Manuscript recipe book of Grace Carteret, 1st Countess Granville (1654-1744)

Publication/Creation

1662 - mid 18th century

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Apothecaries Weights

			marke
20 graines	make	1 Scruple	℈
3 Scruples		1 Dram	ʒ
8 Drams		1 ounce	℥
12 ounces		1 pound	℔

The Markes used in Physick

A pound lib j — is ℔ xij
A Halfe a pound lib ß is ℔ vj
An ounce — ℥ i — ℥ viij
Halfe an Ounce ℥ ß ʒ iiij
A Drame or Drugme ʒ i ʒ iij
A Scruple — ℈ i ℈ xx
A graine ⁊ gr. i

A like quantitie or even ā āa
Mix according to art Ms. s.a.

Grace Countess of Granville
receipt Book.

F. Freddale

44

46

1862

June 25 Salted 18 Lb of Butter . . . 18
29 tuesday Salted 12 12
July 3 friday Salted 10
tuesday Salted 9
a Lb of So gueuts the Cook on Lb
friday 9 Salted 8
tuesday 13 Salted 10
given of So to the Cook . . . 24 Lbs
to So since the 6 of July Inect 6½ Lbs
friday 16 to Salted 9
tuesday 20 to Salted 13½
friday 23 to Salted 9
tuesday 27 to Salted 13
friday 30 to Salted . . . . . 6 Lbs
given the Cook 223
July 3 tuesday 3 to Salted . . . . . 7 Lbs
to Salted . . . . . 9 Lb
friday 6 tuesday 11 Salted . . . . . 11 Lbs
12 Salted . . . . . 6 Lb
tuesday 17 Salted . . . . . 10 Lb
friday 20 Salted . . . . . 3 Lb
tuesday 24 Salted . . . . . 8 Lbs
friday 27 Salted . . . . . 7 Lb
tuesday 31 Salted . . . . . 9 Lb
friday 3 Salted . . . . . 4 Lb
tuesday 7 Salted 9½
friday 10 Salted . . . . . 8 Lbs
tuesday 14 Salted . . . . . 10 Lbs
friday 17 Salted . . . . . 8 Lb
tuesday 21 Salted . . . . . 10 ½ Lbs
given to the Cook 8 Lbs

A Creame Sillibub

Take a pint of Creame a pint of White wine Sweeten it to yo tast put Into it ye Juce of 2 good Orranges & wth a whisk whip it a boul as ye froth riseth take it up wth a Spoon, & lay it gently into your Sillibub Glass, it must not be eaten till ye 24 hours after, therefore you must make it in ye Morning for supper at night for the next day at dinner/

To make Snow of Green Apples

Take a quart of Creame to a little Rose water, wherein Rosemary and Mace hath bin Sloped in; & Sweeten it to your tast, then take good ~~apples~~ Codlins or in ye winter Apple Schips, yn make a little Sirrup Stew them Covering ye dish, let ye be very Soft, & wn they be very cold Squeeze in ye Juce of a Leamon, & whip up yo Creame Into a froth, & wth a Spoon Lay it over ye Apples, as high as you can Lay ye froth, ye Codlins must be cooled pild & Cored before they are Stewed, Infect ye Juce of Leamon before it be put to ye Apples/

To Make Posset

Take a quart of Creame & boyl it wth a pretty quantitie of Mace; yn take ye yolkes of 6 Eggs & ye whites of 3 & beat yn well, & when your Creame is boyled, take it off ye fire, & Stir it carefully that it do not curdle, Season yo Creame wth Suger before ye Eggs go In yn cut thin Sippits of Bread & Lay in yo dish, & pour Sack over to moist yn then Set ye dish over a few Coles & Strew a few plumpt Currans over it, yn pour yo Creame over yn not Stirring it, Lett it Stand a littles on ye Coles; yn take it off & when it is cold, sift a little fine Suger over ye Toppe & Serve it up/

iday	24	Satter	9 Lbs
			8 Lbs
	26	Tusday Satter	9 Lbs
		friday Satter	8
	3	Thursday Satter	7 Lbs
	8	Saturday Satter	7 Lbs
		Tuesday Satter	3
	16	friday Satter	7
	19	Lusday Satter	

22 friday	Salted	3 Lb
26 tuesday	Salted	6 Lb
29 friday	Salted	6 Lbs
Nov. 2 tuesday	Salted	3 Lbs
		4 Lbs
5 friday	Salted	3 Lb
8 tuesday	Salted	4 Lbs
12 friday	Salted	4 Lb
16 tuesday	Salted	4 Lb
19 friday	Salted	
30 tuesday and friday	Salted	

Take 2 quarts of Creame, a pint of Sack 20 Eggs, but 10 whites
ye Spices must be Nutmegs mace Cynamon; beat ye Eggs very well
& when ye Sack boyles pour in ye Eggs; but first Mace it of ye fire
& Stir it gently pour in ye Cream very high; put in ½ lb of Sugar into
ye Sack before ye Eggs, & let it on a fore Coles for half an hour Cover

A Custard

(a Jacc

Boyle a Nutmeg grated; a blade of Mace & 2 or 3 Cloves in a
quart of Creame; when it is cold take out ye Spices, & put In
ye yolkes of 5 Eggs & ye whites of 3: well beatt, mix them well
together & Season it with Salt & Sugar to yo: taste, then bake ym
In potts In a gentle oven/

A Lemon Creame

Take a quart of Creame & keep it Stirring on ye fire till
it be good warm; & take ye Meat & Juce of 3 good Lemons and
sweeten ym well w th Sugar, & a Spoonfull of Orange flower
water; n ye Lemons do so Swoolnen & they will not turn ye
Creame, take ye Creame off ye fire, & Stir ym into it & so dish
it/

A White Wine Creame

Take a quart of Creame & Stir it over ye fire till it boyl
& take a pint of White wine & boyle it w th Sugar till it bee
Sirrup, So mingle ye Creame & it together & Stir it thus so
serve it upp/

A Brown-Bread Creame

Take yo: Creame & boyl it w th a blade or 2 of Mace
and have ready in a dish Some grated Browne bread; &
pour on yo: Creame hott, & when it is Cold serve it upp/

Mrs Ridden Harts Horne Jelley

Take 4 quarts of Spring water, & put to it halfe a pound of good hartshorn And let it boyle till it Jelly close covered; you will know when it will Jelly by sticking to your lips; then strame it out & put to it a lb of double refined Suger & halfe a pint of Renish wine, a piece of Leamon pill; & Juce of 3 or 4 Leamons & ye whites of 3 or 4 Eggs beaten: Mix all together Set it over a Barrecole fire; & let it have 5 or 6 walmes till ye Eggs be pretty firme & run it through a Jelly Bag 3 or 4 times or till it Look as Cleare as Christall, & then pour it two fast into ye Bag. Lay in yo dishes some Orrange & Leamon pill, boyled & cut as small as a thread/

Syllibub

Take a quart of Renish wine & a pint & halfe of Sack, take a Nutmeg & prick it full of holes & Stoop it in ye wine; take a pint and halfe of thick Creame, & a quarter of Suger w. 2 or 3 Amber comfitts finely beaten put ye into ye Creame beat it w. a Spoon for an hour, putting in now & then a Spoonfull of Sack, then Mingle altogether & Milk on it a pint of New Milk & let it Stand awhile ye Milk on it another pint, & so a third pint of Milk. & so let it Stand all Night before you eat it, or if more it will be better

Syllibub

Take a pint of white wine & ye Juce of a Leamon, Let yo pill be Stopped in ye wine, & take it out & sweeten it to yo Last; having in readiness halfe a pint of thick Creame; w. must be put in & stirred well together w. ye wine, to w. you must Milk from ye Cow what is convenient; ye Let it Stand a while to settle; but it is better you make ye double quantity to yo wine a little orange water.

Calves foot Jelley

Take a Sett of Calves feet scald ye very well, pick out all ye haire & Shiffe cleane & Lyeth betwoon ye Claves; Lay ym in water for 4 or 5 hours; ye put ym into a pipkin, & power water on ym to cover ym over; & boyll ym very tender; ye take out ye bones and wash ym & cover ym with cleane water againe, & boyll them till ye water be a little Jelley; ye Straine it & Let it Stand till it be through cold, & take of all ye fatt; ye take 2 pints of this Jelley one pint of Conish wine 2 Nutmeggs ½ an ounce of Curriander Seed ¾ of a lb or more of ye best double refined Sugr 4 Spoonfull of Orange flower water; ye Juce of 4 Large Lemons a very Little Salt & to Clarrifie all together; with the whites of 2 Eggs very well beat, & Straine it through a flanned Bag; put it through 2 or 3 times till it run as Clear as Christally

The Ice Creame

Take a fine pan like a pudding pan ½ a ¼ of a yard deep, & the breadth of a trencher; take your Creame & sweeten it with Sugr & 3 Spoonfulls of Orange flower water, & fill yor pan ¾ full & Cover it with a Tin cover, & Lay it close up in Butter; have redy a course cloath Laid on ye ground & break yor Ice in pretty Lumps have redy 3 lbs of Salt petter 2 lbs of Rock Allum 3 lbs of bay Salt, beat ye Allum & Salt petter very well, & mingle it with yo Ice & bay Salt; Lay some this Into a Sleany pott; ye set yor Creame on ye Ice on ye pott & strew ye rest all over it, & ye clapse ye Cloath all over ye pott which will be Immediately close; ye Let it Stand Just 2 hours and no Longer; order yor time to yor dinner exactly; take yor warm hands and work about ye pan to Loosen ye Creame & it may turn out on a Salver, first take of all ye Butter & send quick to ye Table or it will melt againe;

The Blanch Creame

Take one quart of ye thickest Creame you can get, season it well with Sugr & boyll it well with some Rose water in it; ye take whites of 10 Eggs of 10 Eggs & beat ye with a little cold Creame, and when your creame boyles up put in yor Eggs; stir it well till it comes to a thick curd, & take it up & pass it through a haire Strainer & beat it with ye back of a Spoon till it be cold ye dish it you must Straine yor Eggs before you put ym into your Creame.

