth and stir it exceedingly, to keep it from curding ; then powr the broth upon the Pike, and trim the sides of the dish with Sugar, Prunes, and Barbaries, slices of Orenge or Lemmons, and so serve it up. And thus may you also stew Roches, Gurnets, or almost any sea-fish or fresh fish.

A Brest of Mutton stewd. Take a very good brest of Mutton, chopt into sundry large peeces, and when it is clean washt, put it into a pipkin with fair water, and set it on the fire to boyl ; then skum it very well, then put in of the finest parsneps cut into large peeces as long as ones hand, then clean washt & scrypt ; then good store of the best Onyons, and all manner of sweet pleasant Potherbs and Lettice, all grossely chopt, and good store of Pepper and Salt, and then cover it, and let it stew till the Mutton be enough ; then take up the mutton, and lay it in a clean dish with sippets, and to the broth put a little wine vinegar, and so powr it on the Mutton with the Parsneps whole, and adorn the sides of the dish with Sugar, and so serve up :

up: And as you do with the Brest soe you may doe with any other Joynt of Mutton.

To stew a Neats Foot. Take a Neats foot that is very well boyld (for the tenderer it is, the better it is) and clave it in two, and with a clean cloath dry it well from the Sous-drink, then lay it in a deep earthen platter, and cover it with Verjuyce, then set it on a chaffingdish and coales, and put to it a few Currants, and as many Prunes as will garnish the dish, then cover it & let it boyl well, many times stirring it up with your knife, for fear it sticke to the bottom of the dish: then when it is sufficiently stewed, which will appear by the tenderness of the meat and softnesse of the fruit, then put in a good lump of Butter, great store of Sugar and Cynamon, and let it boyl a little after: then put it altogether into a clean dish with Sippets, and adorn the sides of the dish with Sugar and Prunes, and so serve it up.

Of roast Meats. To proceed then to roast meates, it is to be understood, that in the generall knowledge thereof are to be observed these few rules. First the cleanly keeping and scowring of the spits and cobirons; next the neer picking and washing

Observations in roast Meats. of meat, before it be spitted, then the spitting and broaching of meat, which must be done so strongly and firmly, that the meat may by no meanes either shrink from the spit, or else turn about the spit: & yet ever to observe that the spit do not go through any principall part of the

Spitting of roast Meats. meat, but such as is of least account and estimation: and if it be birds, or fowl which you spit, then let the spit go through the hollow of the body of the fowl, and so fasten it with pricks or skēwers under the wings about the thighs of the fowl, and at the feet or rump, according to your manner of trussing and dressing them.

Temperature of fire. Then to know the temperature of fires for every meat, and which have a slow fire, and yet a good one taking leasure in roasting, as chines of Beef, Swans, Turkies, Peacocks, Bustards, and generally any great large Fowl, or any other Joynts of Mutton, Veal, Duck, Kidde, Lamb, or such like: whether

whether it bee Venison red or fallow, which indeed would lye long at the fire, and soak well in the roasting, and which would have a quick and sharp fire without scoarching; as Pigs, Pullets, Pheasants, Partridges, Quailes, and all sorts of middle sized, or lesser fowl, and all small birds, or compound roast-meat, as Olives of Veal, Haslets; a pound of butter roasted; or puddings simple of themselves, & many other such like, which indeed would be suddenly and quickly dispacht, because it is intended in Cookery, that one of these dishes must be made ready whilst the other is in eating. Then to know

**The complex-
ions of Meats.** the Completions of meats, as which must be pale and white roasted, yet thoroughly roasted, as Mutton, Lamb, Kid, Capon, Pullet, Pheasant, Partridge, Veal, Quaile, & all sorts of middle and small land or water Fowl, and all small birds; which must be brown roasted, as Beef, Venison, Pork, Swan, Geese, Piggs, Crane, Bustards, and any large Fowl, or other thing whose flesh is black.

**The best
bastings of
Meats.** Then to know the best bastings for meat, which is sweet Butter, sweet Oyl, barrell Butter, or fine rendred up seam with Cynamon, Cloves, and Mace. There be some that will bast onely with Water, and Salt, and nothing else; yet it is but opinion, and that must be the worlds Master alwaies.

**The best
dredging.** Then the best dredging, which is either fine white-breadcrums, well grated, or else a little very white meal, and the crums very well mixt together.

**Roasting
Mutton with
Oysters.** If you will roast Mutton with Oysters, take a shoulder alone, or a legge, and after it is washt, parboyl it a little: then take the greatest Oysters, & having opened them into a dish, drain the gravy clean from them twice or thrice, then parboyl them a little then take Spinage, Endive, Succory, Strawberry-leaves, violet leaves & a little parsly, with some Scallions: chop these very smal together, then take your Oysters very dry, drained, and mix them with an half part of these hearbs: then take your meat and with these Oysters and hearbs farce or stop it,

it, leaving no place empty, then spit it and roast it, and whilst it is in roasting, take good store of Verjuyce and Butter, and Salt, and set it in a dish on a chaffing-dish and coales: and when it begins to boyl, put in the remainder of your herbs without Oysters, and a good quantity of Currants, with Cynamon, and the yolks of a couple of eggs: And after they are well boyled and stirred together, season it up according to your tast with Sugar, then put in a few Lemon slices: the meat being enough draw it, and lay it upon this sawce removed into a clean dish, the edge thereof being trimmed about with Sugar, and so serve it forth.

To roast a Leg of Mutton otherwise. To roast a leg of Mutton after an outlandish fashion, you shal take it after it is wash'd, and cut off all the flesh from the bone; leaving onely the outmost skin intirely whole and fast to the bone; then take thick Cream and the yolks of eggs, and beat them exceedingly well together; then put to Cynamon, Mace and a little Nutmegge, with Salt, then take bread-crummes, finely grated and searst with good store of Currants, and as you mixe them with the Cream put in Sugar, and so make it into a good stiffness: Now if you would have it look green, put in the juyce of sweet herbs, as Spinage, Violet leaves, Endive, &c. If you would have it yellow, then put in a little Saffron strained, and with this fill up the skin of your legge of Mutton in the same shape and form that it was before, and stick the outside of the skinne thick with Cloves, and so rost it throughly, and bast it very well, then after it is dredg'd, serve it up as a leg of Mutton: with this pudding, for indeed it is no other, you may stop any other joynt of meat, as brest or loine, or the belly of any fowl boyled or roast, or Rabbet, or any meat else which hath skin or emptiness. If into this pudding also you beat the inward pith of an Oxes back, it is both good in tast, and excellent soveraign for any disease, ach, or flux in the raines whatsoever.

To roast a Gigget of Mutton. To roast a Gigget of Mutton, which is the legge splatted and half part of the loin together, you shall after it is washt, stop it with Cloves, so spit it, and lay it to the fire, and

and tend it well with basting: then you shall take Vinegar, Butter and Currants, and set them on a fire in a dish or pipkin; then when it boyles, you shall put in sweet herbs, finely chopt, with the yolk of a couple of Eggs, and so let them boyl together: then the meat being half roasted, you shall pare off some part of the leanest and brownest, then shred it very small, and put it into the pipkin also: then season it up with Sugar, Cynamon, Ginger, and Salt, and so put it into a clean dish, then draw the Gigget of Mutton and lay it on the sauce, and throw salt on the top, and so serve it up.

To roast Olives of Veal. You shall take of a leg of Veal, and cut the flesh from the bones and cut it out into thin long slices: then take sweet herbs, and the white part of Scallions, and chop them well together with the yolks of eggs, then role it up within the slice of Veal, and so spit them and roast them: then boyl Verjuyce, Butter, Sugar, Cynamon, Currants and sweet herbs together, and being seasoned with a little Salt, serve the Olives up upon the sauce with salt cast over them.

To roast a pound of Butter well. To roast a pound of Butter curiously and well, you shall take a pound of sweet Butter, and beat it stiff with Sugar and the yolks of Eggs; then clap it round-wise about a spit, and lay it before a soft fire, & presently dredge it with the dredging before appointed for the Pig: then as it warmeth or melteth, so apply it with dredging till the Butter be overcome, and no more will melt to fall from it: then roast it brown, and so draw it, and serve it out, the dish being as neatly trim'd with Sugar as may be.

To roast a Pudding on a spit. To roast a pudding upon a spit you shall mixe the pudding before spoken of in the leg of Mutton, neither omitting herbs or saffron, and put to a little sweet Butter, and mixe it very stiff: then fold it about the spit, and have ready in another dish some of the same mixture well seasoned, but a great deal thinner, and no Butter at all in it; and when the pudding doth begin to roast, and that the butter appears, then with a spoon cover it
all

all over with the thinner mixture, and so let it roast: then if you see no more Butter appear, then bast it as you did the Pig, and lay more of the mixture on, and so continue till all be spent: and then roast it brown, and so serve it up.

**To roast a
Chine of Beef,
Loin of
Mutton, Lark
and Capon
at one fire and
at one instant.**

If you will roast a chine of Beef, a loyn of Mutton, a Capon, and a Lark, all at one instant, and at one fire, and have all ready together and none burnt, you shall first take your chine of Beef and parboyl it more than half through: Then first take your Capon, being large and fat, and spit it next the hand of the turner, with the leggs from the fire, then spit the chine of Beef, then the Lark, and lastly the loin of Mutton, and place the Lark so as it may be covered over with the Beef and the fat part of the loin of Mutton, without any part disclosed: then bast your Capon, and your loin of Mutton with cold water and salt, the chine of Beef with boyling Lard, then when you see the Beef is almost enough, which you shall hasten by scotching and opening of it, then with a clean cloth you shall wipe the Mutton and Capon all over, and then bast it with sweet butter til all be enough roasted: then with your knife lay the Lark open, which by this time will be stewed between the Beef and Mutton, and basting it also with dredge altogether, draw them and serve them up.

**To roast
Venison.**

If you will roast any venison, after you have washt it & cleansed all the blood from it, you shall stick it with cloves all over on the outside; & if it be clean you shall lard it either with mutton-lard, or pork lard; but mutton is the best: then spit it & roast it by a soaking fire, then take vinegar, bread-crummes, and some of the gravy which comes from the venison, and boyl them well in a dish: then season it with sugar, Cynamon, ginger and salt, & serve the venison forth upon the sawce when it is roasted enough.

If you will roast a piece of fresh Sturgeon, which is a dainty dish, you shall stop it with Cloves, then spit it, and let it roast at great leisure, plying it continually with basting, which will take away the hardness: then when it

it is enough, you shall draw it, and serve it upon Venison sawce, which salt onely thrown upon it.

The roasting of all sorts of meats differeth nothing but in the fires, speed and leisure, as is aforesaid, except these compound dishes, of which I have given you sufficient presidents, and by them you may perform any work whatsoever: but for the ordering, preparing and trussing your meates for the spit or table, in that there is much difference: for in all joynts of meat, except a shoulder of Mutton, you shall crush and break the joynts well, from Piggs and Rabbets you shall cut off the feet before you spit them, and the heads when you serve them to the table, and the Pigge you shall chine and divide into two parts: Capons, Pheasants, Chickens, and Turkeys you shall roast with the pinions foulded up, and the legs extended; Hens, Stock-doves, and House-doves you shall rost with the pinions foulded up and the legs cut off by the knees, and thrust into the bodies: Quailes, Partridges, and all sorts of small birds shall have their pinions cut away, and the legs extended: all sorts of Water-Fowl shall have their pinions cut away, and their legs turned backward: Wood-cockes, Snipe and Stint shall be roasted with their heads and necks on, and their leggs thrust into their bodies, and Shovelers and Bitturns shall have no neckes but the heads onely.

To roast a Fillet of Veal. Take an excellent good leg of Veal, and cut the thick part thereof a handfull and more from the Knuckle: then take the thick part (which is the fillet) and farce it in every part all over with Strawberry leaves, Sorrell, Spinage, Endive and Succory grosly chopt together, and good store of Onyons then lay it to the fire and roast it very sufficiently and brown, casting good store of salt upon it, and basting it well with sweet butter: then take of the former hearbs much finer chopt than they were for farcing, & put them into a Pipkin with vinegar, and clean washt Currants, and boyl them well together; then when the hearbs are sufficiently boyl'd and soft, take the yolkes of four very hard boyl'd Eggs, and shred them very small, and put them into the Pipkin also with Sugar and Cynamon, and some of the gravy which drops from
the

the Veal and boyl it over again, and then put it into a clean dish, and the fillet being dredg'd and drawn, lay upon it and trim the side of the dish with Sugar and so serve it up.

To make an excellent sauce for a rost Capon, you shall take Onyons, and having sliced and piled them, boyl them in fair water with Pepper, Salt, and a few bread crums: then put unto it a spoonfull or two of Claret wine, the juyce of an Orenge, and three or four slices of Lemon pill: all these shred together, and so powr it upon the Capon being broke up.

To make sawce for an old Hen or Pullet, take a good quantity of Beer and salt, and mixe them well together with a few fine bread crums, and boyl them on a chaffing dish and coales; then take the yolks of three or four hard Eggs, and being shred small, put it to the Beer, and boyl it also, then the Hen being almost enough, take three or four spoonfuls of the gravy which comes from her, and put it in also, and boyl all together to an indifferent thickness: which done, suffer it to boyl no more, but only to keep it warm on the fire, & put into it the juyce of two or three *Orenge*s & the slices of *Lemmon-pils* shred small: & the slices of *Orenge*s having also the upper rine taken away: then the Hen being broken up, take the brains thereof, and shredding them small, put it into the sawce also, and stirring all well together, put it hot into a clean warm dish, and lay the Hen (broke up) in the same.