The Steeple Creame

To 15 ounces of hart horn get 3 Stone Bottles & into each Bottle put 5 ounces; and fill ye up wth faire water, & put into each bottle a Little Gum arabeck & Little Gum dragon so stop ym up close & set ym into a pottle of Boyling water & let them boyle 5 or 6 hours ye strain it & it will be hard Jelly; ye blanch 1 lb of almons & beat ym very fine & strain ym through a quart of Creame; ye take 2 lb of ye Jelly & put into ye cream broken it & set it on ye fire, till it be scalding hott, ke put in some Amber greece, & put it out into glasses, ye are broad at ye top & pocket at ye Bottom, & when they be cold turn ym out like Sugarloaves, Bake ye pine apple Seeds, & Lay ym in water a day before you use ym, & Lying in water they will come out like a flower & stick ym at ye tops & Bottoms of ye Creame)

Butter=milk Curds

Take 2 quarts of Buttermilk & as much new Milk from ye Cow upon ye Buttermilk; or else wth a wooden Cup warm ym so Lett it stand a Little & ye take ye ups wth a Skimmer, & Lay ym into a Cloth in a Cive wth Rose water, & let ym stand & drain till they be fine; so beat ym up wth Sugar & Rose water & Lay ym up in thick Creame)

The Quince Creame

Take a pint of Creame boy bil wth mace & Cynamon; & have ye yolkes of 6 Eggs beaten; put ym into ye Creame; & when ye Creame is pretty thick; take it off ye fire; & Slice into it 2 ounces of quinces; & 3 Spoonfull of Orange flower water, & have some quinces Sliced & Laid in ye bottom of ye dishes, so put forth ye Creame)

Almon Creame

Take almonds & blanch ym in cold water; beat ym fine wth rose water & then a Spoonfull of Rose water, wth a Little Musk and Amber Sweet this being done take yolkes of 6 eggs beat ym well; ye Creame being boyled wth only mace; put in ye almons, & ye they be well mingled put in ye Eggs; they must not boyle but simper, so when its thick take ym off; your Creame must be an all pint; ½ lb of Almonds six whites of Eggs; garnish it wth gilded almonds & dried Cyprom)

The Imperiall Creame

Take a quart of faire water & 6 ounces of hart horn put it into a Pint Bottle keep it close & tye down ye Cork & fill not ye bottle too full Set it into a pott of Boyling water or into an Oven to bake; so let it Stand 3 or 4 hours Straine it through a Jelly Bag & let it cool having ready 6 ounces of Almonds beat very fine put into it just so much Creame as thick & mix yt together, let Straine ye almons and Creame first, & yt all together over a fire again till it be scalding hott, yt Straine it into narrow bottome wine glasses, so let yt Stand a whole day and when you turn yt out Stick yt all over with blanch'd Almonds, slit small & so serve them up

A Creame Cheese to be made at ye hottest time of ye year to keep all ye winter

Take 4 quarts of new Milk & one quart of Creame, set it to Rumett as you do other Cheese, & when it is come do not break it nor wray it but with a fleeting dish take it up & lay it into yo Cheese male which must be made like a brick mould & 2 boards for it to Stand on made very thick of holes, lay no weight on it, but when it is wrung one side turne it on ye other dry board; and so do till it be fitt to last, & when it is salted on ye dry keep it wiped & Cleane & turned till you eat it; it will keep 2 years

A Creame Cheese

To Jacob

Take 3 English pints of Creame, & 6 quarts of new milk from yo Cow boyle ye Creame once up, & yt put it to ye Milk; if you have not yo Milk from ye Cow yt warm a pint & put to it, & when you have Slid ye Creame & Milk well together; put in 2 good Spoonfull of Rumet, If ye Rumet be not Strong put in 4 Spoonfull & Stir it well together, so cover it with a cloth till ye Curd come; it must be long, but not too long, yt take it up gently with a flooting dish, & so fill up yo Cheese fat by degrees till it be full & even, & as ye Curd sinks put in more, Let a board full of holes be under yo fatt, & ye fatt without bottom; take Cleane Napkins that do not smell of Soap, & wring ye out of faire water & lay yt on ye Curd, one after an other as soon as they be well wrung lay on an other; so do till ye curd sink a good deale & ye when well take it out, after yt you may lay on one only half hour, & yt once in an hour, & so continue till yo 2 a Clock att night; yt turn ye Cheese into a Cleane Napkin, & so turne it once in ye morning & once at night, till it be dry enough to turn out on a board; which will be in 2 or 3 days; & yt salt it on ye upper side in ye morning and at night on ye other side; turning it & when ye salt is worked in to it lay fresh grass under & over turning it twice a day, constantly laying it dry where it may have ye fire; & no Sun till it be ready to eat

Mrs Fountaines Cheese Cakes;

For past take a quart of fine flowr or more; ¼ of Sweet Butter rub it into ye flower wth a quarter of a ℔ of Sugr beat fine & 2 Spoonfull of Roserwater make it up into ye past & Lay it in ye past ye pans for ye Curds take ye yolkes of 12 Eggs beaten 1 pint of very thick Creame; boyle ye Creame putting in ye Eggs w^n the Creame boyles up; then put it into a Cloth over a Cullender to whey; Sett some new Milk wth Rumnel for yor other Curds & when you would temper ye^m both together; take 1 ℔ of Currans ¾ of a ℔ of Butter half a ℔ of Sugr a quarter of an ounce of Nutmeg 4 Spoonfull of Roserwater Bake ye^m in a quick Oven/

The Froth Creame

Take a quart of Creame ye^e whites of 6 Eggs beat ye^m up into a froth, Sweete ye Creame wth Sugr Musk & Ambr Let it boyle till it be pretty thick & Stir it till it be cold/

A Lemon Creame

Take ye Juce of 6 Lemons ye^e whites of 16 Eggs 7 or 8 yolkes & fine Sugr to Sweeten ye^m, to keep ye^m Stirring wth a little Ambergreece & a little butter till it be thick ye^n put it in a Creame dish, ye Eggs must be beat & yor Stove not too hott/

The Boiled Creame

Set 3 gallons of new Milk on a fire till it boyle; ye^n make a hole in ye Middle & put into ye hole a pot full of Creame Let it boyle together half an hour; ye^n put It into 3 Milk pans so Let it Stand 2 dayes If ye weather be not too hott ye take of ye Cruds wth a Scummer/

The Spanish Creame

Put 2 quarts of creame into a Kettle wth a blade of Mace, & when it boyles up have 2 gallons of Milk from ye Cow, & Still as it boyles up put in a pottinger of Milk till all be In; then let it boyle up once; & take it of & Straine it into 3 or 4 pans so Let it Stand till ye next day; ye^n take ye Creame off & put it into a Silver Basson Leaving a piece whole to Lay on ye top when you Serve it up but before you put it into ye Basson (you designe to serve it up in) you must wth ye back of a Spoon beat it till it be like butter for fineness ye season it wth Sugr & Roserwater, & put into yor dish & Lay ye whole piece of Creame over it & Serve it up/

To make ye Clodding Cream

Boyle some codlings in white wine till the be soft, ye Stram all ye pulpe through a haird Strainer, & take a pint of sweet good Creame, boyl & thicken it wth ye yolkes of 2 Eggs, & while it is hott put in ye pulpe, & keep it with continuall Stirring till it be cold, you must Season ye pulpe before you mix it with Rosewater & Sugar

Cold Syllet

Boyle a quart of Creame wth 3 or 4 yolks of Eggs take a pint of wine; a quarter of a lb of powder Sugar; Balme Rosemary & mint, & ye Juice of halfe a Lemon; when ye Creame is blood warm hold it up a great height from ye, & let it run in wth a Little Stream ye Cover it Close & let it Stand Close 3 or 4 hours

To Sack Creame

Take a quart of Creame boyle it & put in ye yolks of Eggs wth a Little Sack; so put ye Into ye boyling Creame being Sweetned wth Sugar, & Stir it all one way till it be thick

To Make Egge Creame

Take a quart of Creame Sweetned wth Sugar musk & amber & nutmeg; & take ye yolks of 5 Eggs, & put In & boyle it till it be very thick Stirring it all one way & when it is Cold it is ready to eat

To Make Fresh Cheese

Take some Clouted Creame & beat it a good while wth a Little wheyish wth amber & Rosewater, & put it into a wide Cheese dish Let it Stand 12 hours ye put it out & Creame over it

To Make Almon Butter Gelley

Take ½ lb of ye best Almons Blanched & beat fine, 9 yolks of Eggs beaten so put yo Eggs into ye Almons, & Strain out the Almons; yn set a quart of Creame or more on ye fire, & when it boyles put in a Little Leamon Pill & ye Juce of Leamon only dropping it in, & put it into a Glass & let it hang a day or ½ put it out into dishes/

To Make Almon Creame

Boyle a pint of Creame very well; yn beat a good handfull of Almons w.th Rosewater till ye bee very fine, yn take the Creame off ye fire & put it to ye Almons; stir them together & strain it & season it w.th Rose water & Sugar, & so let it boyle a pace till it be thick & serve it in/

The Orrange Fole

Take ye yolkes of 12 Eggs & 2 whites beat ym well & put to it ye Juce of 8 or 9 orranges, strain it & season it w.th fine Sugar & Rosewater & Amborgreece; put in as much butter as a wallnut; yn set it on a fire & stir it till it be thick, & yn dish it, ye butter & Amborgreece must not be put in till it be almost made/

To Make Orrang Creame

Take a pint of Creame & boyle it with 4 or 5 pastiles, & a bitt of Orrange Pill & Stir it till it be about ye heatt of New Milk: & have in Readinesse ye Juce of 4 or 5 Orranges & 2 Leamons Sweetned w.th fine Suger & Strained into ye Chinay dish you make yo.r Creame in; & put a Little orrange flower water Into ye Juce; & fol ye dish upon ye ground & poure ye Creame Into ye Juce: you must pour it high from ye dish that it may bubble up: so let it Stand 5 or 6 hours in ye Summer; in ye cold weather it may Stand all night before you Serve it/

Take a pint of good thick Creame yt will hold boyling, & take 6 yolkes of Eggs and beat ym & Mingle ym w.th ye Creame, yn take halfe an handfull of Blanch'd Almonds, beat them Small Adding now & then a Spoonefull of Rosewater, to keep ym from Oyling; yn Straine it out w.th a little new Milk, & Mingle it w.th ye 6 Eggs & Creame, Straine it through a Cushin canvas. Stramer & whea it as you do Cheese, lye it & hang it up till it be throughly cold, yn beat as Smooth as you can, & Season it w.th double refined Sugar beat & Sifted, & a little Rosewater & make it up like a fancie & so serve it up.

Very Good Cheese Cakes

Take 2 gallons of New Milk; put Some Rennet to it as soone as it comes from ye Cow; let ye Curds be very tender & drayned from ye whey, yn put to ym Some Creame and butter & yolkes of Eggs well beaten; & 1 lb of Currance well beaten & plumped, & a little grated bread Crumes; let it not be too thin, Season it w.th Sugar Nutmegs & a little Salt, & bake yn In rolan Crust you please.

A Buttermilk Creame

Take 2 quarts of buttermilk & as much New Milk, & w.th a Wooden Cod milk it warme into ye buttermilk, & let it Stand a little, yn take it of w.th a Schummer, & Lay it in a Cive to draine till ye Curds be dry, yn beat yn w.th Sugar & a little Orange flower water or Rosewater; & Laythem In ye dish In round Spoonfulls, & put to ym very thick Creame.

A Thick Creame Cheese

To every 5 quarts of Stroakings put a quart of Creame about 13 quart will fill ye fatt; you must heat ye Creame before you put it to ye Stroakings scalding hott; put ye quantity of Runet according as it is In strength & when it is com you must Lay a Choop Cloth In ye fatt, wth a Scumming dish take it up & Slip it Into ye fatt, not breaking ye Curd nor touching it wth ye hands at all, as ye whey Shrink from it so as still keeping ye fat full and all ye Curds put up; you must put a little Salt at twice In it as you fill as nere as you can gesse when 1/3 part put In; It will be at least an hour in making when all is in put a Little Salt on it and turn ye Choop Cloth over it & Lay a very Little weight on it not above 3 or 4 ℔ & about an hour after turn it Into a fresh cloth, & do so every day 2 hours before you go to Bed, & Lay no more weight on it till ye afore; ye take it out of ye fatt & rub it round wth a Little Salt, ye take a Cloth & puble it & pin it round ye sides in ye Cloth, & change it every night & morning untill it have Left Sinking, or else it will fall flatt; after this dry it as you do other Winter Cheese.

An Almon Vflan

Take 2 ℔ of Almond blanch't & beat very fine putting in ye yolks of 10 Eggs; & grind in to gether & Straine in wth a quart of Creame Raw; ye take half a ℔ of dates and cut in Small pieces & put in to ye Raw Creame, & season it wth Cynamon gingerbrd a Little Rosewater & Sugar, & bake it in Coffins of past; w^n they are almost baked enough Ice it; If you please you may gild some Almonds and stick in on ye Custards w^n you serve them up

Almon Butter made w.th Milke

Take a quarter of a c of ye best Almonds blancht in cold water & beaten very small, for ye beating put in some New Milk & Rosewater lest ye; take ye a quart of very thick & sweet Creame & ye yolks of 12 Eggs beaten very well in a little of ye Creame & put ye rest of ye Creame to ye; & put about a quarter of a pint of New Milk to ye Almons, & strain ye into ye Creame till there be no strength left in them, & strain ye Creame Eggs & altogether into a Kettel & set it over a Charcoal fire, & stir it till it become to a tender Curd, & put it into a strainer & hang it up till all ye whey be run out, & take Cinnamon of ye best double refined Sugar sifted very fine, & a little Rosewater & so beat it into butter w.th a spoone

Cream Cheese

Take 2 quarts of New Milk & one quart of Creame; put them together w.th 2 spoonfull of Runnet, it must be just so warm as it comes from ye Cow; you must boyle ye Cream before w.th some Mace; & take out ye mace; cool it & put it into ye Milk and Creame before ye Runnet goes in; & ye yolks of 2 new laid Eggs beaten very well & strained, & 2 spoonfull of fine sugar; stir ye Creame Milk Runnet Eggs & Sugar very well together w.th a scumming dish; & ye Milk is cuned strain it into a wooden boul; & w.th ye scumming dish take up ye Curd gently without breaking & lay it in ye strainer, & when you have drained out all ye whey; & put it into a fatt & lay on a 2 lb weight; & shift it every 2 hours in a dry Cloath, after 6 hours lay 4 lb weight on it & a stronger as ye whey is well prest out, & rub so much Salt as a walnut round about it & let it so lye for an hour, & wipe it cleane & wrap it twice a day in fresh grasse; & it will be ready to eat at 4 dayes end

A Codling Creame

Take 20 faire Codlings pill & core ye: & beat ym in a Stone Morter wth a pint of Creame, yn Straine ym into a dish, & put into yn some bruised bread Crumbs (& a little Sack if you like it) & some Sugar, & dish it up so you may order goose berries

To Make a Posset without Milk

Take Sack white wine & ale of each halfe a pint, put thereunto halfe a lb of Sugar; a Nutmeg quartered being before lain in Rose water; 2 or 3 blades of Mace; put those into a Silver Saucepan to boyle in a Kettle of water; wn it hath boyled a prettywhile have ready ye yolks & whites of 14 Eggs well beat but not over much, for if they will not Curdle; take out yo Spice & pour in yo Eggs & Stir altogether it will rise to a pleasant Curd

Almon Butter Best Way

Take 1 lb of ye best Almonds, & blanch ym in ye best way & let ym Stand there a prettywhile; yn put ym into a Stone Morter & beat ym Exceeding fine, & ordes you beat ym Cast a Spoonfull of faire water upon ym, & so beat ym very fine still, & yn take ym up into a big dish & there to put 2 or 3 pottingers of faire water, & let ym Stand awhile being covered wth a Cloth Least any dust should come into ym, so done Straine ym into a Bason of Silver through a Napkin, still keep ym Covered yn take yo Strained Almons out of yo Napkin, & put them into yo Morter againe & beat ym & put a Pottinger of water to ym again & Straine ym to ye Rest of yo Almon Milk (as you did before; Likewise use ym so ye 3d time; yn take yo Almon Milk & Straine it into a faire pan, through a Cleane Napkin yn take a pottinger of ye Milk & Sett it by & put a prettyquantity of Salt in & so let it Stand; yn put ye pan of milk over ye fire & let it boyle 2 or 3 times up; yn put in yo pottinger of Sack yo Milk in & Salt & let it boyle a prettywhile after; yn take it of ye fire & take another Cleane Napkin & let 2 hold it abroad, & wth a Spoon cast it over yo Napkin one Spoonfull after another, & let they run out, & when it is all Cast on yo Napkin put it together wth yo Spoone & tye it wth a packthread, & Hang it up on a Naile all Night yt ye whey may run out, & next Morning take it into a dish & work it wth a Spoone, & as much searched Sugar as will make it Sweet; & a little Rose water to make it Last, & so make up as now ye fashion of a quarter dish of Butter as you can, and Lay ym on a Kin plate

Take tender Curds of 2 gallons of New Milk & one quart of Creame; when ye Curds dry & run yr through a Cordas Strainer add to this ½ lb of ye best butter, a pint & of ye best Creame, ye yolkes of 12 Eggs & 2 whites, Nutmegs & Rose water, Salt, Sugar to ye tast, Mingle these all well together, & ye add ½ lb of Currance washd dryed & picked, Mingle these all together, & put yr into Ebb: Coffins, & bake yr in an Oven not too hott.

Milk Leach

Take a quart of Creame & boyl it; & in ye boyling of it put in dissolved Isinglass; Stirring it till it be very thick; yr take a hand full of blanch'd Almonds, beat yr very fine & stir yr into ye Creame & yr put it into a dish, & when its cold slice it & lay ye slices upon a Salver or China dish.

A Pretty Dish of Creame

Take a quart of good Creame & boyle it w.th Mace & take ½ lb of Rice beat it & sift it fine as flower & boyle it w.th the Creame to y.e thickness of a Gellies & sweeten it w.th Suger & turn it out in a shallow Basson & when it is cold slice it on a Silver plate, ere you may eat it as you do flommery w.th Creame, w.ch you do boyl it forgott not to make it last off Rosewater, this is a Creame you cannot tell well what it is made of only they y.t make it.

A Leamon Jellibut

Take a pint of White wine & squeese a Leamon into it and put a good quantitie of Suger in, take a quart of good Creame & sweeten it w.th Suger & let y.e Cream be milk warm Into y.e wine w.th a Wooden Spoon, & let it stand awhile.

The Cabbage Creame

Take y.e Milk from y.e Cow but not y.e droppings when it is warm & put it Into a Brasse pan cleane scowred, & set it on y.e fire, keepe it w.th Stirring y.t it may not scum, till it be reddy to boyle, y.n take it off y.e fire & put it abroad in sodall Milk pans y.t are shallow & when it is cold have reddy a dish & plate to Lay it on, y.e plate should have holes in it for y.e Milk to run out, y.n put y.e hand under y.e Creame or rather y.e scimme of y.e Milk and gather it on y.e fingers & lay it on y.e plate, & when you have Layd one flooring on, y.n w.th a cleane Brush sprinkle some Rosewater or orange water over it, & dust some Suger over it so lay y.e all on over, serving every Layer so, y.t is every leafe of y.e Cabbage and when you have taken all y.e scum of you must heat all y.e Milk together againe, & w.ch it is on y.e same heat y.t it was before y.n take it off y.e fire & put it Into y.e pans abroad again, & when it is cold take it up in y.e same Manner as you did before forgetting nothing, & still heat y.e Milk till y.e Cabbage is as high as you would have it, 6 gallons of Milk will make a good Cabbage.

Take 3 gallons of New Milk & a gallon & ½ of Creame, boyle ye Creame with some Large Mace, & stir it till it be as cold as New Milk, & put ye bothe together with so much Runnet as is fitt, & let it come very hard, & take up ye Curds with a slotting dish & lay them in yo fatt & with yo Curd stray in a little Salt, & when ye Curd is fatt in let fall let it stand till ye next day then turn it & cast on a little Salt on ye side for 4 days turn it every day once, & as it drys rub it with Clothes and if any crack be in it put some butter In it & when you take it out of ye fatt, rub it about ye sides with Salt & Cloth time to make ye m is In July & they may be eaten ye winter after.

Cream Cheese

Take 1 gallon & halfe of Streakings & put to it a quart of boyling water & one handfull of Mary-gold flowers boyled in ye water & strained, & put in yo Runnet & as ye Cheese cometh take it gently forth & put it Into yo fatt & so make yo Cheese; & turne it Into a dry Cloath into ye fatt, & put it Into ye press & after it hath bin In ye press an hour take it out & shift it into dry clothes & so continue shifting it 5 or 6 times about 5 of ye Clock in ye afternoone; take it out & Salt it & put it Into a dry Cloth againe & let it be there till bedtime & take it out of ye press & shift it into dry Clothes for twice a day 4 or 5 days & put it Into fresh Nettles & let it lye in Nettles shifting them every day fresh till it be redy to eat; in a fortnight or 3 weeks it will be redy to Eat. this a very good Cheese.

Cold Cream

Take a pint of Sack white or Renish, & a good quantitie of Sugar, a quart of good Creame a Lemon cut round & a little Nutmeg & a little Cynomon a sprig of Rosemary, & pour ye together & let ye stand awhile ye boil it up with a Rod till it rise & so take it off with a spoone as it Riseth, & lay it In ye pot or Glasse & so serve it up.

Almond Butter

Take ½lb of ye best Almonds blanch't in cold water, & beat them in cold water very fine, & straine ye out through a Cloath & ye beat ye Almonds again with some water, & straine them again & so do till you have got all ye good nesse out of them, & put yo Almond Milk over ye fire & when it ready to boyle; a quantitie of Rose water & Salt will turne it, give it one boyle & take it of ye fire, & lay it over a Lynin cloath, & let all ye whey run out, & take it into a dish with some fine Sifted Sugar as much as will sweeten it, and some Saffron steept in rose water to cullor it, but not too much, & work it with a Spoon Like Butter

A Trifle

Take a pint of Creame & boyle it with a Little Mace Cinnamon & a Little Rose water & Suger to make it Swoot & when it is as cold as new Milk put in half a Spoonfull of good Rumnot, & when it is come serve it up in a Creame Dish

A Junkets

Take a quart of new Milk & a pint of Creame & put it warm together with a good Spoonfull of Rumnot, & when it is come with a Cloth wringe out of cold water gather yo Curds & put them into Rushes till ye whey be run out, so serve it in creame or slices alone/

Curds & Creame another way

Take a pint of Creame & a pint of Milk & boyle them with a Little Cynament & cloves, & take ye yolkes of 4 Eggs beat them in Sack & Suger & let it boyle till it break, & then lye it in a double Napkin & hang it upon a naile to run ye whey out, & when it is dry put in balls into thick Creame Swoetned with Suger & then serve it up. you must begin to make this at ye spring of day or it will not be redy for dinner but it may be kept cold in ye house/

Take new Milk as it comes from ye Cow 5 or 6 gallons & some Runnett as is fit as soone as it comes from ye Cow, yt it is come do not break it all but when it betweene two in a Cloath, & yn put it into a Cheese fatt wth a Clean cloath & wth 3 or 4 weight, & when it is pretty well prest turn it into a dry Cloath 5 or 6 times, & in ye afternoone salt it gently, & yn put it into ye press againe till night yt take it out of ye press & shift it into dry Cloathes, for 5 or 6 dayes twice a day, yn shift it into wett cloathes till it growes soft & yt it is redy to eat

A Jelly

Take 2 quarts of creame & put in a blade or 2 of mace & let it have one walme, take so much faire water in another pan, & let it boile, yt take 2 quarts of New Milk hot from ye Cow & put to ye Creame & ye water boyling together, put in 2 spoonfull of Runnet, & as soone as you see it begin to come before it appeares lowred take it up gently wth a fleeting dish and put it into a Cheese fatt wth a cloath under it, you must make it in ye Morning & salt it at Night, but wth Little salt ye next morning lay it in hay & change it twice a day It will be redy in 2 weeks time, you must not lay too great a weight upon it when you press it

The White Custard

Take a quart of good Creame & boyl it wth a blade of Mace & sweeten it, yt take 6 whites of Eggs & whip yn to froth wth ye whisk & after stir yn into ye creame, set it over ye fire stirring it continually till it be thick yt take it from ye fire & pour it into ye custard dishes, & when you serve it up dust some Sugar over them

To make Cheese Cakes without Curds

Take a quart of good Creame, 9 Eggs, beat ye very well taking out ye treads; ye put to ye Eggs 5 Spoonfull of flower; beat ye very well together, & to ye Creame boyled pour ye yeyd Eggs; keeping ye continually stirring, till it grows to a good thickness. ye take it of & put in a good peece of New Butter into it, & season it with Salt Sugar Nutmegg & a little rosewater, & halfe a ye of Currances; after they are washed dryed & pickt, & bake ye in ye pattyn with fine past & butter ye pattyn.