The sawce for *Chickins* is divers, according to mens tast: for some will onely have *Butters*, *Verjuyce*, and a little *Parsley* rosted mixt together; others will have *Butter*, *Verjuyce* and *Sugar* boyl'd together with toasts of bread; and others will have thick *sippets* with the juyce of *sorrel* and *sugar* mixt together.

The best sauce for a *Phesant* is *water* and *onyons* slic't, *Pepper* and a little *salt* mixt together, and but stewed upon the coals, and then powred upon the *Phesant*, or *Partridge*, being broken up, and some will put thereto the juyce or slices of an *Orenge* or *Lemmon*, or both: but it is according to tast, and indeed more proper for *Phesant* then *Partridge*.

Sauce for a *Quaile*, *Raile*, or any fat big bird, is *Claret wine* and *salt* mixt together with the gravy of the bird, and a few fine bread crums well boyld together, and either a *sage-leafe*, or *Bay-leafe* crusht among it, according to mens tast.

Sauce for Pigeons. The best sauce for Pigeons, Stockdoves, or such like is *Vinegar* and *Butter* melted together, and *Parsley* roasted in their bellies, or *Vine-leaves* rosted and mixed well together.

A generall Sauce for wild Fowle. The most generall sauce for ordinary wild-fowle rosted, as *Ducks*, *Mallard*, *Widgen*, *Teale*, *Snipe*, *Sheldrake*, *Plovers*, *Puets*, *Guls*, and such like, is only Mustard and Vinegar, or Mustard and Verjuyce mixt together, or else an Onyon, Water, and Pepper, and some (especially in the Court) use only Butter melted, and not with any thing else.

Sauce for green Geese. The best sauce for green *Geese* is the juyce of sorrel and sugar mixt together with a few scalded Feberries, and served upon sippets, or else the belly of the green *Goose* filld with Feberries, and so rosted: and then the same mixt with Verjuyce, Butter, Sugar, and Cinamon, and so served upon sippets.

Sauce for stubble Geese. The sauce for a stubble *Goose* is diverse, according to mens minds, for some will take the pap of rosted apples, and mixing it with vinegar, boyll them together on the fire with some of the gravy of the *Goose*, and a few Barberies and bread crums, and when it is boyled to a good thicknesse, season it with sugar and a little cinamon, and so serve it up: some will add a little Mustard and Onyons unto it, and some will not rost the apples, but pare them and slice them, and that is the neerer way, but not the better. Others will fill the belly of the *Goose* full of onyons shred, and oat-meal-groats, and being rosted enough, mix it with the gravy of the *Goose*, and sweet hearbs well boyled together, and seasoned with a little Verjuyce.

A Sauce for Pigge. To make sauce for a Pig, some take sage and roast it in the belly of the Pig; then boyling Verjuyce, Butter, and Currants together,

gether, take and chop the sage small, and mixing the brains of the Pig with it, put all together, and so serve it up.

A Sauce for Veale. To make a sauce for a loyn of Veal, take all kind of sweet Pot hearbs, and chopping them very small with the yolks of two or three Eggs, boyl them in vinegar and butter, with a few bread crummes, and good store of sugar; then season it with sugar and cinamon, and a clove or two crusht, and so powre it upon the Veal, with the slices of Oreniges and Lemons about the dish.

Additions unto Sauces. Take Oreniges and slice them thin, and put unto them *white Wine* and *Rose-water*, the powder of Mace, Ginger and Sugar, and set the same upon a chaffing-dish of coals, and when it is half boyl'd, put to it a good lump of butter, and then lay good store of sippets of fine white bread therein, and so serve your Chickens upon them, and trim the sides of the dish with sugar.

Sauce for a Turkey. Take faire water, and set it over the fire; then slice good store of Onions, and put into it, and also Pepper and salt, and good store of the gravy that comes from the Turkey, and boyle them very well together; then put to it a few fine crums of grated bread to thicken it, a very little sugar, and some Vinegar, and so serve it up with the Turkey; or otherwise take grated white bread and boyl it in white Wine till it be thick as a Gallantine; in the boyling put in good store of sugar, and Cinamon, and then with a little Turnsole make it of a high murrey colour, and so serve it in saucers with the Turkey in manner of Gallantine.

Sauce for a Mallard. Take good store of Onyons, pill them, and slice them, and put them into vinegar and boyl them very well till they be tender; then put into it a good lump of sweet butter, and season it well with sugar and cinamon, and so serve it up with the fowl.

Of the toasting of Mutton. Touching the toasting of *Mutton*, *Venison*, or any Joint of Meate, you shall take the fattest and largest that can possibly be got (*for leane meate is losse of labour, and little meat not worth your time;*) and having scotcht it, and cast salt upon

upon it, you shall set it on a strong fork, and with a dripping pan underneath it, before the face of a quick fire, yet so far off, that it may by no means scorch, but toast at leisure; then with that which falls from it, and with no other basting, see that you baste it continually, turning it ever and anon many times, and so oft, that it may soake and browne at great leisure; and as oft as you baste it, so oft sprinkle *salt* upon it, and as you see it toast, scotch it deeper, and deeper, especially in the thickest and most fleshy parts where the blood most resteth; and when you see that no more bloud droppeth from it, but the gravy is clear and white, then shal you serve it up either with *Venison-sauce*, with *Vinegar*, *Pepper* and *Sugar*, *Cinamond*, and the juyce of an *Orange* mixt together, and warmed with some of the gravie.

**Additions unto
carbonados.**

**A rasher of
Mutton
or Lambe.**

Take *Mutton* or *Lambe* that hath been either rosted, or but parboil'd, and with your knife scotch it many wayes, then lay it in a deep dish, and put to it a pint of *white Wine*, and a little whole *Mace*, a little slic'd *Nutmeg*, and some *Sugar*, with a lumpe of sweet *Butter*, and stew it so till it be very tender; then take it forth, and brown it on the *Grid-iron*, and then laying *Sippets* in the former broth, serve it up.

**How to
carbonado
Tongues.**

Take any *Tongue*, whether of *Beef*, *Mutton*, *Calves*; *Red Deer* or *Fallow*, and being wel boyled, pil them, cleave them, and scotch them many wayes; then take three or foure *Eggs* broken, some *Sugar*, *Cinamon*, and *Nutmeg*, and having beaten it wel together, put to it a *Lemon* cut in thin slices, and another cleane pild, and cut into little foure-square bits, and then take the *Tongue*, and lay it in: and then having melted good store of butter in a frying pan, put the *Tongue* and the rest therein, and so fry it brown, and then dish it, and scrape sugar upon it, and serve it up.

**Additions for
Dressing Fish.
How to souce
any fresh Fish.**

Take any fresh fish whatsoever (as *Pike*, *Bream*, *Carpe*, *Barbell*, *Cheam*, and such like,) and draw it, but scale it not; then take out the *Liver* and the refuse, and having opened it, wash it: then take a
pottle

pottle of faire water, a pretty quantity of white Wine, good store of salt, and some vinegar, with a little bunch of sweet Herbs, and set it on the fire, and as soon as it begins to boile, put in your fish, and having boyled a little, take it up into a faire vessell, then put into the liquor some grosse Pepper and Ginger, and when it is boiled well together with more salt, set it by to cool, and then put your fish into it, and when you serve it up, lay Fenell thereupon.

How to boyle small Fish. To boill small fish, as *Roches*, *Daces*, *Gudgeon*, or *Flounder*, boill *White-wine* and *water* together with a bunch of choice *Herbs*, and a little whole *Mace*, when all is boil'd well together, put in your fish, and scum it well: then put in the soall of a *Manchet*, a good quantity of sweet *Butter*, and season it with *Pepper*, and *Verjuyce*, and so serve it in upon *Sippets*, and adorne the sides of the dish with *Sugar*.

To boyle a Gurnet or Rochet. First, draw your fish, and either split it open in the back, or joynt it in the back, and trusse it round, then wash it cleane, and boyle it in *Water* and *Salt*, with a bunch of sweet *Herbs*, and then take it up into a large dish, and powre unto it *Verjuyce*, *Nutmeg*, *Butter*, and *Pepper*, and letting it stew a little, thicken it with the yolkes of *Egges*: then hot remove it into another dish, and garnish it with slices of *Oranges*, *Lemmons*, *Barberries*, *Prunes*, and *Sugar*, and so serve it up.

After you have drawn, washt and scaled a fair large *Carp*, season it with *Pepper*, *Salt*, and *Nutmegge*, and then put it into a Coffin with good store of sweet *Butter*, and then cast on *Raisins* of the Sun, the juice of *Lemons*, and some slices of *Orange-pils*, and then sprinkling on a little *Vinegar*, close up and bake it.

First let your *Tench* blood in the taile, then scour it, wash it, and scald it, then having dryed it, take the fine crummes of *Bread*, sweat *Creame*, the yolkes of *Egges*, *Currants* clean washt, a few sweet hearbs, chopt small, season it with *Nutmeg* and *Pepper*, and make it into a stiffe paste, and put it into the belly of the *Tench*, then season it the Fish on the outside with *Pepper*, *Salt* and *Nutmegge*,

Nutmegge, and so put it into a deep Coffin with sweet Butter, and so close up the Pye and bake it; then when it is enough draw it, and open it, and put into it a good peece of preserved Orange minc'd: then take Vinegar, Nutmeg, Butter, Sugar, & the yolk of a new layd Egg, and boyl it on a Chaffing dish and coals, alwaies stirring it to keep it from curding; then powr into it the Pye, shake it wel, and so serve it up.

How to stew a Trout. Take a large Trout fair trim'd, and wash it, and put it into a deep pewter dish, then take half a pint of sweet Wine, with a lump of butter and a little whole mace, parsley, savory and time, mince them all small, and put them into the Tenches belly, and so let it stew a quarter of an hour, then mince the yolk of a hard Egge, and strow it on the Trout, and laying the herbs about it, and scraping on sugar, serve it up.

The Pastery and Baked Meats. Next to these already rehearsed, our English Houswife must be skilfull in Pastery, and know how and in what manner to bake all sorts of meat, and what Paste is fit for every meat, and how to handle and compound such Pastes. As for example, Red Deer Venison, Wild-boar, Gammons of bacon, Swans, Elkes, Porpus, and such like standing dishes, which must be kept long, would be bak'd in a moist, thick, tough, course, and long lasting crust, and therefore of all other your Rye paste is best for that purpose; your Turkey, Capon, Pheasant, Partridge, Veale, Peacocks, Lamb, and all sorts of Waterfowle which are to come to the Table more than once (yet not many dayes) would be bak't in a good white crust, somewhat thick; therefore your wheate is fit for them; your Chickens, Calves feet, Olives, Potatoes, Quinces, Fallow Deere and such like, which are most commonly eaten hot, would be in the finest, shortest, and thinnest crust; therefore your fine Wheat-flower which is a little baked in the oven before it be kneaded is the best for that purpose.

Of the mixture of Paste. To speak then of the mixture and kneading of Pastes, you shall understand that your Rye-paste would be kneaded only with

with hot water, and a little butter, or sweet Seam, Rye-flower very finely sifted, and it would be made tough and stiffe, that it may stand well in the rising, for the Coffin thereof must ever be very deep ; your course Wheat-crust should be kneaded with hot water, or Mutton-broth, and good store of butter, and the paste made stiffe and tough, because that Coffin must be deep also : your fine Wheat crust must be kneaded with as much butter as water, and the paste made reasonable lyth and gentle, into which you must put three or four eggs or more, according to the quantity you blend together, for they will give it a sufficient stiffening.

Of Puffe Paste. Now for the making of puff past of the best kind, you shall take the finest wheat flowre after it hath been a little bakt in a pot in the oven, and blend it well with eggs whites and yolks all together, and after the paste is well kneaded, roule out a part thereof as thin as you please, and then spread cold sweet butter over the same, then upon the same butter role another leafe of the paste as before ; and spread it with butter also and thus role leaf upon leaf with butter between, till it be as thick as you think good : and with it either cover any bak't meat, or make paste for Venison, Florentine, Tart, or what dish else you please and so bake it : there be some that to this past use sugar, but it is certaine it will hinder the rising thereof, and therefore when your puft paste is bak't, you shall dissolve sugar into Rose-water, and drop it into the paste as much as it will by any meanes receive, and then set it a little while in the oven after, and it will be sweet enough.

**Of baking
Red Deer, or
Fallow, or
any thing to
keep cold.**

When you bake red Deer, you shall first parboile it and take out the bones, then you shal, if it be lean, lard it, if fat, save the charge, then put it into a press to squeeze out the blood ; then for a night lay it in a meat sauce made of Vinegar, smal drink and salt, and then taking it forth, season it wel with Pepper finely beaten, and salt wel mixt together, and see that you lay good store thereof, both upon and in every open and hollow place of the Venison, but by no meanes

meanes cut any slashes to put in the Pepper, for it will of it self sink fast enough into the flesh, and be more pleasant in the eating, then having raised the coffin, lay in the bottome a thick course of butter, and then lay the flesh thereon, and cover it all over with butter, and so bake it as much as if you did bake brown bread, then when you draw it, melt more butter with three or foure spoonfuls of Vinegar, and twice so much Claret wine, and at a vent hole on the toppe of the lidde, powr in the same till it can receive no more, and so let it stand and coole, and in this sort you may bake Fallow Deer, or Swanne, or whatsoever else you please to keep cold, the meate sauce onely being left out, which is onely proper to red

**To bake Beef
or Mutton
for Venison.**

Deer. And if to your meat sauce you add a little Turnesole, and therein steep Beef, and Ramme mutton : you may also in the same manner take the first for Red Deer Venison, and the latter for Fallow, and a very good judgement shall not be able to say otherwise, then that it is of it self perfect Venison, both in taste, colour, and the manner of cutting.

**To bake a
Custard or
Dowset.**

To bake an excellent Custard or Dowset: you shall take good store of eggs, and putting away one quarter of the whites, beate them exceeding well in a bason, and then mixe with them the sweetest and thickest cream you can get, for if it be any thing thinne the Custard will be wheyish : then season it with salt, sugar, cinamon, cloves, mace, and a little Nutmeg, which done raise your coffins of good tough wheat paste, being the second sort before spoke of, and if you please raise it in pretty works or angular formes, which you may do by fixing the upper part of the crust to the nether with the yolks of eggs ; then when the coffins are ready, strow the bottomes over a good thickness with currants and sugar, then set them into the Oven, and fill them up with the confection before blended, and so drawing them, adorne all the tops with Carraway Cumfets, and slices of Date pickt right up, and so serve them up to the table. To prevent the wheyishness of the Custard, dissolve into the first confection a little Isinglasse and all will be firm.

To

To bake an Olive Pie. To make an excellent olive pye: take sweet hearbs, as Violet leaves, Strawberry leaves, Spinage, Succory, Endive, Time and Sorrel, and chop them as small as may be, and if there be a Scallion or two amongst them it will give the better taste, then take the yolks of hard Eggs, with Currants, Cinamon, Cloves and Mace, and chop them among the hearbs also; then having cut out long Olives of a leg of Veale, roule up more then three parts of the hearbs so mixed within the Olives, together with a good deale of sweet butter; then having raised your crust of the finest and best paste, strow in the bottome the remainder of the hearbs, with a few great Raisins, having the stones pickt out: then put in the Olives, and cover them with great Raisins, and a few Prunes: then over all lay good store of butter; and so bake them: then being sufficiently bak't, take Claret Wine, Sugar, Cinamon, and two or three spoonfuls of Wine Vinegar, and boyle them together, and then drawing the pie, at a vent in the top of the lid put in the same, and then set it into the Oven again a little space, and so serve it forth.

To make a Marrow-bone Pie. To bake the best Marrow-bone-pye, after you have mixt the crusts of the best sort of pasts, and raised the coffin in such a manner as you please; you shall first in the bottome thereof lay a course of marrow of Beef, mixt with Currants: then upon it a lay of the soales of Artichocks, after they have been boyled, and are divided from the thistle; then cover them over with marrow, Currants, and great Raisins, the stones pickt out; then lay a course of Potatoes cut in thick slices, after they have been boyled soft, and are clean pil'd; then cover them with Marrow, Currants, great Raisins, Sugar and Cinamon; then lay a layer of candied *Eringo-roots* mixt very thick with slices of Dates; then cover it with Marrow, Currants, great Raisins, Sugar, Cinamon and Dates, with a few Damask-prunes, and so bake it: and after it is bak't powre into it, as long as it will receive it, white Wine, Rose water, Sugar, Cinamon and Vinegar mixt together, and candy all the cover with Rose water and Sugar onely, and so set it into the oven a little and serve it forth.

**To bake a
Chicken Pye.**

To bake a Chicken pye, after you have trust your Chickens, broken then their legs and brest bones, and raised your crust of the best past, you shall lay them in the coffin close together with their bodies full of butter: then lay upon them, and underneath them currants, great raisins, prunes, cinamon, sugar, whole mace, and salt: then cover all with great store of Butter, and so bake it: after powr into it the same liquor you did in your Marrow-bone pye with yolks of two or three egges beaten amongst it, and so serve it forth.

**Addition to
the Pastry,
Venison
or Hares.**

To make good Red Deer Venison of Hares, take a Hare or two or three, as you can or please, and pick all the flesh from the bones; then put it into a mortar either of wood or stone, and with a wooden pestle let a strong person beat it exceedingly, and ever as it is beaten let one sprinkle in some vinegar and some salt: then when it is sufficiently beaten take it out of the mortar and put it into boyling water and parboyl it: when it is parboyled take it and lay it on a table in a round lump, and lay a board over it; and with weights press it as hard as may be: then the water being prest out of it, season it well with Pepper and Salt: then lard it with the fat of Bacon so thick as may be, then bake it as you bake other Red deer, which is formerly declared.

**To bake a
Hare Pye.**

Take a Hare and pick off all the flesh from the bones, and onely reserve the head, then parboyl it well: which done, take it out and let it cool, as soon as it is cold, take at least a pound and half of Raisins of the Sunne, and take out the stones; then mixe them with a good quantity of Mutton suet, and with a sharp shredding knife shred it as small as you would do for a Chewet; then put to it Currants, and whole Raysins, Cloves and Mace, Cinamon and salt; then having raised the Coffin long-wise to the proportion of a Hare, first lay in the head, and then the foresaid meat, and lay the meat in the true proportion of a Hare, with neck, shoulders and legs, and then cover the coffin, and bake it as other bak't meates of that nature.

Take

A Gammon of Bacon Pie. Take a Gammon of Bacon, and onely wash it clean, and then boyle it on a soft gentle fire, till it be boyld as tender as is possible, ever and anon sleting it clean that by all means it may boyl white: then take off the swerd, and farse it very well with all manner of sweet and pleasant farsing hearbs: then strow store of Pepper over it, and prick it thick with cloves; then lay it into a coffin made of the same proportion, and lay good store of butter round about it, and upon it, and strow Pepper upon the butter, that as it melts, the pepper may fall upon the bacon; then cover it and make the proportion of a pigs head in past upon it, and then bake it as you bake red Deer or things of the like nature, only the Past would be of Wheat-meal.

A Herring Pie. Take white pickled Herrings of one nights watering, and boyl them a little, then take off the skin, and take onely the backs of them, and pick the fish clean from the bones; then take good store of Raisins of the Sun, and stone them; and put them to the fish; then take a Warden or two, and pare it, and slice it in small slices from the core, and put it likewise to the fish; then with a very sharp shredding knife shred all as small and fine as may be: then put to it good store of Currants, Sugar, Cinamon, slic't Dates, and so put it into the coffin, with good store of very sweet *Butter*, and so cover it, and leave only a round vent-hole on the top of the lid, and so bake it like pies of that nature: when it is sufficiently bak't, draw it out and take claret wine and a little verjuyce, sugar, Cinamon, and sweet Butter, and boyl them together: then put it in at the vent-hole, and shake the pie a little and put it again into the Oven for a little space, and so serve it up, the lid being candied over with sugar, and the sides of the dish trimmed with sugar.

Take a pint of the best and thickest Cream, and set it on the fire in a clean skillet, and put into it sugar, Cinamon, and a Nutmeg cut into four quarters, and so boyl it well, then put it into the dish you intend to serve it in, and let it stand to cool till it be more than luke-warm: then put in a spoonfull of the best earning, and stir it wel
about,

about, and so let it stand till it be cold and then strew Sugar upon it, and so serve it up, and this you may serve either in dish, glass, or other plate.

A Calves Foot Pye. Take Calves feet well boyl'd, and pick all the meat from the bones : then being cold, shred it as small as you can ; then season it with *Cloves* and *Mace*, and put in good store of *Currants*, *Raisins* and *Prunes*, then put it into the coffin with good store of sweet *Butter* : then break in whole sticks of *Cinamon* and a *Nutmeg* slic't into four quarters, and season it before with Salt : then close up the coffin, and onely leave a vent-hole : When it is bak't, draw it, and at the vent-hole put in the same liquor you put in the Ling-pie, and trim the lid after the same manner, and so serve it up.

Oyster Pie. Take of the greatest *Oysters* drawn from the shels, and parboyl them in *Verjuyce* : then put them into a Cullander and let all the moisture run from them, till they be as dry as possible : then raise up the coffin of the pie, and lay them in : then put to them good store of currants, & fine powdred Sugar with whole *Mace*, whole *cloves*, whole *Cinamon* and *Nutmegge* slic't, dates cut, and good store of sweet butter : then cover it, and onely leave a vent-hole : when it is bak't, then draw it, and take white wine, and white wine Vinegar, Sugar, *Cinamon*, and sweet butter, & melt it together : then first trim the lid therewith, and candy it with Sugar : then powr the rest in at the vent-hole, and shake it well, and so set it into the Oven again for a little space, and so serve it up, the dish edges trim'd with Sugar. Now some use to put to this Pie Onions sliced and shred, but that is referred to discretion, and to the pleasure of the tast.

To recover Venison that is tainted. Take strong Ale, and put to it wine-vinegar as much as will make it sharp, then set it on the fire, and boyl it well and skum it, and make of it a strong brine with bay salt or other salt ; then take it off, and let it stand till it be cold, then put your Vension into it, and let it lye in it full twelve hours : then take it out from the meer sawce, and press it well ; then parboyl it, and season it

it with pepper and Salt, and bake it, as hath been before shewed in this Chapter.

A Chewet Pie. Take the brawns and the wings of Capons and Chickens after they have been roasted, and pull away the skin; then shred them with the Mutton-suet very small; then season it with Cloves, Mace, Cynamon, Sugar, and Salt: then put to Raisins of the Sun, and Currants, and slic'd Dates, and Orange-pills, and being well mixt together, put it into small coffins made for the purpose, and strow on the top of them good store of Carraway comfets: then cover them, & bake them with a gentle heat, & these Chewets you may also make of roasted Veal, seasoned as before shewed, and of all parts the loin is the best.

A Minc't Pie. Take a legg of Mutton, and cut the best of the flesh from the bone, and parboyl it well: then put to it three pound of the best Mutton suet & shred it very small; then spread it abroad, and season it with Salt, Cloves and Mace: then put in good store of Currants, great Raisins and Prunes clean washed, and picked, a few Dates sliced, and some Orange-pils sliced; then being all well mixt together, put it into a coffin, or into divers coffins, and so bake them; and when they are served up, open the lids, and strow store of Sugar on the top of the meat and up on the lid. And in this sort you may also bake Beef or Veal, onely the Beef would not be parboyl'd, and the Veal will ask a double quantity of Suet.

A Pippin Pie. Take the fairest and best Pippins, and pare them, and make a hole in the top of them; then pricke in each hole a Clove or two, then put them into the coffin, then breake in whole sticks of Cynamon, and slices of Orange pills and Dates, and on the top of every Pippin a little piece of fweet butter; then fill the coffin, and cover the Pippins over with Sugar: then close up the Pie, and bake it, as you bake Pies of the like nature; and when it is bak'd, anoint the lidde over with store of sweet butter, and then strow Sugar upon it a good thickness, and set it into the Oven again for a little space, as while the meat is in dishing up, and then serve it.

A Warden Pie. Take of the fairest and best Wardens, and pare them, and take out the hard cores

on

on the top, and cut the sharp ends at the bottom flat ; then boyl them in white wine and Sugar untill the sirrups grow thick : then take the Wardens from the sirrups in a clear dish, and let them cool ; then set them into the coffin, and prick cloves in the tops, with whole sticks of cinamon, and great store of Sugar as for pippins : then cover it, and onely reserve a vent hole, so set it in the Oven and bake it ; when it is bak'd draw it forth, and take the first sirrups in which the wardens were boyld, and taste it, and if it be not sweet enough, then put in more sugar, and some Rose-water, and boyl it again a little : then powr it in at the venthole, and shake the pie well : then take sweet butter, and Rose-water melted, and with it anoint the pie-lid all over, and then strow on it store of sugar, and so set it into the oven again a little space, and then serve it up : and in this manner you may also bake Quinces.

**To preserve
Quinces to
bake all the
year.**

Take the best and sweetest *Woorl*, and put to it good store of sugar : then pare and cover the Quinces clean, and put them therein and boyl them till they grow tender : then take out the quinces & let them cool, and let the pickle in which they were boyled stand to cool also : then strain it through a raunge or sive, then put the quinces into a sweet earthen pot : then powr the pickle or sirrups unto them, so as all the Quinces may be quite covered all over : then stop up the pot close, and set it in a dry place, and once in six or seven weekes look unto it ; and if you see it shrink, or do begin to hoar or mould, then powr out the pickle or sirrups, and renewing it, boyl it over again, and as before put it to the Quinces being cold, and thus you may preserve them for the use of baking, or otherwise all the year.