To make Fresh Cheese without Runnet

Take 6 new Laid Eggs & break ye in a Basson yolkes & whites both together, ye be sure to take out ye treads, ye take a quart of good Creame & put it over a fire, bruise a Nutmeg & tie it in a thimbil of Muslin, & put it to ye Creame & also ye yeyd Eggs with a little Salt, & 2 or 3 Spoonfull of Rose water, set it boyle on a soft fire, ever stirring it till you see it gather to Curds, & ye water Lye about it, ye take it from ye fire & pour it in a Clean Cloth not too thick, holding it over a Basson ye ye whey may run out lay it down in ye Cloath in a dish, & put as much Sugar into it as will sweeten it, & work it with a Spoon, ye strain it through ye Cloath into a dish, & put it into a little dish or Sever to fashion it & let it stand an hour or 2 & when you serve it up wheame it into a dish, & ever it with thick Creame.

Creame Cheese

Take ye evening Creame of ye Milk of 3 or 4 Cowes; & carry it in a pott covered, & Milk into this Creame ye Milk of 3 or 4 Cowes, Milk it very leasurely into ye Creame. ye bring it home & put such a quantitie of Runnet into it as you would do a pottle Cheese, let ye Milk stand to blood warme, & so make it after ye Manner of other Creame Cheese.

A Creame Posset ye best way

Take 12 Eggs wth 2 or 3 of ye whites, take out ye Lirdad & beat ym well & put ym into ye Bason you make ye posset in wth ½ lb of Sugar & a pint of Sack & a pint of Cream & Shred & Mingled together, set it upon a Chafing dish of Coals till ye Liquor be blood warm, & take a quart of Liquor ~~& ye~~ & let it boyle up pour it into ye Bason cover it wth a warm plate, set it upon a Chafeing dish of Coals till it be ye thicknesse you would have it, If you would have it bigger ~~how~~ double ye quantity,

A Shipt Sillibub;

Take a quart of Creame & a pint of white wine Sweeten it to ye last wth ye Juice of a Lemon & ye rind of half a Lemon & put it into a pot & whip it well wth a whisk & as ye froth rises take it up wth a Spoone & lay it into ye Sillibub Glasses, & so continue till ye Glasses be full let ye last lie it stand 10 or 12 hours make it in ye morning for night & in ye evening for dinner,

The Rich Lemon Cream

Take 2 Large Lemons pare off ym & squeeze out ye Juice into a Pottinger, & wash out ye Kernells of ye Lemons wth a Spoonfull of water, Cut half a Lemon rind small & let it lye in ye Juice till it hath given it a pleasant taste, & put to it ½ a lb of loaf Sugar ye beat ye whites of 4 Eggs very well, & put ym to ye Juice & Creame all very Clearly together through a Sieve & Cloath, & set it over a very slow fire, constantly stirring it all one way, & as soone as you perceive it grow like a Jelly, take it of immediately & fling in 2 Spoonfull of Orange flower water, & take off ye froth ye will rise, & lay by Spoonfull, In ye bottom of a China dish, If it be done right it is as Clear as ye finest Jelly, boyle some of ye rinds very tender to garnish ye Creame to ye Content,

Peare Cakes & Orranges

Take ye best Bermoodo Orranges, Cut them In pieces & boyle them in a
Large Kettle of Water till they be very tender, & ye Strain out all ye water
from them, & shred ye very small wth a knife on a trencher pick out all ye
Seeds & Strings & put all together, & make Jelly of John Appleton & English
pippons make it very Strong, & take a ½ lb of ye best double refined Sugar
& Half a pint of pippin Jelly, Let ye Sugar be finely beat & boyle yem well
together, & put ye Juice of ye Orring In, & one Spoonfull of ye Juice of
Lemon, & take ye waight of all this for double Refined Sugar, and
boyle it by it self to a Candy height, & put all together & keepe yem
Stirring continually on ye fire till ye Sugar be Melted, but not boyle
ye, Let ye Stand off ye fire a while, & set ye on a gaine a little Still Stirring
ye, be carefull ye they do not boyle this do Limes & put ye into
Glasses, & ye next Morning put ye into yes Stove; & dry ye wth Lre
even fire/

Peare Cakes & Orranges

A

Take ye best Bermoodo Orranges, Cut them In pieces & boyle them in a
Large Kettle of Water till they be very tender, & then Strain out all ye water
from them, & shred ye very small wth a knife on a trencher pick out all ye
seeds & strings & put all together, & make Jelly of John Appleton & English
pippons make it very Strong, & take 2 lb of the best double refined Sugar
& Half a pint of pippin Jelly, Let ye Sugar be finely beat & boyle them
together, & put ye Juice of Spring In, & one Spoonfull of ye Juice of
Lemon, & take ye weight of all this In double Refined Sugar, and
boyle it by it self to a Candy height, then put all together & keepe them
Stirring continually on ye fire till ye Sugar be Melted, but not boyle
it, Let it Stand off ye fire awhile, & set it on again a little Still Stirring
it, be carefull it doe not boyle this do 3 times & put them Into ye
Glasses, & ye next Morning put them into ye Stove; & dry them wth an
even fire/

Lord The Right H

Tweddale

To David H

Lord The Right Honble Lord

Tweedale

To David Wright

For 41 Days Work at 1/9 £4

Collewes & Examined

To dry Cherries

Take 4 lb of Kentish Cherries & pick ye farrest of ym yn take out the Stones & save ye Cherries & an lay yn to make ym fat wn they are Stoned & put 1 lb of Suger finely beaten, strew some of ye Suger in ye bottom of ye pan, & yn Cherries & ye Suger till all be In, yn set ye pan over a slow fire, & w you hear ye Suger his take of ye pan & shake ym, and so do overall times till all ye Suger be molted, & Sirrup enough to boyle ym In; let yo fire be quicker & boyle ym often shaking ym till ym boyl up 4 or 5 times, yn put ym into an Earthen pan, Cover ym Close & let ym Stand till ye next Day; yn beat ym & put ym into ye Earthen pan ye second day, ye next morning heat ym bolme, that they may Stand In their Liquor till ye afternoon, yn they may gain their Coullour againe wn Keeping In ye Liquor, yn take ym up one by one & Lay ym In Boxes & set ym in ye Sun or a Stove & wn they be very Drought, take a China Basson full of warm water, set upon a few Embers, & take a hand full of ye Cherries at a time & wash them In some of ye warm water & fling ym into a dry Cloth, & take every Cherry & wipe it & flat it between ye Cloth yn wipe ym wth & yn Lay ym on a Cloane Cive againe, & Sett ym to dry again for one day & put ym up In Boxes wth papers between.

To preserve Barberries

Take yo Barberries wch are rip red & Large & in yo pott or Glasse lay Suger in ye bottom of yo Glasse, & yn a Layer of Barberries & so continue till yo Glasse be full, & let yo Suger be beaten fine & lye a paper or bladder over ye very Close & so Lett ym Stand for yo use, & they will Looke most dilicately Coullured & Beautyfull

To dry Barberries

Take yo. Barberries & Stone them & take some double refined Suger & put to it as much water as will boyle it to a Candy height & put in yo. Barberries & let them heat on ye fire, but not boyl; then Skett & Stand a day or 2 in ye Sirrup; then put them into a very clean Cullender & draine away ye Sirrup then Lay them on Glasses to dry & Sett them on a warm Stove/

To Dry Aprecox

To every lb of Aprecox take ¾ of lb of double refined Suger; divide it into 2 lbs & to one part Lay yo. Aprecox as you part them & let them Lie in ye Suger an hour, then Set them over a fire & boyle them Carefully till they look Cleare; then take them out of ye Sirrup & boyle ye other part of yo. Suger to a Candy & put ye Aprecox in, & let them only be on ye fire a Little while not to boyle & so Let them Stand in yo. Stove in ye Sirrup for 2 or 3 dayes every day heating ye Sirrup & after dry them in yo. Stove/

To Candy any Sorts of Flowers for Tallets

Take flowers of any Sort, & pick of ye Leaves & Stakes from ye flowers; make a strong Sirrup of Suger & put in ye blossoms of yo. flowers, as many as will goe in ye Sirrup; boyle them with continuall Stirring till it be turned to Suger again then Set it of ye fire, & with ye back of a Spoone Stir them & break ye Suger from them & they will be Candied & no Suger seen upon them

To preserv ye Morrella Cherrie

Take 2 lb of ye fairest & best Morrella Cherris & ½ lb of double refined Suger in ye bottome, in ye bottome of yo. pan & yo. Cherries, put some of ye Suger in ye bottom & ye greatest pt over them, boyle them a quarter of an hour let them boyle over a very gentle fire at ye first till all ye Suger be Melted (or ye Suger will burn) take them of from ye fire & shake them ye have ready a pint of ye Juce of Red Currance, only bruse in a Morter and Strained, & ½ lb of Suger; while this Juce & Suger is a heateing draine ye Liquer through a Cullender from ye Cherries & put ye Juce of Curtance in redy to boyle put in yo. Cherries & give so much boyling as will Jelly them, for ye walnuts will do it then take them very neately up & close up the of ye be ragged with yo. finger & cover them deep with Jelly, you may put them up into a Bottle with you draind out of yo. Cherries & it will be rare wine/

The Flech of Aprecox

Take a pint of ye purest of Jelly of John Appples & ote of Aprecox pared & Sliced into thin Chipps & 1 lb & ½ of ye best double refined Suger & boyle ym till they Jelly. Strain it very cleane & take it up Into very Shallow Glasses; If you can gett ye Jelly of white Carrance or white plumbs will do as well as John Appples, Keep a Little of yo Suger out in yo boyling it will make it ye Sooner Jelly.

The Flech of white Quinces

Take a Large Kettle of faire water & when it boyls fling in yo whole quinces onely ye cores taken out, keep yo Quinces turning ye both Sides Coddle yn take ym up into a dry Coale close covered, & when they be pretty cooll hold ym in a Cloth & pare ym & Slice all ye is very white Into thin Chipps, dusting some fine Suger over ym. yn take 1 pint & halfe of ye Jelly of John Appples & 1 lb of ye best double Refined Suger & when it boyls up fling In 2 lb of ye Sliced Quinces & 2 lb more of Suger & boyle it very fast till it Jelly yn take it up Into Shallow glasses yt ye Clear Jelly may be seene from ye Quinces.

To preserve ye Kentish Cherrie in Jelly

Take 2 lb of ye fairest Cherries nor pe & Stone ym, & take ½ lb powder Suger & strew some in ye bottome of ye pan & ye rest among ye Cherries, Set yo pan on ye fire & when it hisses take off ye pan & gently Shake ye Set ym over againe & boyle ym till they be almost Enough then put them gently Into a Cullender to draine out ye Sirrup yn take & halfe of ye Juice of Red Carrance & w.th 1 lb & ½ of Loaf Suger & when it is ready to boyle put in ye Cherries out of ye Cullender & boyle ym after take ym of ye fire & Shake ym gently & when you see ym Jelly take ym off ye fire againe, & Shake that be Ragged close up w.th yo fingers & lay ym in yo Glasses & when they be a little cold cover ym well w.th Jelly.

To Dry any fruit w.th out &c

Take peares or pippins & Lay ym In a cleane Earthen pan one by one, Bake ym full but not to crack; yn Lay ym on Cive Bottoms in an Oven w.th only a drying heat & So every day turn ym till they be dry;

To Candy Grapes or Gooseberris after you have preserved them

Take your Grapes after you have preserved them & dip them in warm water suddainly to wash off the Ropie Sirrup; then strew them over with searched Suger as you would do flowrs upon fish if you would fry, & set them into a warm Oven 2 or 3 times; never letting them to be cold till they be dry, & they will look like Sparkling Diamonds.

To make Suger Plates of any Cullor

Take ¼ of a lb of the best double Refined Suger searched very fine, take Gum dragon & disolve it in Rose water & put a little Musk in it; & a little powder of fine white starch beat it all together in a Stone Morter to a perfect past, then Role it thin with a Rowling pin, & cut of what fashion you please; you may you may Coullor your past with the juice of Roses, Violets, Marygolds or Sorrell, any of all these Sorrall coullors you please & when they be Rould out pretty thin then lay one upon another; putting one white one between every coullour, one, then Role them up hard together, then wett with a feather dipt in gum water cut them in sheets & Role them out thin & lay them on sheets of paper & dry them before the fire or in a Stove.

To make Gumballs or Cakes

Take Apricox or any other fruit & seald them till they be tender, & then press out the pulse through a haire Sive & take the weight in double refined Suger beat & searcht & put the Suger to the pulse; then boyle it till it be so thick that it will not run abroad, then drop it on a smooth board till they are run as thin as you would have them & set them in a warm Stove till the next day then turn them but first Starch a little fine Suger over them; so doing till they be dry, they must be turned upon paper; but if you make Gumballs it must boyle till it be so thick as to Role on with fine searcht Suger & lay them in knotts, & dry them.

Orrange Wafers

Take the best Bermoody Orranges & boyl them in fordall waters till they be tender take out the Kernells & juice & beat the Orranges to pulse in a Stone Morter & drive it through a haire Sive & to a lb of pulse take a lb & halfe of double refined Suger beat & sifted as fine as flower, take halfe a lb Suger & put it to the pulse, & boyle it till it will Rope, then take it of & make it up with the other part of the Suger; make but a little at a time for it will dry too fast, & so Role it out upon paper in the fashion of a Wafer

Apricock Past

Take ye ripe Apricox & pare ym & slice ym into a silver Basson & put to ym the Juice of White currance, & to every lb of this take ~~lb of~~ double refined Suger, to every lb of ~~Suger~~ Apricox put half a pint of ye Juice of Currance; boyle ym over a quick fire; & boyle ye Suger to a Candy height & mix ym together till all ye Suger be Molted & put it into ye Glasses & set ym in a warm Stove to dry

Past of Green Nectrines

Take ym & pare ym & slice ym into a pan with half their weight in double refined Suger & boyle ym till ye be tender, but break not ye Lump too Small, & take ye other half of ye Suger & boyle it to a Candy height & ym shi it allogether; warm it over ye fire till all ye Suger be Melted but by no meanes let it boyle & put it into ye Glasses & put it into ye Stove to dry when it is cold

To Keep Fruit as Damsons & Grapes fresh till Xmas

Take a deep Earthen Pott, & a forked Stick: hang ye Grapes or Damsons upon that Stick & Sett ye Stick upright in ye pott, Stoppe it Close with clay & so office get in; take Orranges & Leamons & Lap ym thick in clay; put ym in ye Bottome of ye pott, & so may you keep Orranges and Leamons all ye are, & ye Grapes & damsons till Christmas; if you Stick Rose Budds in this pott in clay you shall find ym fresh till Christmas

To Dry Damsons or any other plumbs to Look as blew as from ye Tree

Take ye best & fairest Damsons you can get weigh them & wipe them clean & slit them in ye Shames & take out ye Stones; to 2 lb of plumbs take a Pound and halfe of Leafe Suger; take as much water as will make it Sirrup; then boyl it & Scum it cleane; let it Stand till it almost cold then put in ye plumbs with ye Slitts down; put them over a gentle fire till they be pretty hott; then take them of ye fire & let them Stand till they be cold; then put them on ye fire as before & make them hott but Let them Stew in Sirrup Leasurely so do thrice or thrice ye first day; then let them Stand till ye next day; then heat them as before once or twice till you see they are very tender; then let them Stand in ye Sirrup till ye next day then take them out & put them in Pewter dishes or white plates with ye Slitts Doune then cover them close with platts or other dishes; put them in a warm oven but besure it be not too hott; then every day Shift them the Sirrup is dryed from; ye Sirrup when you scalded yo plumbs in you may put more of ye Same plumbs or Mussell plumbs into it as many as you think will make it pretty thick pulp; with Some more Suger Let it boyl quickly then keepe it Stirring that it do not burn; when you see ye plumbs tender Strain it through a haire Cyve & then if it is cold put it into yo Oven to dry, & when it is as dry as yo plum are put it into yo plumbs with a Little knife; & fill ye plumbs so full as to have ye Skins Smooth & ye Slitts close, & so put them in yo dish with ye Slitts doune; & put them in a warme Oven till ye next day; or after then fill them as before; but close ye Slitts as close as you can thus do till yo plumbs are full & dry; then close them very close & let them Stand for a day or 2; then wash them in warme water by one at a time, dry them in a fine cloth & put them in a dish as before when they are all done cover them close; put them in a warm oven for 3 dayes & they will be a very good blew; dond uncover them in ye time. If you can help it; ye Sirrup & plumbs must be boyled as soone as ye other are but to dry, put ye pulp in white plates or else it will not dry fast Enough.

Sweet water to burn

Take a quart of faire Water one ounce of Orris ponder 3 of an ounce of Benjamin as much Storax 6 graines of Civitt & as much Musk; put all these into ye water & shake it all together; put In 5 drapps of Strong Essence of Orrange & keep it for yor use;

Marmalet of Quince White

Take 2 lb of very good Quinces pare quarter & core 1 lb of ym; ye grate ye other lb of ye parsings and all, & Skaine ye Juce into yo. preserving pan; & put thereto 1 lb of ye best double refined Suger & set it over a fire; & as soone as ye Suger is Melted put In yo Quince & keep it aboyling as fast as you can; or else it will Lose ye Coller; it will presently be enough; wch you will see by ye londernos of ye quinces & ye comming from ye pan you must Stir it all ye while or it will [illegible] soone as you perceive it is ready take it of ye fire [illegible] Iron Platt, ye put it Into Glasses, & when it is cold put it Into a Stove uncovered 24 hours

If you make any great quantitie of this you must have 2 or 3 to help you to pare ye Quinces, yt ye may not Lie Long out of ye Sirrup after pared you must put In all yo. quarters all at once into ye Sirrup; take care you make not too much at one time or one boyling yt it may have roome to Lye In ye pann; Scour yo. pan betwoon ye Boyling;

Preserved Grapes

Take ye fairest white grapes yt they are not too ripe & pick ym from ye Stalkes to ye grapes; take ½ lb of double refined Suger beaten & searced fine; yn pull ye Skins off & Stone ym and put ym Into Suger and let ym Stand a while; yn Set ye on a slow fire till ye Suger be molted yn let ym boyle as fast as ye can scumming ym well; Sometimes you must take ym off ye fire & shake ym & not Stir ym wth a Spoon for fear you break ym; & loo yn you See ye Lookes cleare take ym off & put ym Into yo. Glasses or else they will not Jelley

To pserve Walnuts White

Take walnutts 3 weeks after Midsumer & pare them to ye white yt is next ye kernell, & as you pare them fling them into cold water yt weigh them & to every lb of Nutts so ordered 1 lb of double refined Suger, & to every lb of Suger a quart of water; & boyle it to a thick Sirrup, then put ye Nutts into yo pan, & put so much of ye Sirrup as will cover them. Let them boyle as fast as a piece of Beefe; & as ye Sirrup melteth put in more till all ye Sirrup be in; & when you think yt were Enough set them by till ye next day, & then take a little Lardin & pin down a peece of Cytron through every nut, yt make an end of pserving them but take heed yt you break not ye Cytron; yt put to every lb of yo Nutts a quarter of a lb of Suger more, & so boyle them up & pott them for yo use.

To pserve Walnuts Black

Take yo Walnutts in ye Middle of July when a wheat Straw will pierce through them, take to each lb of Nutts 1 lb & ½ of Suger, a pint of Redrose water; pare of ye outmost Skin of yo Nutts as thin as you can, & lay them in water all Night & stick in every nut a Clove or 2; & make Sirrup of ye above Rose water & Suger & put yo Nutts in & boyle them on a Slow fire till they be very black & tender so put them up; they are a great Cordiall.

Clear Cakes of Quince

Have 2 Skellets of Boyling water over ye fire at once; ye take of ye best quinces; & wipe ym & cut ym In halves or quarters If they be Lurge & boyle but one at a time In each Skellett & let ym boyle only till they be Soft; for if they be too Soft ye Juce will be too thick; yn take ym up In a Cive ye ye water may Run out of ym presse out ye Juce between 2 Cleane Trenchers while ye Juce runs cleare; It must be prest out very hott; & a Little before you take one piece out put another In; & continue So doing till you have Juce enough for yo: use; yn Straine all through a peece of Tiffanie; after it is well Settled Set it on a few Embers & to every pint of Juce add ye best double refined Suger boiled to a Candie; & mingle it w: yo: Suger as you do other cleare Cakes; & dry ym in a constant heat In a Stove

To dry Black pear Plumbs

Yo: plumbs being Newly gathered boyl ym longer in water; yn having Loafe Suger boyled to a Candie height In readinesse by; put ye plumbs Into It Suffer ym not to boyle only Stew & Sett ym by; So do 6. 7. or 8 dayes till they have Suckt up all ye Sirrup; yn Lay them in glasses & dry ym In a Stove

Clear Cakes of Apricox

Take yo: Apricox before they are full Ripe; pare ym & cut ym Into Slices; & put as much Suger & water as will Just make ym boyle a pace & ye will keepe ym from breaking while they be a boyling; take almost as much double refined Suger & boyle it to a Canay height; & yn put In yo: Apricocks; & set ym over ye fire whilst ye Suger be all Melted, but it must not boyle by any meanes yn put it Into Glasses & set ym Into a warme Stove & when they have a thin Crust over ym turn ym

Cleare Cakes of Rasberries.

Take a quantitie of Rasberries & put ye Juice into a Silver dish for ye pottes will suppose ye Lon of fire break ye wch a Spoon & make ye hott, ye Straine ye & take ye of double refined Suger & boyle it to a Candy height ye take it of ye fire & put to ye a pint of ye Juice of ye Rasberries & stir it well together & set it on ye fire no Longer till ye Suger is dissolved but not to boyle ye take it of ye fire & stir it well & put it into ye Glasses

Sirrup of Clove gilliflowers

Take clipt Gilliflowers wch their weight & halfe of fine Suger beat very fine, Stamp ye flowers in a well glazd pott, Lay a Lace of Suger & a Layer of flowers till all be Laid in ye pott & tie up ye pott close wch a pap & set it in a boyling pott of water & lett it boyle a pace; & wn ye Strength of ye flowers is out, Straine it into a Silver Bason & set it over ye fire; to thicken but not boyle if you will have it Look well Let it be ye best Suger ye flowers Strained out put up wch wine vinegar is a pretty Salet; this is ye best way to make any other Sirrups, as Cowslips Marygold or violets or Cytron Leamons & oranges ye Suger & Sirrups put together and ordered as ye other only there must be a double waight of Suger to ye Juice

Sirrup of Corrall

Take Corrall finely poudered, pour upon it ye Juice of Barberries pressed before ye be full ripe being turnd of Little red well ye philler'd they will fir mont at first Let them Stand shakeing or Stirring till ye Juice be cullour'd Let then pour it of and Straine it Cleare; put on more till ye Corrall will yeild no more Cullour; ye put Suger to ye Juice wch is Cullor'd & cleare & let it dissolve in it