A Pippin Tart. Take Pippins of the fairest, and pare them, and then divide them just in halves, and take out the cores clean : then having rold the coffin flat, and raised up a small verdge of an inch, or more high, lay in the Pippins with the hollow side downward, as close one to another as may be : then lay here and there a clove, and here and there a whole stick of Cinamon and a little bit of butter : then cover all clean over
with

with Sugar, and so cover the coffin, and bake it according to the manner of Tarts; and when it is bak't, then draw it out, and having boyled butter and rose-water together, anoint all the lid over therewith, and then scrape or strow on it good store of Sugar, and so set in the oven again, and after serve it up.

A Codlin Tart. Take green Apples from the tree, and coddle them in scalding water without breaking; then pill the thin skin from them and so divide them in halves, and cut out the cores, and so lay them into the coffin; and doe in everything as you did in the Pippin tart; and before you cover it, when the sugar is cast in, see you sprinkle upon it good store of Rose water, then close it, and do as before shewed.

A Codlin Pie. Take Codlins as before said, and pill them and divide them in halves, and core them, and lay a leare thereof in the bottom of the py: then scatter here and there a clove, and here and there a piece of whole Cinamon, then cover them all over with Sugar, then lay another lear of *codlins*, & do as beforesaid, and so another till the Coffin be all filled, then cover all with *sugar*, and here and there a Clove and a Cinamon-stick, and if you will a flic't Orange pill and a Date; then cover it, and bake it as the Pies of that nature: when it is bak't, draw it out of the Oven, and take of the thickest and best Cream with good store of Sugar, and give it one boyl or two on the fire, then open the pie, and put the Cream therein and mash the Codlins all about; then cover it and having trimmd the lid (as was before shewed in the like pies and tarts) set it into the oven again for half an hour, and so to serve it forth.

A Cherry Tart. Take the fairest Cherries you can get, and pick them clean from leaves and stalks: *then spread out your coffin as for your pippin tart, and cover the bottom with sugar, then cover the sugar all over with Cherries, then cover those Cherries with sugar, some sticks of Cinamon, and here and there a Clove: then lay in more Cherries, and so more sugar, Cinamon and Cloves, till the coffin be filled up: then cover it, and bake it in all points, as the codlin and pippin Tart, and so serve it: and in the same manner you may make Tarts of Gooseberries, Strawberries,*

Strawberries, Raspberries, Bilberries, or any other Berry whatsoever.

A Rice Tart. Take Rice that is clean picked, and boyl it in sweet Cream, till it be very soft ; then let it stand and cool, and put into it good store of Cinamon and sugar, and the yolks of a couple of Eggs and some Currants, stir and heat all well together, then having made the coffin in the manner before said for other Tarts, put the Rice therein, and spread it all over the coffin : then break many little bits of sweet butter upon it all over, and scrape some sugar over it also, then cover the tart, and bake it, and trim it in all points, as hath been before shewed, and so serve it up.

A Florentine. Take the Kidneys of veal after it hath been well roasted, and is cold : then shred it as fine as is possible ; then take all sorts of sweet Pot hearbs, or farcing hearbs, which have no bitter or strong tast, and chop them as small as may be, and putting the veal into a large dish put the hearbs unto it, and good store of clean washt Currants, Sugar, Cinamon, the yolks of four eggs, a little sweet Cream warmd, and the fine grated crummes of a half penny loaf, and salt, and mixe all exceedingly together : then take a deep pewter dish, and in it lay your past very thin rowld out, which past you must mingle thus : Take of the finest wheat flower a quart, and a quarter so much sugar, and a little Cinamon ; then break into it a couple of Eggs, then take sweet cream and butter melted on the fire, and with it knead the past and as was before said, having spread butter all about the dishes sides : then put in the veal, and breake peeces of sweet butter upon it, and scrape sugar over it ; then rowl out another past reasonable thick, and with it cover the dish all over, closing the two pasts with the beaten whites of Eggs very fast together, then with your knife cut the lid into diverse pretty works according to your fancy, then set in the oven and bake it with pies and tarts of like nature ; when it is bak't, draw it and trim the lid with sugar, as hath been shewed in tarts, and so serve it up with your second courses.

A Prune Tart. Take of the fairest damask prunes you can get, and put them in a clean pipkin with
with

with fair water, Sugar, unbruised Cinamon, and a branch or two of Rosemary, and if you have bread to bake, stew them in the oven with your bread: if otherwise, stew them on the fire: when they are stewed, then bruise them all to mash in their sirrup, and strain them into a clean dish; then boyl it over again with sugar, Cinamon and Rose-water, till it be as thick as Marmelad: then set it to cool, then make a reasonable tough past with fine flower, Water, and a little butter, and rowl it out very thin: then having patterns of paper cut into divers proportions, as Beasts, Birds, arms, Knots, Flowers and such like: Lay the patterns on the past, and so cut them accordingly: then with your fingers pinch up the edges of the past, and set the work in good proportion: then prick it well all over for rifing, and set it on a clean sheet of large paper, and so set it into the oven and bake it hard; then draw it and set it by to coole; and thus you may do by a whole Oven full at one time, as your occasion of experience is: then against the time of service comes, take of the confection of prunes before rehearsed, and with your Knife or spoon fill the coffin according to the thickness of the verge; then strow it over with carraway comfets, and prick long comfets upright in it, and so taking the paper from the bottom serve it on a plate in a dish or charger, according to the bigness of the tart, and at the second course, and this tart carryeth the colour black.

Apple Tart. Take apples and pare them, and slice them thin from the core into a pipkin with white wine, good store of Sugar, Cinamon, a few Saunders and Rose-water, and so boyl it till it be thick; then cool it, and strain it and beat it very well together with a spoon, then put in into the coffin as you did the Pruen tart, and adorn it also in the same manner, and this tart you may fill thicker or thinner, as you please to raise the edge of the coffin, and it carrieth colour red.

A Spinage Tart. Take good store of Spinage, and boyl it in a Pipkin, with White-wine, till it be very soft as pap: then take it and strain it well into a pewter dish, not leaving any part unstrained: then put to it rosewater, great store of Sugar and cynamond,

cynamond, and boyl it till it be as thick as Marmalad, then let it cool, and after fill your coffin and adorn it, and serve it in all points as you did your pruen-tart, and this carrieth the colour green.

**A Yellow
Tart.**

Take the yolks of Eggs and breake away the filmes, and beat them well with a little cream: then take of the sweetest and thickest cream that can be got, and set it on the fire in a clean skillet, and put into it sugar, cinamon, Rosewater, and then boyl it well: when it is boyld, and still boyling stir it well, and as you stir it put eggs, and so boyl it till it curdle; then take it from the fire and put it into a strainer, and first let the thin whay run away into a by dish, then strain the rest very well, and beat it well with a spoon, and so put it into the tart coffin, and adorn it as you do your pruen tart, and so serve it, and this carrieth the colour yellow.

A White Tart.

Take the whites of eggs and beat them with rosewater, and a little sweet cream, then set on the fire good thick sweet cream, and put into sugar, cinamon, rosewater, and boyl it well, and as it boyles stirr it exceedingly, and in the stirring put in the whites of eggs, then boyl it till it curde, and after do in all things as you did to the yellow tart; and this carrieth the colour white, and it is a very pure white, and therefore would be adorned with red carraway comfets, and as this, so with blaunched almonds like white tarts, and full as pure. Now you may if you please put all the severall colours, and severall stufes into one tart, as thus; If the Tart be in the proportion of a beast, the body may be of one colour, the eyes of another, the teeth of another, the tallents of another: and of birds, the body of one colour, the eyes of another, the legs of another, and every feather in the wings of a severall colour according to fancy: and so likewise in armes, the field one colour, the charge of another, according to the form of the Coat armour; as for mantles, trailes, and devices about arms, they may be set out with several colours of preserves, conserves marmalads, and good in cakes, and as you shall find occasion or invention, and so likewise of knots, one tayl of one colour, and another of another, and so of as many as you please.

Take

A Hearb Tart. Take Sorrell, spinage, parsly, and boyl them in water till they be very soft as pap, then take them up and press the water clean from them, then take good store of yolks of eggs boild very hard, and chopping them with the hearbs exceeding small, then put in good store of currants, sugar and cynamon, and stir all well together ; then put them in a deep tart coffin with good store of sweet butter, and cover it and bake it like a pippin tart, and adorn the lid after the baking in that manner also, and so serve it up.

To bake a Pudding Pye. Take a quart of the best cream, and set it on the fire and slice a loaf of the lightest white bread into thin slices, and put into it, and let it stand on the fire till the milk begin to rise ; then take it off, and put it into a bason, and let it stand till it be cold, then put in the yolks of four eggs, and two whites, good store of currants, sugar, Cinamon, Cloves, Mace, and plenty of Sheeps suet finely shred, and a good season of Salt, then trim your pot very well round about with butter, and so put in your pudding, and bake it sufficiently, then when you serve it, strow sugar upon it.

A White Pot. Take the best and sweetest cream ; and boil it with good store of Sugar, and Cinamon, and a little rosewater, then take it from the fire and put it into clean pickt rice, but not so much as to make it thick, and let it steep therein till it be cold, then put in the yolks of six eggs and two whites, Currants, Cinamon, Sugar, and rosewater, and salt, then put it into a pan or pot as thin as it were a custard ; and so bake it, and serve it in the pot it is baked in, trimming the top with Sugar or comfets.

Banquetting Fruit and conceited dishes. There are a world of other bakt meats and Pies, but for as much as whosoever can do these, may do all the rest, because herein is contained all the art of seasonings, I will trouble you with no further repititions ; but proceed to the manner of making Banquetting stuff, and conceited dishes, with other pretty and curious secrets, necessary for the understanding of our English House-wife : for albeit they are of general use, yet in their due times they

they are so needfull for adoration, that whosoever is ignorant therein, is lame, and but the half part of a House-wife.

To make Past for Quinces. To make past of quinces, first boyl your quinces whole, and when they are soft, pare them and cut the quince from the core ; then take the finest Sugar you can get, finely beaten and searsed, and put in a little rose-water and boyl it together till it be stiff enough to mold, and when it is cold then role it : and print it : a pound of quinces will take a pound of sugar, or near thereabouts.

To make thin Quince Cakes. To make thin quince-cakes, take your quince when it is boyled soft as aforesaid, and dry it upon a pewter plate with a soft heat, and be ever stirring of it with a slice till it be hard, then take searsed sugar quantity for quantity, and strow it into the quince, as you beat it in a wooden or stone mortar : and so roule them thin and print them.

To preserve Quinces. To preserve quinces, first pare your quinces and take out the cores, and boyl the cores and parings altogether in fair water, and when they begin to be soft, take them out and strain your liquor, and put the weight of your quinces in sugar, and boyl the quinces in the syrup till they be tender : then take them up and boil the syrup till it be thick. If you will have your quinces red, cover them in the boiling, and if you will have them white do not cover them.

To make Ipocras. To make Ipocras take a pottle of wine, two ounces of good cinamon, half an ounce of ginger, nine cloves, and six pepper corns, and a nutmeg, and bruise them and put them into the wine with some rosemary flowers, and so let them steep all night, and then put in sugar a pound at least, and when it is well settled, let it run through a woollen bag made for that purpose : thus if your wine be claret the Ipocras will be red if white then of that colour also.

To make Jelly. To make the best jelly, take calves feet and wash them and scald off the hair as clean as you can get it : then split them and take out the fat and lay them in water and shift them, then bruise them in fair water until it will jelly, which you shall know by

by now and then cooling a spoonfull of the broth ; when it will jelly then strain it, and when it is cold then put in a pint of sack and whole Cinamon, and sugar and a little rose-water, and boyl all well together again : Then beat the white of an Egg and put it into it, and let it have one boil more : then put in a branch of *Rosemary* into the bottom of your jelly bag, and let it run through once or twice, and if you will have it coloured, then put in a little *Townesall*. Also if you want calves feet you may make as good Jelly if you take the like quantity of Isingglass, and so use no calves feet at all.

**To make
Leach.**

To make best Leech take Isingglass and lay it two houres in water, and shift it and boyl it in fair water and let it cool. *Then take Almonds and lay them in cold water till they will blaunch; And then stamp them and put to new milk, and strain them and put in whole Mace and Ginger slic't, and boil them till it tast well of the spice : then put in your Isingglass, and sugar, and a little Rose-water, and then let them all run through a strainer.*

**To make
Ginger Bread.**

Take Claret wine and colour it with *Townesall*, and put in sugar and set it to the fire : then take wheat bread finely grated and sifted, and Licoras, Aniseeds, Ginger and Cinamon beaten very small and searsed : and put your bread and your spice together, and put them into the wine and boyl it and stir it till it be thick : then mould it and print it at your pleasure, and let it stand neither too moist nor too warm.

**Marmalade of
Quinces, red.**

To make red Marmelade of quinces : take a pound of quinces and cut them in halves, and take out the cores and pare them ; then take a pound of Sugar and a quart of fair water and put them all into a pan, and let them boyl with a soft fire, and sometimes turn them and keep them covered with a pewter dish, so that the steem or ayr may come a little out : the longer they are in boyling the better colour they will have : and when they be soft take a knife, and cut them cross upon the top, it will make the sirrop go through that they may be all of the like colour : then set a little of your sirrop to cool, and when it

it beginneth to be thick then break your quinces with a slice or a spoon so small as you can in the pan, and then strow a little fine sugar in your boxes bottom, and so put it up.