To make Sirrup of Gillistowers wth Leamons

Take Gilliflower & when you have Picht ye from ye white & green Stalkes cut ym very Small wth a knife; & Squeese In ye Juce of Leamons till It is of a Reasonable Moystnesse, Let Let it Stand 2 dayes covered, & ye Straine ye Juce, & to every pound of Juce take 1 lb & halfe of double Refined Suger put ye Suger in water & boyld it to a Candy height, ye put in ye Juce & Scald it for a good while & Scum it, but Beare it dont boyle; ye Straine it through a golly Bag, & w^n it is cold ye bottle it

An approved Sirrup for ye Spleen

Take Roman Wormwood, Tammeris Centuary, Scurvey grasse, water Cresses, Brook lime, Liverwort harts Tongue, Spleenewort, pollipodium of ye Oake; of Each an hand full; Voylet Leaves & Red of ye Leaves & wood Sorrell of Each 3 hand full, of ye roots of fennell, parsley & Sparrowgrasse, Capers, of Each an hand full, Flake Annisees, parsley Seeds, Carraway Seeds, Fennell Seeds of each 2 ounces 3 ounces of well picked Senai; beat yo Seeds & herbs; ye pick yo Roots bruise ye & slice ye very thin 2 good hand full of Munck an hour put all into a vessell wth 4 quarts of water wth a gad of Steel 2 or 3 times quenched in it ovnight hot; ye set yo vessell close stopt in a pott of Boyling water & let it boyle very softly till ~~half~~ ye water be consumed to 3 pints; ye strike ye water from ye herbs, & put into it 2 ounces of Rubarb graled & infused in white wine all night before & strained into it; ye take 3 & ½ of hard Suger, & halfe an ounce of Salt gem & as much Salt prunella & 3 drams of Briona & let ye boyle allogether till it comes to a Reasonable thick Sirrup; & when it is almost cold strame it into ye Salt of wormwood & ye Salt of Tameris & ye Salt of Scurvey grasse & ye Salt of dish each 6 drames; & an ounce & halfe of ye Creame of Tarter; you must take 3 Spoonfull of this every day for 9 dayes together, & ye first 4 dayes you must Injall bro a pill as big as a pea; a quarter of an hour before you take ye Sirrup, & after yo 3 dayes taking take it one day an week for a Month or a quarter of a year together & sonomore ye physick but this for 6 dayes in ye Spring, & 6 dayes In ye fall as long as you Live; during yo taking it you must you must keep a clean Moyst diet, as Barlewater growell & wheat & clarified wheat wth Burrage Blossomes In use Exercise ov yo Armes & at all time, be carefull of yo diet, forbear eating hares venison fall Meats; shun all things that be windy drink some french wine Moderately wth yo meat load strength to yo Spleen

To make Sirrup of Elderberries

Take a pint of Renish wine & put into it 2 hand full of Elder Blossomes Let ym stand together in a bottle close stopt till ye Elderberries be Ripe, & then take ye Berries & bruise ym a little & yn Straine ye Juice from ym & let ym stand 2 or 3 hours to settle; yn take to every pint of Juice 1 lb of Suger, & Straine ye wine from ye flowers put to it & wn ye Sirrup is enough take it from ye fire & set it by till ye next morning, yn Bottle it /

Sirrup of Elder

Take an Earthen pott full of Elder berries set ym into an Oven to bake; next morning Straine out ye Juice gently not squeezing it to every pint of ye Juice take 1 lb & ½ of ye best powder Suger finely dryed & beat stir it well together & set it over warm Embers 12 hours not letting it boyle but only scald for ye first 6 hours then stirring it yn set it by till morning & carefully take off ye Scum yt will rise & yn bottle it /

To make Sirrup of Saffron

Take 1 ounce of good Saffron & steep it in a quart of white Annised water; stir it 3 or 4 times a day for a fort night yn take a pint of Cardus water & 1 pint of Crosslip water, 4 lb of double Refined Suger boyle it in ye Crosslip & Cardus water to a consumable thicknesse till it be clear, yn take yo Annised water & Strain yo Saffron from it, & yn put ye water into ye Sirrup & boyle it gently & Scum it well & put it up into Bottells for yo use /

To preserve Grapes

Take yo Grapes when they be first ripe before the turn yellow pick them & strain them & pour all the Juice out of them as you can take 1 lb of all of the best Suger you can take let it be searched & to of Grapes let them stand halfe an hour till the Suger be halfe melted; then boyle them as fast as you can till you see they will Jelly then put them up into yo Glasses

To Preserve Grapes

Skin and stone them & to 1 lb of grapes ad 1 lb of the best double refined Suger beater Exceeding fine, boyle yo Suger to a sirrup & put in yo Grapes with a pint of the Juice or Jelley of Jon Apples or pippins; if Jon Apple cannot be had let them boyle as fast as possible, adding a quarter of a lb of Suger for the boyling, & scum them Cleane & when the Jelly take up them up into yo Glasses

Sort of Rasbury Ales

Boyle a pint of the Juice of Rasberries a pace for a while then set it over the fire till it be thick & dryed halfe away then boyle 2 lb of Suger to a Candy & put it to yo Juice & stir it well about & very quick; & drop them of any fashion; but you must be very quick

To Dry Peaches

Pare & scald the Peaches whole or in chipps; then take their weight in the best Suger & boyle it almost to Suger again & pour it over the Peaches being before drained from the water wherein they were scalded Lay them on a Silver Basson, & then heat them 2 or 3 times a day 3 dayes together & when it Candies about the Edges Lay them in Glasses & dry them in a Stove you may dry plumbs so

Weigh 1lb of pippins before they be pared to 1lb & of Suger, melt the Suger in water but not boyl it, pare yo pippins & cut them Crosse way & put them into ye Sirrup & let it boyle as fast as you can, & when they begin to want Sirrup put in half a pint of Renish wine & when ye Leaf is Clear put in a pint of ye Jelly of Johnapp & boyle it Exceeding fast till you see it gelly; have a care yt you do not boyle ye Jelly too high, at ye Latter end put in ye Juce of Seamon as much as will last sharp & give them a boile or 2 after yt take them up very gently, ye pan being tilted on one side, let one take up ye Jelly as it lies possibly & run it through a peece of Muslin into a Basson; If any of yo pippins break you must make them up againe in a Spoone. If you would have them whole clap them together, but they preserve better in halves

To Make Fruit Biskit

Take ye pulse of any fruit & ye same weight of Sear Suger & beat it together 3 hours yt put them into Coffins of paper & set them into a Stove. ye next day turn them in 2 or 3 dayes they will be dry

To Dry Plumbs

Slit ye plumbs on ye one side & put them in a Stone pot to ye half weight of Suger or less; & to ye household Bread comes out of ye Oven, make ye pot close & set it into ye Oven & close up ye Oven. The next day take ye plumbs from ye Sirrup & slip out ye Stones cut som plumbs into halves & lay unto a half plumb a whole one. So dry them & after wash them

Tear Cakes of Rasberries

Strain ye Rasberries through a Canvas Strainer ye boyle it & Scum it put to it as much goosberry Jelly as Rasberries & to every lb of yt so mingled all to it 1lb of double Refined Suger; & boyle it almost to Suger againe & pour it to yt Juce being set over ye fire to warm but not to boyle. So let it stand scalding till all yt Suger be melted; yt take it up into yo clear Cake Glasses & set into yo Stove to dry be carefull in ye lumming them & keep ye Stove of an equall heat

To Dry Apricox

Take ye before ye be ripe, & take their weight in Suger & pare ye & take out ye Stones, cut ye in halves & have a Sirrup made w.th their weight In Suger Double refined boyld as high as to Slip out, ye put in yo.e Apricox boyl ye at Apricox Left they break after Lay ye out to dry in a Stove when they are a Little Stiff; put 2 halves together & dry them up/

To Make Lemon or Orrn Jelley

Take 12 John Apples pare & quarter ye & pick out ye seeds, & put ye In as much water as will cover ye, & boyle it a pace till ye Liquer be very Strong, ye Straine it through a Jelly Bag & take ye weight & halfe of ye best Suger, & ye Juce of 12 Orrns, or as much Juce of Orrns, & put it to ye water & allow ½ of a lb or more for ye ~~water~~ Juce. ye boyle yo.e Suger to a Candy & mix it w.th yo.e Liquor Let it Stand half an hour over ye fire but not boyle by any meanes, ye run it through a Jelly Bag In to yo.e Glasses, & in ye bottom of yo.e glasses Lay some Orange & Lemon pills boyled & scraped thin & cut as small as a thread, & dryed before the fire & ye will turne Like Cypher/

Apricox Marmalet

pare Stone & quarter ye & take ye weight in ye best Suger, & Strew Suger in ye bottom of ye pan, & ye a Lay of Apricox & ye a Lay of Suger till all be In & to the of Apricox halfe a pint of the Jelly of John Apples. ye Set ye on a very quick fire & boyle it a pace breake ye Apricox a Little & when it Jellies & is enough put it up

Kentish Cherry Marmalet

Take 2 lb of Cherries & bruse ye as you Stone ye & take halfe their weight In Suger finely sifted Set ye over ye fire & boyle ye a pace masking ye as Small as you can, & w.n they be almost Enough put In halfe a pint of ye Juce of Red Currance & boyle it Longer till it Jelly ye put it Into yo.e Glasses/

To dry Cherries

Take 1 lb of Cherries take 1 lb of Sugar Stone ye Cherries & Lay a layer of Cherries & a layer of Sugar till all be in ye pan ye bottom ye most space & stoke ye often yt they burn not Let ye Like in ye Sirrup 2 or 3 days ye take ye out & flat ye & Lay ye on Cives & dry ye in ye Sun, or in a warm Stove or oven, ye wipe ye singly wth a wet Cloath wrung out of hot water to take off ye Clammines &c

To preserve ye Pear Plum or any Stone yo plums

& take their weight in ye best double refined Sugar bed very fine strew some Sugar in ye bottom of yo pan put in yo plums & strew ye rest over ye & to every lb of plums put 12 Spoonfull of ye Juice of Damson Plums; or if ye plums be too black ye ye Juice of some other White plums ye set ye over ye fire & Let ye boyle up all at once, but if they be black set ye by & heat ye 2 or 3 times a day till they will Jelly, but while ye boyle over a quick fire & to all scum ye

Re Quince Marmalet

Take yo ripe Round Apple quince Scald ye & cut ye in ~~pieces~~ quarters pare & core ye & to every 4 lb of quince 3 lb of the best powder Sugar & 3 pints of ye Juice of Raw quince grated & strained put yo Sugar quince & Juice all together, & set them close covered over some hot Embers, till they looke of a bright Redness ye boyle it up wth a pint of ye Jelly of John Apples or pippins & ye will is stiff Enough put it up in Glasses

170. Cleiveland To preserve Quince whole Red.

Take 6 of ye faiest Apple Quinces you can get Core & Scald ym tender yn draine yn from ye water; wrap ym up in very course cloths and when they be cold pare ym, & take their weight in Suger & to every lb of Suger take a pint of ye Juce of Raw Quince grated & strained, boyle it up to a Sirrup & Scum it well, yn put in yo Quinces & cover ym close, & set ym on hot Embers till you think they be throughly Red; yn unkover ym & boyle ym apace; put in 2 pints of ye Jelly of John Apples, & to the Quinces be throughly Red take ym up Into Glasses, & boyle ye Jelly till it be Enough & yn pour on yo Quinces.

Orange or Leamon Pils

Take of Oranges or Leamon peele either ye sowed or boyled raw, & drained dry & all ye whites taken away Shread ym Small & put ym Into a Silver pottinger & put to ym a quart of a lb of ye best Refined Suger beat very Small & put to it as much Juce of Leamon as will make it ye thickness of Honey; yn put in yo Shread Leamon & Stir it well together, set it over a gentle fire & Stir it continually, & so Let it Stand till you see it clear but not to boyle by no meanes; yn drop it on papers or Little Coffins of what Shape or bignesse you please, & when they are dry take ym of ye papers & keep ym In a warm place but ye first, this is ye best way to make Suger of Roses or any other flowers; If you please you may ad Some Cordium Seeds & So you may make ym w th Cytrone.