Marmalade white. To make white Marmalade you must in all points use your quinces as is before said ; only you must take but a pint of water to a pound of quinces, and a pound of Sugar, and boyl them as fast as you can, and cover them not at al.

To make Jumbals. To make the best Jumbals, take the whites of three Eggs, and beat them wel, and take off the froth ; then take a little milk and a pound of white wheat flower and sugar together finely sifted, and a few Anniseeds wel rub'd and dried, and then work all together as stiff as you can work it, and so make them in what forms you please, & bake them in a soft oven upon white Papers.

To make Bisket Bread. To make Bisket-bread, take a pound of fine flower, and a pound of sugar finely beaten and searsed, and mix them together : then take eight eggs, & put four yolks, and beat them very wel together : then strow in your flower and sugar as you are beating of it, by a little at once, it will take very near an hours beating : then take half an ounce of Anniseeds and Coriander-seeds, and let them be dried and rub'd very clean, and put them in ; then rub your *bisket pans* with cold sweet butter as thin as you can, and so put it in, and bake it in an oven : but if you would have thin cakes, then take Fruit dishes, and rub them in like sort with butter, and so bake your Cakes on them, and when they are almost baked, turn them, and thrust them down close with your hand. Some to this Bisket bread will add a little cream, and it is not amiss, but excellent good also.

To make finer Jumbals. To make Jumbals more fine and curious than the former, and nearer to the tast of of the Macaroon : take a pound of sugar, beat it fine : then take as much fine wheat flower, and mix them together : then take two white and one yolk of an Egg, half a quarter of a pound of blanched Almonds : then beat them very fine altogether, with
half

half a dish of sweet butter, and a spoonful of Rose-water, and so work it with a little cream till it comes to a very stiff past, then roule them forth as you please: and hereto you shall also, if you please add a few dryed Anniseeds finely rubbed, and strewed into the past, and also Coriander seeds.

To make dry Sugar-leech. To make dry sugar leech, blaunch your almonds; and heat them with a little Rose water, and the white of one egg, and you must beat it with a great deal of sugar, and work it as you would work a piece of past: then roul it, and print it as you did other things, only be sure to strew sugar in the print for fear of cleaving too.

To make leach Lumbard. To make Leach Lumbard, take half a pound of blanchéd Almonds, two ounces of cinamon beaten and searsed, half a pound of sugar; then beat your Almonds, and strew in your sugar and cinamon till it come to a past: then roule it, and print it, as aforesaid.

To make fresh Cheese. To make an excellent fresh cheese, take a pottle of milk as it comes from the Cow, and a pint of cream: then take a spoonful of runnet or earning, and put it unto it, and let it stand two houres: then stir it up, and put it into a fine cloath, and let the Whey drain from it: then put it into a bowl, and take the yolk of an Egg, a spoonfull of Rosewater, and bray them together with a very little Salt, with Sugar and Nutmegs, and when all these are brayed together, and searst, mix it with the curd, and then put it in the Cheese-fat with a very fine cloth.

How to make course Ginger Bread. To make course Ginger-bread, take a quart of honey, and set it on the coals and refine it: then take a penny worth of Ginger, as much Pepper, as much Licoras and a quarter of a pound of Anniseeds, and a penyworth of Saunders: all these must be beaten and searsed, and so put into the Honey: then put in a quarter of a pint of Claret wine, or old Ale; then take three penny manchets finely grated, and strow it amongst the rest, and stir it till it come to a stiff past, and then make it into cakes, and dry them gently.

**How to make
Quince Cakes
ordinary.**

it, & dry them gently.

To make ordinary Quince-cakes, take a good piece of preserved quince, and beat it in a mortar, and work it up into a very stiff past with searst sugar : then print fine

**How to make
Cinamon
Sticks.**

Rose water : then take thereof to the quantity of a Hasell-nut, and work it out and print it, and roul it in form of a Cinamon stick.

To make most Artificiall Cinamon-sticks, take an ounce of Cinamon and pound it, and half a pound of Sugar : then take some gumme Dragon, and put it in steep in

**How to make
Cinamon
Water.**

then distill them in a Limbeck or Glass still.

To make cinamon water, take a pottle of the best Ale and a pottle of Sack-lees, a pound of Cinamon sliced fine, and put them together, and let them stand two dayes ;

**To make
Worm-wood
Water.**

of the crops of *Wormwood* and put them into the *Ale*, and let them stand all night, and then distill them in a *Limbeck* with a moderate fire.

To make Wormwood water, take two Gallons of good Ale, a pound of Anniseeds, half a pound of *Licoras*, and beat them very fine ; and then take two good handfuls

**To make
Sweet Water.**

a little *water* into the bottom of an earthen pot, and then put in your *Roses* and *Lavendar*, with the spices by little and little, and in the putting in, always knead them down with your fist, and so continue it untill you have wrought up all your *Roses* and *Lavendar*, and in the working between put in alwaies a little of your water ; then stop your pot close, and let it stand in four dayes, in which time, every morning and evening put in your hand, and pull from the bottom of your pot the said *Roses*, working it for a time, and then distil it, and hang in the glass of water a grain or two of Musk wrapt in a piece of Sarcenet or fine cloth.

To make *Sweet water* of the best kind, take a thousand *Damask Roses*, two good handfuls of *Lavendar tops*, a threepenny weight of *Mace*, two ounces of *Cloves* bruised, a quart of

Another way. Others to make sweet water, take of Ireos two ounces, of Calamus half an ounce, of Cipress roots half an ounce, of yellow Sanders nine drams, of Cloves bruised one ounce, of Storax and Calamint one ounce, and of Musk twelve grains, and infusing all these in Rose-water distil it.

To make Date Leach. To make an excellent Date-Leach ; take Dates, and take out the stones, and the white rind, and beat them with Sugar, Cinamon, and Ginger, very finely, then work it as you would work a piece of past, and then print them as you please.

To make Sugar Plate. To make a kind of Sugar plate take Gumme Dragon, and lay it in Rose-water two dayes : then take the powder of fair Hepps and Sugar, and the juyce of an Orange ; beat all these together in a mortar, then take it out, and work it with your hand, and print it at your pleasure.

To make Spice Cakes. To make excellent spice Cakes, take half a peck of very fine Wheat-flower, take almost one pound of sweet butter, and some good milk and cream mixt together, set it on the fire, & put in your butter, and a good deal of sugar, & let it melt together : then strain Saffron into your milk a good quantity : then take seven or eight spoonfulls of good Ale-barm, and eight eggs with two yolks, and mixe them together, then put your milk to it when it is somewhat cold, and into your flower put salt, Aniseeds bruised, Cloves, and Mace, and a good deal of Cinamon : then work all together good and stiff, that you need not work in any flower after, then put in a little rose-water cold, then rub it wel in the thing you knead it in, and work it thoroughly : if it be not sweet enough, scrape in a little more sugar, and pul it al in pieces, and hurle in a good quantity of Currants, and so worke al together againe, and bake your Cake as you see cause, in a gentle warme Oven.

To make a Banbury Cake. To make a very good *Banbury Cake*, take foure pounds of Currants, and wash and pick them very clean, and drie them in a cloth : then take three eggs, and put away one yolke, and

and beat them and strain them with barm, putting thereto Cloves, Mace, Cinamon, and Nutmeggs, then take a pint of Creame, and as much mornings milk, and set it on the fire till the cold be taken away ; then take flower, and put in good store of cold butter and sugar, then put in your eggs, barme, and meale, and work them all together an houre or more ; then save a part of the paste, and the rest break in peeces, and work in your Currants ; which done, mold your Cake of what quantity you please ; and then with that paste which hath not any Currants, cover it very thin, both underneath, and aloft. And so bake it according to the bignesse.

To make the best March-pane. To make the best march-pane, take the best Jordan Almonds, and blaunch them in warm water, then put them into a stone mortar, and with a wooden pestell beat them to pap, then take of the finest refined sugar, well searst, and with it Damaske Rose-water, beat it to a good stiff paste, allowing almost to every Jordan Almond. three spoonfulls of sugar : then when it is brought thus to a paste, lay it upon a faire table, and strowing searst sugar under it, mould it like leaven, then with a rolling pin roll it forth, and lay it upon wafers washt with rose-water ; then pinch it about the sides and put it into what form you please ; then strow searst sugar all over it ; which done, wash it over with Rose-water and sugar mixt together, for that will make the Ice ; then adorn it with Comfets, guilding, or whatsoever devices you please, and so set it into a hot stove, and there bake it crispie, and serve it forth. Some use to mixe with the paste, Cinamon and Ginger finely searst, but I referre that to your particular taste.

To make Paste of Genoa, or any other Paste. To make paste of *Genoa*, you shall take Quinces after they have been boyled soft, and beat them in a mortar with refined sugar, Cinamon and Ginger finely searst, and damask rose-water till it come to a stiffe past ; and role it forth, and print it, and so bake it in a stove ; and in this sort you may make paste of Pears, Apples, Wardens, Plummes of all kinds, Cherries, Barberries or what other fruits you please.

To make any Conserve. To make conserve of any fruit you please, you shall take the fruit you intend to make conserve of, and if it be stone-fruit you shall take out the stones: if other fruit, take away the paring and core, and then boyl them in faire running water to a reasonable height: then draine them from thence, and put them into a fresh vessell with Claret wine, or White wine, according to the colour of the fruit: and so boyl them to a thick pap all to mashing, breaking and stirring them together: and then to every pound of pap, put to a pound of sugar, and so stir them all well together, and being very hot, strain them through faire strainers, and so pot it up.

To make Conserve of Flowers. To make conserve of Flowers, as Roses, Violets, Gilliflowers, and such like; you shall take the flowers from the stalks, and with a paire of sheeres cut away the white ends at the roots thereof, and then put them in a stone mortar, or wooden brake, and there crush, or beat them, till they be come to a soft substance: and then to every pound thereof, take a pound of fine refined sugar, well searst, and beat it all together, till it come to one intire body, and then pot it up, and use it as occasion shall serve.

To make Wafers. To make the best wafers, take the finest wheat flower you can get, and mixe it with creame, the yolks of eggs, Rose-water, Sugar, and Cinamon, till it be a little thicker than Pancake-batter, and then warming your wafer Irons on a char-coal-fire, anoint them first with sweet butter, and then lay on your batter and press it, and bake it white or brown at your pleasure.

To make Marmalade of Oranges. To make an excellent Marmalade of Oranges, take the Oranges and with a knife pare off as thin as is possible the uppermost rind of the Orange; yet in such sort, as by no means you alter the colour of the Orange; then steep them in fair water, changing the water twice a day till you find no bitterness of tast therein; then take them forth, and first boyl them in fair running water, and when they are soft, remove them into rose-water, and boyl them therein

therein till they break : then to every pound of the pulpe, put a pound of refined Sugar, and so having masht and stirred them all well together, strain it through very fair strainers into boxes, and so use it as you shall see occasion.

**Additions to
Banquetting
stuffe.**

**To make
fine Cakes.**

Fine Bread.

Take a pottle of fine flower, and a pound of Sugar, a little Mace, and good store of water to mingle the flower into a stiff past, and a good season of Salt, and so knead it, and roll out the cake thin, and bake them on papers.

Take a quarter of a pound of fine sugar well beaten, and as much flower finely bolted, with a quantity of Aniseeds a little bruised, and mingle all together ; then take two eggs, and beat them very well, whites and all, then put in the mingled stuff aforesaid, and beat altogether a good while, then put it into a mould, wiping the bottom ever first with butter to make it come out easily, and in the baking turn it once or twice as you shall have occasion, and so serve it whole or in slices at your pleasure.

**To preserve
Quinces
for kitchen
service.**

Take sweet Apples, and stamp them as you do for Cider, then press them through a bag as you do Verjuyce, then put it into a firkin wherein you will keep your quinces, and then gather your quinces, and wipe them clean, and neither core them nor pare them, but only take the blacks from the tops, & so put them into the firkin of Cider, and therein you may keep them all the year very fair, and take them not out of the liquor, but as you are ready to use them, whether it be for pies, or any other purpose, and then pare them, and core them as you think good.

**To make
Ipocras.**

Take a gallon of Claret or White wine, and put therein four ounces of Ginger, an ounce and a half of Nutmegs, of Cloves one quarter, of Sugar foure pound ; let all this stand together in a pot at least twelve hours, then take it, and put it into a clean bagge made for the purpose, so that the wine may come with good leasure from the spices.

Take

To preserve Quinces. Take quinces and wipe them very clean, and then core them, and as you core them put the cores straight into fair water, and let the cores and the water boyl; when the water boyleth put in the quinces unpared, and let them boyl till they be tender, and then take them out and pare them, and ever as you pare them, put them straight into sugar finely beaten: then take the water they were sodden in, and strain it through a fair cloath, and take as much of the same water as you think will make sirrurp enough for the quinces, and put in some of your sugar and let it boyl a while, and then put in your quinces and let them boyl a while, and turn them and cast a good deal of sugar upon them; they must seeth apace, and ever as you turn them, cover them still with sugar, till you have bestowed all your sugar; and when you think that your quinces are tender enough, take them forth, and if your sirrurp be not stiff enough, you may seeth it again after the quinces are forth. To every pound of quinces you must take more then a pound of Sugar, for the more Sugar you take, the fairer your quinces will bee: and the better and longer they will be preserved.

Conserve of Quinces. Take two gallons of fair water, and set it on the fire, and when it is luke-warm, beat the whites of five or six Eggs, and put them into the water, and stir it well, and then let the water seeth, and when it riseth up all on a curd, then scumme it off: Take quinces and pare them and quarter them, and cut out the cores: Then take as many pound of your quinces as of your Sugar, and put them into your liquor, and let it boyl till your liquor be as high coloured as French Wine, and when they be very tender, then take a fair new canvase cloth fair washt, and strain your quinces through it with some of your liquor; (if they will not goe through easily) then if you will make it very pleasant, take a little Musk, and lay it in Rose-water, and put it thereto; then take and seeth it, untill it be of such substance, that when it is cold it will cut with a knife; and then put it into a fair boxe, and if you please lay leafe-gold thereon.

Take

**To keep
Quinces all
the year.**

Take all the parings of your quinces that you make your conserve withall, & three or four other quinces, & cut them in pieces, and boyl the same parings, and the other pieces, in two or three gallons of water, and so let them boyl till all the strength bee sodden out of the said quinces and parings, and if any skum arise whilst it boyles, take it away ; then let the said water run through a strainer into a fair vessel, and set it on the fire again, and take your quinces that you will keep, and wipe them clean, and cut off the uttermost part of the said quinces, and pick out the kernels and cores as clean as you can, and put them into the said liquor, and so let them boyl till they be a little soft, & then take them from the fire, and let then stand till they be cold : then take a little barrel & put into the said barrel the water that your quinces be sodden in ; then take up your quinces with a Ladle, and put them into your barrel, & stop the barrel close, that no ayr come into them, till you have fit occasion to use them ; and be sure to take such quinces as are neither bruised nor rotten.

**Fine
Ginger Cakes.**

Take of the best sugar, and when it is beaten searse it very fine, and of the best Ginger and Cinamon ; then take a little Gum-dragon, and lay it in Rose-water all night, then powr the water from it, and put the same with the little White of an Egge well beaten into a brass mortar, the sugar, ginger. cinamon, and all together, and beat them together till you may work it like past ; then take it and drive it forth into cakes, and print them and lay them before the fire, or in a very warm stove to bake. Or otherwise take Sugar and Ginger (as is before said) cinamon and gum-dragon excepted, instead whereof take onely Whites of Eggs, and so do as was before shewen you.

**To make
Suckets.**

Take Curds, the paring of Limons, of Oranges, or Pouncitrons, or indeed any half-ripe green Fruit, and boyl them till they be tender in sweet Wort ; then make a sirrurp in this sort ; take three pound of Sugar, and the whites of four Eggs, and a gallon of water, then swinge and beat the water and the eggs together ; and then put in your
Sugar,

Sugar, and set it on the fire and let it have an easier fire, and so let it boyle sixe or seven walmes, and then strain it through a cloth, and let it seeth again till it fall from the spoon, and then put it into the rinds or fruits.

Course Take a quart of Hony clarified, and seeth it till it be brown, and if it be thick, put to
Gingerbread. it a dish of water : then take fine crums of white bread grated, and put to it and stirre it well, and when it is almost cold, put to it the powder of ginger, cloves, cinamon, and a little Licoras and Anniseeds : then knead it, and put it into moulds and print it : some use to put to it also a little Pepper, but that is according unto tast and pleasure.

To candy any Dissolve sugar, or sugar-candy in Rose-
Root, Fruits, water, boil it to an height, put in your
or Flowers. roots, fruits or flowers, the sirrop being cold, then rest a little, after take them out and boyl the sirrop again, then put in more roots, &c. then boil the sirrop the third time to an hardness, putting in more Sugar but not Rose-water, put in the roots, &c. the sirrop being cold, and let them stand till they candy.

Ordering of Thus having shewed you how to preserve,
Banquets. conserve, candy, and make pasts of all kinds, in which four heads consists the whole art of banquetting dishes ; I will now proceed to the ordering or setting forth of a banquet, wherein you shall observe that March-panes have the first place, the middle place, and last place : your preserved fruits shall be disht up first, your pasts next, your wet suckets after them, then your dried suckets, then your Marmelades and Cotiniates, then your comfets of all kinds ; Next your peares, apples, wardens bakt raw or roasted, and your Oranges and Lemons sliced ; and lastly your Wafer-cakes. Thus you shall order them in the closet ; but when they goe to the table, you shall first send forth a dish made for shew only, as Beast, Bird, Fish, Fowl, according to invention : then your Marchpane, then preserved Fruit, then a Past, then a wet sucket, then a dry sucket, Marmelade, comfets, apples, peares, wardens, Oranges and Lemons sliced ; and then wafers, and another dish of preserved fruits, and so consequently
 all

all the rest before, no two dishes of one kind going or standing together, and this will not only appear delicate to the eye, but invite the appetite with the much variety thereof.

**Ordering of
Great Feasts
and proportion
of expence.**

Now we have drawn our *Housewife* into these several Knowledges of Cookery, in as much as in her is contained all the inward Offices of Houshold, we will proceed to declare the manner of serving and setting forth of meat for a great Feast, and from it derive meaner, making a due proportion of all things ; for what availes it our good *House-wife* to be never so skilfull in the parts of Cookery, if she wants skill to marshall the dishes, and set every one in his due place, giving precedence according to fashion and custome ? It is like to a Fencer leading a band of men in a rout, who knows the use of the weapon, but not how to put men in order. It is then to be understood, that it is the Office of the Clerk of the Kitchin (whose place our *House-wife* must many times supply) to order the meat at the Dresser, and deliver it unto the Sewer, who is to deliver it to the Gentlemen and Yeomen-waiters to bear to the Table. Now because we allow no Officers but our *House-wife*, to whom we onely speak in this Book, she shall first marshall her Sallets, delivering the Grand Sallet first, which is evermore compound : then green Sallets, then boyled Sallets, then some smaller compound Sallets. Next unto Sallets she shall deliver forth all her Fricases, the simple first, as Collops, Rashers, and such like : then compound Fricases, after them all boyled meates in their degree, as simple broths, stewd broth, and the boylings of sundry Fowles. Next them all sorts of Rost-meats, of which the greatest first, as chine of Beef, or surloyne, the gigget or legs of Mutton, Goose, Swan, Veale, Pig, Capon, and such like. Then bak'd-meats, the hot first, as Fallow-Deer in Pasty, Chicken, or Calves-foot pye and Douset. Then cold bak'd-meats, Pheasant, Partridges, Turkey, Goose, Woodcock, and such like. Then lastly, Carbonados both simple and compound. And being thus Marshall'd from the Dresser, the Sewer upon the placing them on the Table, shall not set them down as he received them,

them, but setting the Sallets extravagantly about the table, mixe the Fricases about them; then the boyld meats amongst the Fricases, rost meats amongst the boyld, bak'd meats amongst the rost, and Carbonados amongst the bak'd, so that before every trencher may stand a Sallet, a Fricase, a boyld meat, a rost meat, a bak'd meat, and a Carbonado, which will both give a most comely beauty to the Table, and very great contentment to the Guests. So likewise in the second course she shall first preferre the lesser Wild-fowle, as Mallard, Teyle, Snipe, Plover, Woodcock, and such like: then the lesser Land-fowl, as Chicken, Pidgeons, Partridge, Raile, Turkey, Chickens, young Pea-hens, and such like.

Then the great Wild-fowl; as Bitter, Hearne, Shoveler, Crane, Bustard, and such like. Then the greater Land-fowles; as Peacocks, Pheasant, Puets, Gulls, and such like. Then hot bak'd meats; as Marrowbone-pye, Quince-pye, Florentine and Tarts.

Then cold bak'd meats, as Red-Deer, Hare-pie, Gammon of Bacon-pie, Wild-bore, Roe-pye, and such like, and these also shall be marshalled at the Table as the first course, not one kind altogether, but each several sort mixt together, as a lesser Wild-fowle, and a lesser Land-fowle; a great Wild-fowle and a great Land-fowle; a hot bak'd meat and a cold: and for made dishes and *Quelquechoses*, which relie on the invention of the Cook, they are to be thrust in into every place that is empty, and so sprinkled over all the table: and this is the best method for the extraordinary great Feasts of Princes. But in case it be for much more humble means, then lesser care and fewer dishes may discharge it: Yet before I proceed to that lower rate, you shall understand that in these great Feasts of Princes, though I have mentioned nothing but Flesh, yet is not Fish to be exempted; for it is a beauty and an honour unto every Feast, and is to be placed amongst all the severall services, as thus; amongst your Sallets all sorts of soused fish that lives in the fresh water; amongst your Fricases all manner of fryed fish; amongst your boyld meats, all fish in broths; amongst your rost meats, all fish served hot, but dry; amongst the bak'd meats, sea-fish that is souc'd, as
Sturgion,

Sturghion, and the like ; and amongst your Carbonados, fish that is broyld. As for your second course, to it belongeth all manner of shell-fish, either in the shell, or without ; the hot to goe up with the hot meat, and and the cold with the cold.

And thus shall the Feast be royall, and the Service worthy.

A Humble Feast. Now for a more humble Feast, or an ordinary proportion which any good man may keep in his Family, for the entertainment of his true and worthy friends, it must hold limitation with his provision, and the season of the year ; for Summer affords what Winter wants, and Winter is master of that which Summer can but with difficulty have : it is good then for him that intends to Feast, to set down the full number of his full dishes, that is, dishes of meat that are of substance, and not empty, or for shew ; and of these sixteen is a good proportion for one course unto one messe, as thus, for example ; First, a shield of Brawn with mustard ; Secondly, a boyled Capon ; Thirdly, a boyled peece of beef ; Fourthly, a chine of Beef roasted ; Fifthly, a Neats tongue roasted ; Sixtly, a Pigge roasted ; Seventhly, Chewets bak'd ; Eightly, a Goose roasted ; Ninethly, a Swan roasted ; Tenthly, a Turkey roasted ; the Eleventh, a haunch of Venison roasted ; the twelfth, a Pasty of Venison ; the thirteenth, a Kid with a pudding in the belly ; the fourteenth, an Olive pie ; the fifteenth, a couple of Capons ; the sixteenth, a Custard or Dousets. Now to these full dishes may be added in Sallets, Fricases, Quelquechoses, and devised paste, as many dishes more, which make the full service no less than two and thirty dishes, which is as much as can conveniently stand on one table, and in one mess : and after this manner you may proportion both your second and third course, holding fulnesse in one half of the dishes, and shew in the other, which will be both frugall in the spender, contentment to the guest, and much pleasure and delight to the beholders. And thus much touching the ordering of great feasts, and ordinary contentments.

Perfumes and Skill in Perfuming.



WHEN our English House-wife is exact in these rules before rehearsed, and that she is able to adorne and beautifie her table, with all the vertuous illustrations meet for her knowledge ; she shall then sort her mind to the understanding of other house-wifely secrets, right profitable and meete for her use, such as the want thereof may trouble her when need or time requires.

To make Take of Rosemary flowers two handfulls,
Aquavitæ. of Marjoram, Winter-savory, Rosemary,
Rew, unset Time, Germander, Rybworte,
Harts tongue, Mouseare, white Wormewood, Buglosse,
red Sage, Liver wort, Hoarehound, fine Lavender, Issop-
crops, Penny royall, Red fennell, of each of these one
handfull : of Elicampane roots, clean pared and sliced,
two handfulls : Then take all these aforesaid and shred
them, but not wash them, then take foure gallons or more
of strong Ale, and one gallon of sack-lees, and put all
these aforesaid hearbs shred into it, and then put into it
one pound of Licoras bruised, halfe a pound of Anyseeds
cleane sifted and bruised, and of Mace and Nutmegs
bruised of each one ounce : then put altogether into your
stilling pot, close covered with Rye paste, and make a
soft fire under your pot, and as the head of the Limbeck
heateth, draw out your hot water and put in cold, keeping
the head of your Lymbeck still with cold water, but see
your fire be not too rash at the first, but let your water
come at leisure ; and take heed unto your filling, that
your water change not white : for it is not so strong as
the

the first draught is ; and when the water is distilled, take a gallon glass with a wide mouth, and put therein a pottle of the best water and cleerest, and put into it a pottle of Rosa solis, halfe a pound of Dates bruised, and one ounce of grains, and halfe a pound of Sugar, halfe an ounce of seed pearle beaten, three leaves of fine gold, stirre all these together well, then stop your glasse, and set in the sunne the space of one or two months, and then clarifie it and use it at your discretion : for a spoonfull or two at a time is sufficient, and the vertues are infinit.