Conserve of Red Roses

La Gat

Take Red rose Buds cut of ye white yt put as much water into yt as will cover ym, & boyle ym till they be soft Enough to part between yo fingers & in eating are very tender at w ch time ye Roses will Lose their Culler; yt you would think ye were Spoyle; yn put to 1 lb of Roses 3 lb of double refined Suger finely beat yn boyle it gently in ye Suger Stirring it continually w th a wooden Slice till it be Enough yn take it of ye fire & cool it, 1 lb of this is worth 6 lb of ye Raw for vertue Taste & Culler.

To make white Quince Marmalet

Take 200 Quinces pare & core yem as fast as you can for fear of being Red; yen take to 1 lb of Quinces 3/4 of a lb of Suger double Refined & beat very small; yen strow half ye Suger on yo Quinces & Sett yem on a soft fire till ye Suger be melted & ye Quinces be tender yen put in ye rest of ye Suger & boyl it as fast as you can nw it is almost Enough put In Som Jelly of John Apples, & when it is Enough take it up Into glasses/

To pserve Green Apricox

First weigh ye Apricox & Slit yem on ye Sides & pare them very thin; Set on a Skellet of water & when it is Scalding hot put in ye Apricox & cover yem close & let yem Stand on a soft fire till ye be greene yen take to 1 lb of Apricox 1 lb of double Refined Suger, wett it w th some of ye Liquer they were greene in & w n they be hot p boyled Loosen ye Stones, & take yem out & close up ye Apricox againe so boyle yem up; they must be pretty coole before you Stone yem put in a little Juce of Leamon before you take yem up & Lett yem have one boyle after it goes In/

To pserve Rasberries

Take 1 lb of Rasberries 1 lb 1/2 of Suger boyle it candy height And put In a little Juce of Rasberries warmed; yen put in yo Rasberries & let yem boyle till ye Serrup be pretty thick yen put them up;

To make Orange Cakes

Take ye Juce of 6 Oranges ye Boyle ye Pills untill they be tender & mince ye as small as Mince meat, ye put it to ye Juce & pulp & mix allegether ye boyle up ye lb. suger to a Candy height before you put ye Oranges to it ye Let it warm gently 2 or 3 times over ye fire before you put it into glasses to Jelley ye cut it out Into Little cakes to Candy In a Stove.

To make Damson Biscuit

Take what Damsons you please, put them in an Earthen Pot & tye them down close & put that in a kettle of water & let them infuse till tender then rub them through a hair sive then take that Pulp & boil it a little over a Charcoal fire till it is a little stiff then to a pound of ye Pulp put a pound or a little more of Sugar beat & Lifted through a Lawn Sive & beat it with a spoon for two hours & put it in paper pans & dri them in a Stove or before ye fire. —

To make Dutch Cakes

Take a Pound of flower 3 ozs. of Butter 3 Eggs. & some Yeast & make them into a light Paste with warm Milk as for White Bread about ye size & thickness of farthing Rolls. They require a great while beating

Take yo Currance & Straine ym through a Canvas Strainer Into ye Bason; Set it on ye fire & let it boyle & Scum it very cleane; yn take to a quart of ye Juce 2 Spoonfull of double Refined Suger & boyle it to Suger againe, yn pour it to yo Juce being warm & let it Stand on ye fire till all be molto but not to boyle yn fill yo Glasses & Sett ym Into a warm Stove & dry ym

To make Orrange Cakes

Take yo Orranges cut ym In halves pare ym thin & take out ye meat cleane, yn boyle ym tender in Severall waters: without watering ym & wn ym be tender take out all ye Strings, & crush out all ye water & bruse ym In a Morter & Set ye Orranges in a dish to heat over ye fire & when it is only hott put as much Suger above ye weight as you think fitt, & wn it is melted let it boyle apace & wn you think it is almost thick Enough; put in ye heat & Juce ye came out of ye Orranges, & boyle it a little more till you think it Enough, ye Suger must be boyled to a dry candy; as Long as Long as it will Stand on ye fire; & wn it is cold heat it againe & So put In what quantitie you please; you may dust Suger on ye Topps wn they are a drying

Cleare Cakes of white Clear-plu mbs

Take ye Clearest of yo plumbs & put ye In a galley pot & Sett ym in a pott of Boyling water, & lett ye boyle till they be Enough, yn let ye Clear part run from ye, & weigh to every lb of Liquor 1 lb of double Refined Suger boyled to a Candi ye take it off & put ye Liquor to it, & Stir it together till it be throughly hott & ye Suger Molted but not boyle by any meanes yn put it Into yo Glasses & dry ym in ye Stove wn ye Consta warm heat /

To pserve Goosberries Dryed

Take ye large Duch Goosberries & take out all ye Stones; & cut of all ye Toppes; & fling ym Into cold water as you Stone ym; yn have ready a Silver Basson full of water; let it boyle yn take it of & let it Stand one Minute, & yn put In ye berries & cover ym close for a quarter of an hour, or till you See ye pelle pill off, & as you pill ym fling ym Into cold water; to harden ym & keepe ye Coulle; yn to ye of ym Berries take ½ lb of ye best Double Refined Suger finely beat & 3 Spoonfull of water; let ye Suger & ye water boyle; yn put in ye Goosberries & let yem boyle a quarter of an hour or till ye be Clear; Let ym boyle very fast; yn take ym of & Lett ym Stand a Little while, & yn take ym out to draine on a Cive; yn make a very thin Candie & lay ye Berries In a Basson of Silver & pour ye Candie hot to ym & Lett ym In a Stove but a Little warme, & for 2 days warme ym each day Blood warme & no more, & yn Lay on Glasses to dry In ye Sun or in a Stove a Little warme

To keepe Walnuts Fresh or Moyst all Winter

Gather ye Walnutts carefully & very dry & brise ye not yn put ym wth ye greene Shells on as you gather ym Into an Earthen pott anew & high one & lett it be dry & when it is full cover it wth a paper & over yt a Glove & over yt a Wet Bladder

Leamon Ade to be Drunk in Sumer

Take of Buglass Burrage Burnett of Each alike quantitie being 2 hand full, & put ye into an Earthen pott, & pour a good quantitie of water to ye cover it and Lett it Step; ye put into another pott a Gallon of white wine & one quart of Sack & ye Juce of 6 Leamons & 9 Leamons more cut in Slices wth ye pits on; ye put in halfe a pint of Orange flower Water & 4 quarts of ye water wth ye herbs were Steept in; Crush ye Leamons & run it all through a Jelly Bag, & Sweeten it wth fine Suger Searcht, & Straine it againe; so Bottle it wth a Little Suger in ordy Bottle & in 10 dayes it will be ready to drink

Rasbury Wine

Take to a quart of Rasbery Juce 6 or 8 quarts of white wine or Renish, & 4 lb of refined Suger; ye let it Stand till it be dissolved wch will be 3 or 4 hours; ye Bottle it & Stop it close up; & lie it doune Sell it in a Cole Cellar, & it will be ready to drink In a months time; but you may keep it a year or

Black Cherry Brandie

Take to ordy 12 lb of Cherries after they be pict from the Stalkes one Gallon of very good Brandy, & Stop ye close up in a vessell for 6 or 7 weeks; ye Straine ye out and ad to quantitie of Suger pleases yo last & Bottle it up

Rasbery Brandie

Take to a quart of Rasberries a quart of ye best Nancis Brandie Infuse ym 2 dayes In ye Brandy yn wth yo hands Squeese ym out as hard as possibly you can & ye Straine it through a lain Cloe & Sweeten it to your last put it up in a Little vessell & Stop it close & draw it for yo use; there will be some Settlem in ye Bottom

To a gallon & halfe of Rasberries bruised, take 2 gallons of water let it stand 6 hours & stir it well together & let it stand 6 hours longer; & run it throug a haire Cive pressing it gently w.th yo hands; & run it up gently & stop it close & lay yo Barrell stand in a coole Cellar let it be stopt close till it do purge, I propose the stopping because the dire is a great enemie to It, thus ordered lett it stand in the Cellar for the space of 3 wookes and Month; & It will be Cleare & the Bottle it, & you first put It Into yo Vessell allow to every Gallon of Liquer att of Suger & when you Bottle it up put In as much more Suger as will make 3 lb to every Gallon & Corke it up for yo use Lett yo Rasberries be full ripe and gathered in dry wet

To make Gilliflower Cowslip or Rasberrie Wine

Take of Soft water 6 gallons & boyle it to 3; put to it of Suger 6 lb & give it a one boyle more w.th the Suger In it; have Ready 12 quarts of pick cowslips Gilliflowers or Rasberries; pour the Liquor Skalding hot into the pott w.th the flowers are In & stir all together; Cover this close for 24 hours & Straine it out, & have redy a Toast of Brown bread toasted very dry & spread on both sides w.th ale yeast put this Toast In the Ale Liquer coveing it close for 12 hours; stirring it once In 3 hours; after this tun it Into a vessell you designe to keep it In; stop it close & Lett it stand for 3 wookes; & Bottle it w.th an ounce of Suger in each Bottle, & if you plea a Reason or 2; you may make Currant Goosberrie or quince wine

To pserve Cytorns

Cut them in pieces as big as you yo please & take out all ye Meat & throw ye pieces into water as you cut them & put them over a fire in a Kettle to boyle quick so Let them boyle till they be tender & take them out & put them into cold water, & let them lie till they be cold, & take them into a Cloath to dry, & put to ye as much Sirrup as will cover ye of double refined Sugar & put yo Cytorns in a pan & pour ye Sirrup upon ye boyling hott so lett ye Lie till next day & take yo Sirrup & heat it hott & pour it on yo Cytorns again; so do 4 or 5 dayes till ye Sirrup be soaked through the Cytorns, & If yo Sirrup wast much & it dond cover yo Cytorns; add more Sugar to It when you boyle it; If it bond eleard Enough; ye Last day ye you heat ye Sirrup Let yo Cytorns Stand over a fire till they bethough hott you may Send it to ye Table in ye Sirrup or Lay it in Jelly of John Apples

Cowslip Wine

Take 3 gallons of water; & 3 pound of good powder Sugar & ye whites of 3 Eggs beat to a froth put all together & let it boyling & let it boyl an hour & halfe & scum it eleane & now & ye put In some cold water that yo quantitie may not be ye Less for so long boyling so let a cobling & ye it is cold take one Spoonfull of ye best Ale yeast & therewith mix 3 ounce of ye Sirrup of ye Juice of Cytorns; ye put it into ye Liquor, & let it well together ye put to it a peck & halfe of Cowslips cut from ye bottoms so Let ye work together 3 dayes covered with a Cloth ye Steame it & put it up in a white wine Cask well stopt & lett it settle 3 or 4 weekes ye bottle it & tie it close & keep it in a Cool Cellar & in every Bottle put a Little Lump of Sugar if you please

Apricock Wine

Take 3 lb of Sugar & 3 quarts of water let ye boyle together & take of all ye scum yt risetth; ye put In 6 lb of Apricox pared & stoned & boyld till they be very tender ye take ye up & ye ye cold run ye through a Jelly Bag & Bottle it; you may If you please let it boyle one walme ye with a Sprig of flowred Cary ye ye Apricox are taken up