**Another
excellent
Aquavitæ.** Fill a pot with red wine clean and strong, and put therein the powders of Cammomile, Gilliflowers, Ginger, Pellitory, Nutmeg, Gallengall, Spicknard, Quenebus, graines of pure long pepper, black pepper, Commin, Fennel seed, Smalledge, Parsley, Sage, Rew, Mint, Calamint, and Horshow, of each of them a like quantity, and beware they differ not the weight of a dramme under or above : then put all the powders above said into the wine, and after put them into the distilling pot, and distill it with a soft fire, and looke that be it well luted about with Rye paste, so that no fume or breath go forth, and look, that the fire be temperate : also receive the water out of the Lymbeck into a glasse viall. This water is called the water of Life, and it may be likened to Balm for it hath all the vertues and properties which Balm hath. This water is cleer, and lighter then Rose water, for it will fleet above all liquors, for if oyl be put above this water, it sinketh to the bottome. This water keepeth flesh and fish, both raw and sodden, in his own kind and state, it is good against aches in the bones, and such like ; neither can anything kept in this water rot or putrify, it doth drawe out the sweetness, savour, and vertues of all manner of spices, roots and hearbs that are wet or layd therein, it gives sweetnesse to all manner of water that is mixt with it, it is good for all manner of cold sicknesses, and namely for the palsie or trembling joynts, and stretching of the sinewes ; it is good against the cold gout, and it maketh an old man seeme young, using to drink it fasting, and lastly it fretteth away dead flesh in wounds, and killeth the canker.

Take

To make Aqua Composita. Take Rosemary, Time, Issop, Sage, Fennell, Nip, roots of Elicampane, of each an handfull, or Marjoram and Penny-royall of each halfe a handfull, eight slips of red Mint, halfe a pound of Licoras, halfe a pound of Aniseeds, and two gallons of the best Ale than can be brewed, wash all these hearbs clean, and put into the Ale, Licoras, Aniseeds, and herbes into a clean brass pot, and set your Limbeck thereon, and paste it round about that no Ayre come out, then distill the water with a gentle fire, and keep the Limbeck cool above, not suffering it too run too fast : and take heed when your water changeth colour, to put another glass under, and keep the first water, for it is most precious, and the latter water keep by it self, and put it into your next pot, and that shall make it much better.

A very principal Aqua Composita. Take of balme, of Rosemary flowers, tops and all, of dried red Rose leaves, of Penny-royal, of each of these a handfull, one root of Elicampane, the whitest that can be got, three quarters of a pound of Licoras, two ounces of Cinamon, two drams of great Mace, two drams of Gallengall, three drams of Coriander seeds, three drammes of Carraway seeds, two or three Nutmegs cut in four quarters, an ounce of Aniseeds, a handfull of borragé ; you must chuse a fair Sunny day to gather the herbs in ; you must not wash them, but cut them in sunder, and not too small ; then lay all your herbs in souse all night and a day with the spices grosly beaten or bruised, and then distill it in order aforesaid : this was made for a learned Phisitians own drinking.

To make the Emperial Water. Take a gallon of Gascoine wine. Ginger, Gallengall, Nutmegs, Grains, Cloves, Aniseeds, Fennel-seeds, Carraway seeds, of each one dramme, then take Sage, Mint, Red roses, Time, Pellitory, Rosemary, Wild-time, Camomile, and Lavender, of each a handfull, then bray the spices small, and the herbs also, and put altogether into the Wine, and let it stand so twelve houres, stirring it so divers times, then distill it with a Limbeck, and keep the first water, for it is the best : of a gallon of Wine you must

must not take above a quart of water ; this water comforteth the vital spirits, and helpeth the inward diseases that come of cold.

**To make
Cinamon
Water.**

Take a pottle of best Sack, and half a pint of Rosewater, a quarter, and half a pound of good Cinamon well bruised but not small beaten, distill all these together in a glasse still, but you must carefully look to it, that it boyl not over hastily, and attend it with cold wet cloaths to cool the top of the Still if the water should offer to boyl too hastily. This water is very soveraign for the stomach, the head, and all the inward parts ; it helps digestion, and comforteth the vitall spirits.

**Five most pre-
cious Waters
which Hypo-
crates made
and sent to a
Queen some-
times living in
England.**

1. Take *Fennel, Rew, Vervine, Endive, Bettony, Germander, Red-rose, Capillus, Veneris*, of each an ounce ; stamp them, and keep them with white wine a day and a night and distill water of them, which water will divide in three parts : the first water you shall put in a glasse by it self, for it is more precious than gold, the second as silver, and the third as balm, and keep these three parts in glasses : this water you shall give the rich for gold, to meaner for silver, too poor men for balm : This water keepeth the sight in clearnesse, and purgeth all grosse humours.

2. Take *Salgemma* a pound, and lap it in a green dock leaf, and lay it in the fire till it be well rosted and wax white, and put in a glass against the air a night, and on the morrow it shall be turned to a white water like unto Christall : keep this water well in a glasse, and put a drop into the eye, and it shall cleanse and sharp the sight : it is good for any evill at the heart, for the *Morphew* and the *Canker* in the mouth, and for divers other evils in the body.

3. Take the roots of *Fennel, Parsley, Endive, Bettony*, of each an ounce, and first wash them well in lukewarm water, and bray them well with white wine a day and a night, and then distill them into water : This water is more worthy than Balme ; it preserveth the sight much, and cleanseth it of all filth, it restraineth teares, and comforteth

comforteth the head and avoideth the water that commeth through the pain of the head.

4. Take the seed of Parsley, Achannes, Vervine, Carawaies and Centaury, of each ten drams, beat all these together and put in warm water a day and a night ; and put it in a vessel to distill : This water is a precious water for all sore eyes, and very good for the health of mans or womans body.

5. Take the Goldsmiths stone, and put it into the fire, till it be red hot, and quench it in a pint of white wine, and do so nine times, and after grind it, and beat it small, and cleanse it as clean as you may, and after set in the sun with water of Fennell distilled, and Vervine, Roses, Celladine, and Rew, and a little Aquavitæ ; and when you have sprinkled it in the water nine times, put it then in a vessel of glasse, and yet upon a reversion of the water distill it, till it passe over the touch four or five inches ; and when you will use it, then stirre it altogether, and then take up a drop with a feather, and put it on your nail, and if it abide, it is fine and good : then put it in the eye that runneth, or annoint the head with it if it ake, and temples, and believe it, that of all waters this is the most precious, and helpeth the sight, or any pain in the head.

Now to conclude and knit up this Chapter, it is meet that our Housewife know that from the eight of the Kalends of Month of *April*, unto the eight of the Kalends of *July*, all manner of herbs and leaves are in that time most in strength and of the greatest vertue to be used and put in all manner of Medicines, also from the eight of the Kalends of *July*, unto the eight of the Kalends of *October*, the stalkes, stems, and hard branches of every herb and plant is most in strength to be used in Medicines ; and from the eight of the Kalends of *October*, unto the eight of the Kalends of *April*, all manner of roots of herbs and plants are the most of strength and vertue to be used in all manner of Medicines.

An excellent
Water
for Perfume.

To make an excellent sweet water for perfume, you shall take of Basill, Mints, Marjorum, Corn-flagge-roots, Issop, Savory, Sage, Balme, Lavender and Rosemary, of each

each one handfull, of Cloves, Cinamon, and Nutmegs of each half an ounce ; then three or four Pomcitrons cut into slices, infuse all these into Damask-rose-water the space of three daies, and then distill it with a gentle fire of Char-coale, then when you have put it into a very clean glass, take of fat Musk, Civet, and Amber-greece, of each the quantity of a scruple, and put it into a ragge of fine Lawn, and then hang it within the water. This being burnt either upon a hot pan, or else boyled in perfuming pans with Cloves, Bay-leaves, and Lemon-pils, will make the most delicatest perfumes that may be without any offence, and will last the longest of all other sweet perfumes, as hath been found by experience.

To Perfume Gloves. To perfume Gloves excellently, take the oyle of sweet Almonds, oyle of Nutmegs, oyle of Benjamin, of each a dram, of Amber-greece one grain, fat Musk two graines : mixe them altogether, and grind them upon a Painters stone, and then annoint the Gloves therewith ; yet before you annoint them let them be dampishly moistened with Damask Rose-water.

To Perfume a Jerkin. To perfume a Jerkin well, take the oyl of Benjamin a pennyworth, oyl of spike and oyl of olives, half-pennyworths of each, and take two sponges, and warm one of them against the fire and rub your jerkin therewith, and when the oyle is dried take the other sponge and dip it in the oyl, and rub your jerkin therewith till it be dry, then lay on the perfume before prescribed for gloves.

To make Washing Balls. To make very good washing balls, take Storax of both kinds, Benjamin, Calamus Aromaticus, Labdanum, of each alike ; and bray them to a powder with Cloves and Arras ; then beat them all with a sufficient quantity of Sope till it be stiff, then with your hand you shall work it like past, and make round balls thereof.

To make a Musk Ball. To make Musk balls, take Nutmegs, Mace, Cloves, Saffron, and Cinamon, of each the weight of two-pence, and beat it to fine powder, of Mastick the weight of two pence half penny, of Storax the weight of six-pence, of Labdanum the

the weight of ten pence ; of Ambergreece the weight of six-pence ; and of Musk four graines, dissolve and work these in hard sweet sope till it come to a stiff paste, and all then make balls thereof.

A Perfume to Burn. To make a good perfume to burn, take Benjamin one ounce, Storax, Calamint two ounces, of Mastickswhite Ambergreece, of each one ounce, Ireos, Calamns, Aromaticus, Cypresse wood, of each half an ounce, of Camphire one scruple, Labdanum one ounce ; beat all these to powder, then take of Sallow Charcole six ounces, of liquid Storax two ounces, beat them all with Aquavitæ, and then shall you roul them into long round roubles.

To make Pomanders. To make Pomanbers, take two penny worth of Labdanum twopenny worth of Storax liquid, one penny worth of Calamus Aromaticus, as much Balm, half a quarter of a pound of fine wax, of Cloves and Mace two penny-worth, of liquid Aloes three penny worth, of Nutmegs eight penny worth, and of Musk four graines ; beat all these exceedingly together til they come to a perfect substance, then mould it in any fashion you please, and dry it.

To make Vinegar. To make excellent strong vinegar, you shall brew the strongest Ale that may be, and having tunned it in a very strong vessel, you shall set it either in your garden or some other safe place abroad, where it may have the whole Summers day Sun to shine upon it, and there let it lye till it be extream sowl ; then into a Hogshead of this Vinegar put the leaves of four or five hundred Damask Roses, and after they have layen for the space of a month therein, house the Vinegar and draw it as you need it.

To make Dry Vinegar. To make dry Vinegar which you may carry in your pocket, you shall take the blacks of green Corn either Wheat or Rye, and beat it in a mortar with the strongest Vinegar you can get till it come to a paste, then roul it into little balls, and dry it in the Sun till it be very hard, then when you have occasion to use it, cut a little piece thereof and dissolve it in Wine, and it will make a strong Vinegar.

To make Verjuice. To make Verjuyce you shall gather your Crabs as soon as the Kernels turn black, and having laid them a while in a heap, take them and pick them from stalks, blacks and rottenness: then in long troughs with beetles for the purpose, crush and break them all to mash: then make a bag of course hair cloth as square as the press, and fill it with the crusht Crabs, then put it into the press, and press it, while any moysture will drop forth, having a clean vessel underneath to receive the liquor: this done, tun it up into sweet Hogsheads, and to every Hogshead put half a dozen handfulls of Damask Rose leaves, and then bung it up, and spend it as you shall have occasion.

Additions to conceited Secrets. Many other pretty secrets there are belonging unto curious *hous-wifes*, but none more necessary than these already rehearsed except such as shall hereafter follow in their proper places.

To make Sweet Powder for Bags. Take of Arras six ounces, of Damask Rose-leaves as much, of Marjerum and sweet Basill of each an ounce, of Cloves two ounces, yellow Sanders two ounces, of Citron pils seven drams, of Lignum-aloes one ounce, of Benjamin one ounce, of Storax one ounce, of Musk one dram: bruise all these, and put them into a bag of silk or linnen, but silk is the best.

To make Sweet Bags. Take of Arras four ounces, of Gallaminis one ounce, of Ciris half an ounce, of Rose leaves dried two handfulls, of dried Marjoram one handfull, of Spike one handfull, Cloves one ounce, Benjamin and rax of each two ounces, of white Saunders and yellow of each one ounce, beat all these into a gross powder, then put to it Musk a dram, of Civet half a dram, and of Ambergreece half a dram; then put them into a Taffata bag and use it.

How to make Sweet Water. Take of Bay-leaves one handful, of red roses two handfulls, of Damask-Roses three handfulls, of Lavender four handfulls, of Basill one handfull, Marjoram two handfulls, of Camomile one handfull, the young tops of sweet briar two handfulls, of Mandeliontansey two handfull, of Orenge peels

six or seven ounces, of Cloves and Mace a groats worth : put all these together in a pottle of new Ale in cornes, for the space of three dayes, shaking it every day three or four times ; then distil it the fourth day in a still with a continuall soft fire, and after it is distilled put into it a grain or two of musk.

A very rare and pleasant Damask Water. Take a quart of malmsey Lees, or a quart of malmsey simply, one handfull of Marjoram, of Basill as much, of Lavendar four handfulls, bay leaves one good handfull, Damask rose-leaves four handfulls, and as many of red, the peels of six Oranges, or for want of them one handfull of the tender leaves of walnut-trees, of benjamin half an ounce, of Calamus Aromaticus as much, of camphire four drams, of cloves one ounce, of bildamum half an ounce ; then take a pottle of running water, and put in all these spices bruised into your water and malmsey together, in a close stopped pot with a good handfull of Rosemary, and let them stand for the space of six dayes : then distill it with a soft fire : then set it in the sun sixteen dayes with four grains of Musk bruised. This quantity will make three quarts of water, *Probatum est.*

To make the Best Vinegar. Take and brew very strong Ale, then take half a dozen gallons of the first running, and set it abroad to cool, and when it is cold put yest unto it, and head it very strongly : then put it up in a ferkin, and distill it in the Sun : then take four or five handfull of beanes, and parch them in a pan till they burst : then put them in as hot as you can into the ferkin, and stop it with a little clay about the bung-hole : then take a handfull of clean Rye-Leaven and put in the ferkin ; then take a quantity of barberries, and bruise and strain them into the ferkin, and a good handfull of Salt, and let them lye and work in the Sun from *May* till *August* : then having the full strength, take rose leaves and clip the white ends off, and let them dry in the Sun, then take Elder-flowers and pick them, and dry them in the sun, and when they are dry put them in bags, and keep them all the Winter : then take a pottle pot and draw forth a pottle out of the ferkin

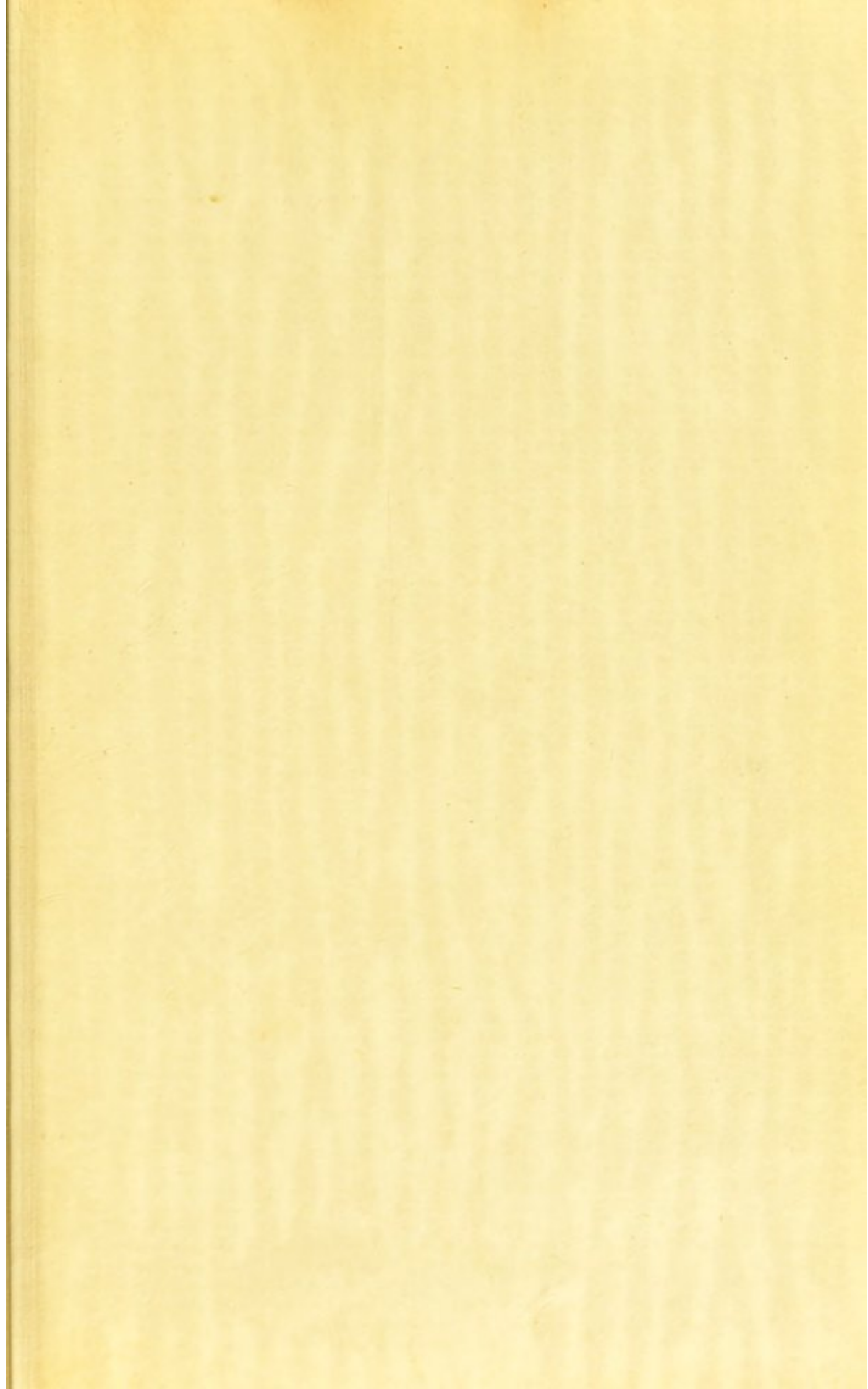
ferkin into the bottle, and put a handfull of the red rose-leaves, and another of the Elder-flowers and put into the bottle, and hang it in the Sun, where you may occupy the same, and when it is empty, take out all the leaves and fill it again as you did before.

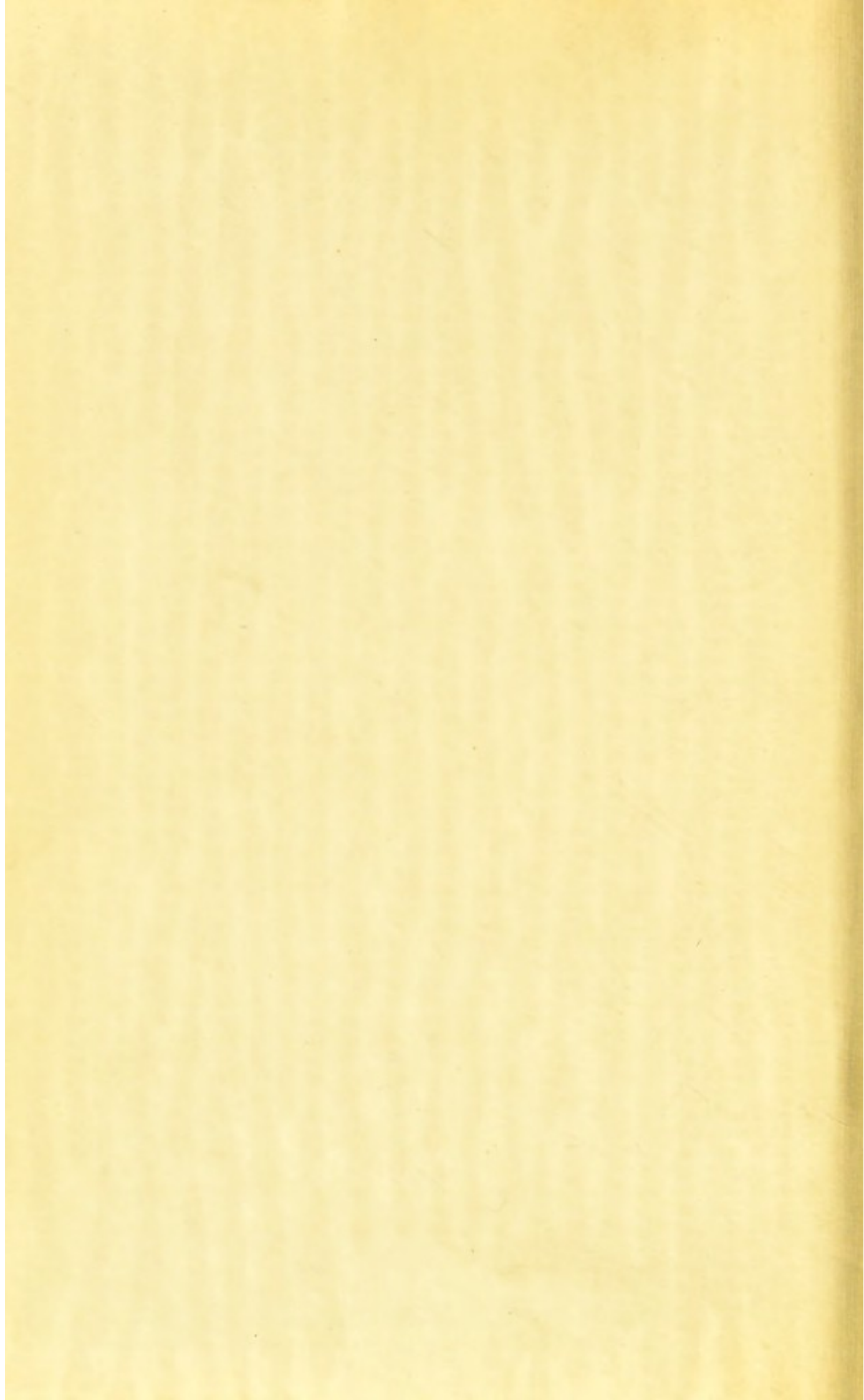
**To Perfume
Gloves.**

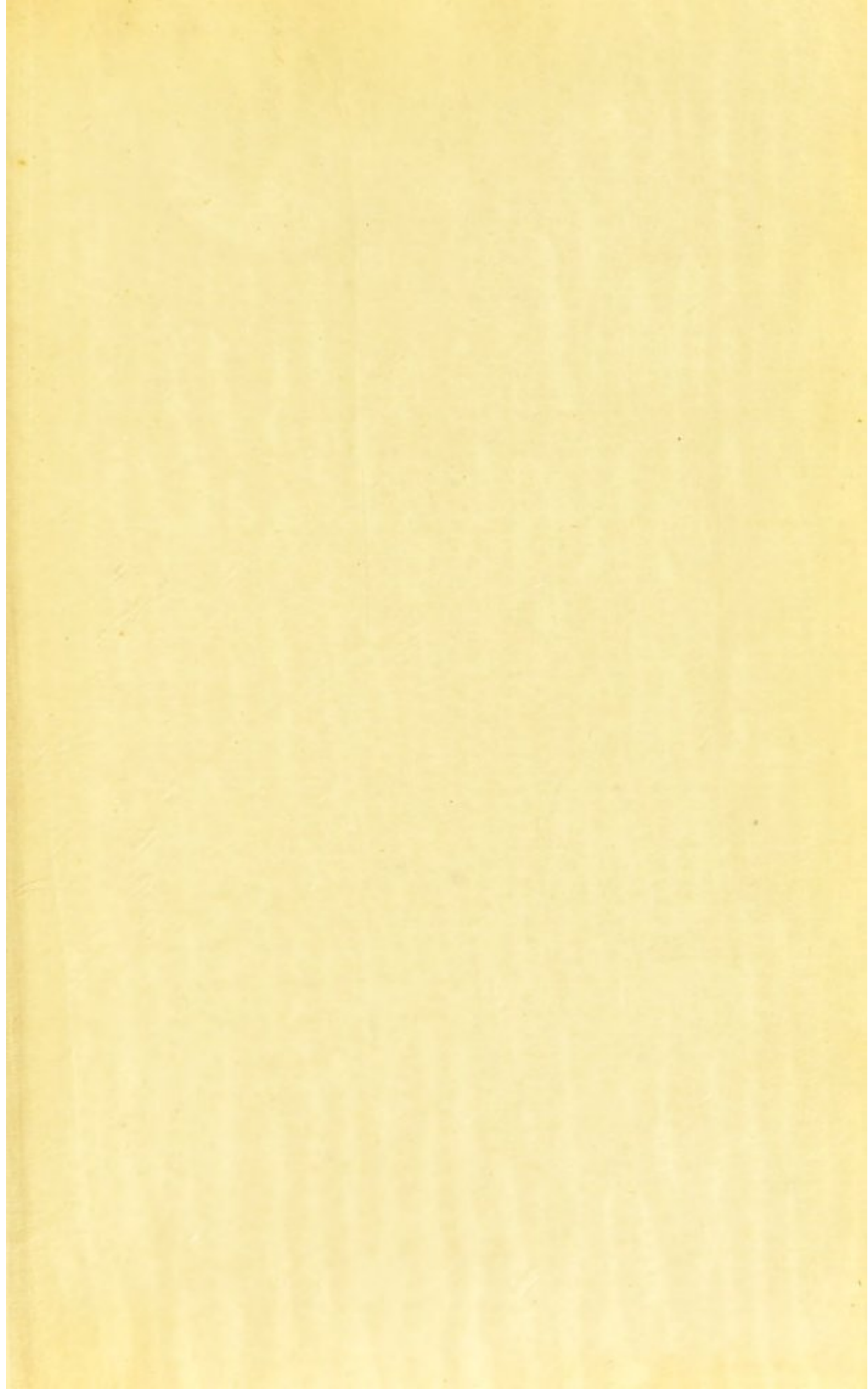
Take Angelica water and Rose-water, and put into them the powder of cloves, amber-greece, Musk and Lignum Aloes, benjamine and calamus aromaticus : boyl these till half be consumed : then strain it and put your Gloves therein ; then hang them in the sun to dry, and turn them often : and thus three times wet them, and dry them again : or otherwise, take Rosewater and wet your gloves therein, then hang them up till they be almost dry ; then take half an ounce of benjamine and grind it with the oyl of almonds, and rub it on the gloves till it be almost dried in : then take twenty graines of amber-greece, and twenty graines of Musk, and grind them together with oyl of almonds, and so rub it on the gloves, and then hang them up to dry, or let them dry in your bosome, and so after use them at your pleasure.

22
16











13.3/3