A Raison Wine

Take 12 quarts of water 28 lb of Raisons of ye Sun stoned & cut small one ounce of Mustard seed bruised, one ounce of clove leaves cut in pieces & bruised a little in a stone Morter put all those into a Rundle fit for yo purpose, so let ye Rundlet be top full, stop ye hole so close up yt no air can get In or go out, set it In a hott stove or nere a warm Chymnie of wood or Charcole is burnd In; let it stand 6 days and nights by yon even heat, yt ye 7th day pour your Liquor into a clean Rundlet holding as much as ye first, & Straine it from ye Ingredience through a clean haire cloath in a presse w.th a little water put to ye Ingredience w.ch they grod by & put it to your wine so In 4 days you will have a Musk or nere wine; but not yet perfected so ye Rundlet down in a Cool Cellar, & put into yo Rundlet 6 ory Spoonfull of Sack Claret or white wine Lees but no more It will last of one of those according to yo Mind of w.t you have put In so Let it stand In ye Cellar till it hath done working yt draw it Into yo first Rundlet & it will be a good Cullor & as pleasant as any Roall wine made from ye grapes, you may bottle it nere If you please & put Into ordy bottles a Lump of Sugar as big as a hazell nut & cork it up/

Leamon ale

For 2 Gallons of Spring water well boyled put a pint of ye Juce of Leamons & 3 lb of fine Lease Sugar 6 Nutmeggs 3 races of Ginger a few Coriander seeds ye Rinds of 2 Leamons, this must be put Into an Earthen pott, & let it stand till it hath done working & yt stop it close, & att a fortnight end Bottle it, & in ordy Bottle a Lump of Sugar & Bottle it w.th Corks close/

Rock Ale

Take 8 Gallons of ale & 4 lb of Currance half a lb of Raisons half a lb of Figgs, 1 lb of Rod Rock roots scrapt fit and bruised a little In a Morter half a dozen Nutmegs bruised, take 2 handfull of Brook Lime & a good handfull of water Cressis, all this must be hanged In ye ale but not touch ye Bottom of ye vessell, boyled in ye water first w.th a handfull of hopps, this is Excellent for cleansing ye blood/

The White Mead

Take a Gallon of water 2lb of ye best honney: In a quantitie of 10 Gallons allow one Gallon over; Set it over a Clear wood fire; & when ye honney is disolved wth Stirring; put In 2 or 3 Whites of Eggs beat very well wth a Rod, Stir ym Into ye water a quick fire; make it boyle when you see it begin to break & ye Scum rise up; put in some of ye old Gallon of water, so keep putting it In by a pint at a time & keep Stirring so Long as you see any Scum Rise; boyle it an hour a pace, after ye first Scuming put in Cloves Mace Ginger of all an ounce: one handfull of Sweet Margorum & sabine, a Little Sweet Briar & a few lopps of Mint & when it hath boyld an hour Straine it out Into a vessell to cool & put ye Spices In againe but not ye herbs, & wn it is cold put it Into a deepe vessell to work In & have as many Toasts of Bread as will cover ye vessell take ye hot from ye fire & Spread one Side wth good yeast Lay ye Side downwards & so cover ye Side wth a Cloath, & 2 days after put in 2 quarts of white wine or reniske a faire Loamon Sirrup of some of ye out side & pill and Cut it round as you do for a glasse of wine yt in 5 or 6 dayes you may tun it up; In hot weather sooner: Strain all ye things out, & let it Stand in ye Cask a month then Bottle it

Cowslip Wine

Take 3 gallons of Spring water & put 19 lt 6lb of Loafe Suger boyle this almost an hour; as ye Scum rises take it off & pour it forth & Set it a Cooling; & when it is almost cold put in a Spoon of good yeast, beat it wth ounces of ye Sirrup of Cytron made of ye Juice of Cytornes & Lavor it all together, & take 2 gallon of Cleare pickt Cowslips, & bruse ym In a Morter & Immediately put ym Into ye Liquor Stirring ym In; thus Let ym Stand 2 or 3 dayes, yn Strain out ye flowers, through a haire Cive, & put ye Liquor Into a Cask yt will be full; wn it works not over Stop it close for 3 or 4 weeks & then draw it out Into Bottles, & in every Bottle put as much Suger as a hazell Nutt cork it wth good Corkes; If you cannot gett Sirrup of Cytron take Sirrup of Loamons

To make a kind of Malt drink Yorkshire way

Take a firkin of good Ale when it is 3 days old & make it after this manner, take 3 pints of good honey & put it into a pan, & put to it 2 or 3 quarts of wort or new Ale & stir ye honney well in, & set it on ye fire to clarific & as it boyleth take off ye scum, as cleane as you can till it Looke very Cleare; ye put in halfe ye pot, an ounce of Cloves & 20 Nutmegs beat ye wort & boyle ye in ye Clarified Liquor, If ye Liquor be not Enough to boyle ye Spices in put in a quart of Ale, more to it, put 2 ounces of Annisseeds & as much Lyquirish when it is boyled Let it Stand to coole, & ye uncover yo firkin of Ale & pour it into yo Ale & work it well together, you must Let it Stand uncovered/

La: Compton

Ale

Take a cock flea him & parboyle him ~~Jce~~ ye beat him in a Morter bones & all & ye Sloop him all night in a pottle of Sack & ye run it into 40 Gallons of Ale before ye Ale hath quite done working, wth ye^ of Reasons of ye Sunne Stone & beat in a Morter wth a quarter of a lb of dates Sliced & beat ~~Jnto~~ Morter put all into yo Barrell & Stop it up close for 5 daye and afterwards Bottle it ye after 6 or 7 dayes drink it/

Another Cock Ale

Take 2 Large Capons parboyle ye on a Soft fire for the Space of an hour till all ye blood be gone out, ad Jno ye Leach a pill of a Sweet Leamon or a good part of a Cytron; ye wth a Strong Knife Mince ye 2 Capons bones & all as Small as ordinary Minced Meat, & put ye into a Large Boulter bag, ye take of Kilderkin Sweet & well seasoned, & before yo Ale hath done working put in yo Boulter Bag, & let it Lye 3 dayes & 3 nights Leaving ye Bonge hole open to work out of ye Stop ye Bung hole 2 dayes ye drawe it out & Bottle it; you may drink it well after 2 dayes Bottling; if it will Keep good 6 weeks & is good against a Consumption/

To make Elderberry Wine

Lw To every 5 Gallons of Water take 20 lb of Malligo Raisons & & shred ye very small but first Let ye be rub'd very Clean & ye water must be of a Reasonably well boyled & put upon ye Reasons boyling hott, & ye it must stoop 10 dayes stirring ye once a day, & keeping it close covered & pass ye Liquor through a haird Cinder, have in readiness 6 pints of Elderberrie Juice wch must be Infused, as for ye Jolly of Currance ye clear only being taken put it cold to ye Liquor stirring ym well together, then Tun it & stop it up, Let it stand in a warmer place 6 weeks or 2 Months ye Bottle it

Lw

To make Quince Wine

Take 10 Quinces & wipe ym very Clean & grate ym on a Large grater as near ye cores as you can but let none of ye hard wch is about ye cores go into ye rest, ye Strainer ym into an Earthen pott, & to a Gallon of Liquor put 2 lb of fine Loaf Sugar, Stir it till ye Sugar be dissolved, ye cover it close & stir it no more, but let it stand 24 hours & by ye time it will be clear Enough to bottle you must take it out of ye pott wch a Wooden dish or a Silver Ladle for ye pot must not be stir'd for fear of Mixing ye Jelling

Let ye Quince be very Ripe this will keep but a year good

To Dresse a Carp

Take a Carp & Scale him while hee is alive & cut him a thwart ye taile upon ye side to make ye blood com out, Save ye blood & put it & yo Liver into yo Stewpan, Let yo pan be Just fill for yo fish; & when it is Rody put him into ye pan, & put to it a quart of Claret wine 3 Anchovis Mulmeg quartered & some whole Mace & 2 Races of Ginger sliced Salt & a Bundell of Sweet herbs & 2 onions sliced & pild, so boyle it & cut Sippits to Lay all over ye dish & ye Carp is Rody put into it half a lb of very good Butter, & shake it in ye Liquor till it be molted, take out ye Bundell of herbs, & pour it all over ye Carp & Sippits with good store of Slices of Lemon, to garnish both ye fish & ye dish also yo Some Barberries/

To Dresse a Pike Tench or Carp

You must have either of these Fishes a Live & kill blood about ye Gill fin, Let ye blood run into warm vinegar, & Stir ye blood yt it do not clott together, yt cut ye fish down ye Back & afterwards, & afterwards in handsome pieces & Lay ym in warm vinegar till you dish it; yt take as much Claret wine as will Cover yo fish, having these things rody with 3 or 4 Shallots pild & cut in pieces, a Race or 2 of Ginger scrapt & cut an old Onion & nutmeg cut in pieces & Bundle of sweet herbs, yt with some Salt put all together & boyle it, you must be carefull yt you do not break ye gall, keep all ye intralls of ye fish & boyle it, & when all is Ready take it up, have a Chafing dish rody with Coles & Lay yo fish in it yt take out ye Mill Liver & Garlick & all ye other things, Leave only ye Liquor Clear, yt mix ye Inwards & put ym into ye Liquor with ye blood with a Spoonfull or 2 of ye Chippings of Bread fried, being boyld before a quarter of an hour; put in ½ a lb of very good Butter, & some Slices of Lemon & shake it till it be thick, Lay some Sippits in yo dish & pour ye sauce all over yo dish & serve it up hott. If it be a Carp you must rub of ye Scales with Salt before you kill it Blood/

To Boyle a Peale of Salmon

First wash yo Salmon very well In water, & put It into a dish w. a pint of white wine & a handfull of Salt, Let it Lie a quarter of an hour; & make yo Kettle Boyle w. water, & put therein at Least a pint of white wine vinegar w. a Little lime Rosemary Sweet marjorum & 3 or 4 Bay Leaves & a handfull of Salt; first let all boyle, & put in yo Salmon w. yo vinegar; & take ½ lb of Sweet Butter, 2 yolks of Eggs 2 Anchovis, a Little sliced Leamon without ye pills, some Elder vinegar, & a little of ye Broth ye fish was Boyld In, put this over ye fire & Stir it till it bothick, & ye Anchovis desolved with a quart of Oysters & Shrimps Lay yo Salmon in ye dish & pour this Sauce over w. Sippits, & garnish yo dish w. Leamons/

To Stew a Carp

Take as much white wine as you think will boyle a Carp & a Little vinegar lime & Leamon pills, some 6 Anchovis chopt 6 Onions In Little quarters, w. this boyles up to ye top of yo Kettle have ready yo Carp, & put it Into yo Kettle blood & all Let it boyle till you think it be enough, & take up yo Carp and put It Into a dish & let it a stewing w. 2 or 3 Spoonfull of Broth & Straine ye broth through a Cullender & let it a boyling againe w. a quarter of a lb of good Butter & some oysters In ye Liquor a Clove or 2 Some Mace a Little ginger Let it boyle ~~all together~~ as fast as you can till ye Liquor be half boyld away; & brown it 2 or 3 times as you would do Butter & let So Lay yo Carp in yo dish with Sippits/

130 Mrs Tench

To Collor Beefe

Take a thin piece of Stand Beefe & Strip off ye Skin to ye end
Beat it wth a Rouling pin, & dissolve a quart of Salt peter in 3
quarts of pump water, Straine & put your Beefe into it, & let
it Lie 5 days turning it some times; & take a quarter of an
ounce of good Cloves a good Nutmeg a Little Mace, & a Little
white pepp, all pounded well, a good hand full of time Shredd
Mix all together, & Strew it all over yo Beefe; & Lay doune
yo Skin againe, & Roule it up Close & as hard as you can tie
it wth tape, & put to it a pint of Clarret, & half a pint of
Clarret & so Bake it wth Broun Bread, & when it comes out
of ye Oven pee out ye Gravie wth weighty

To Collor Beefe

Take a flank of Beefe ye thin end Cut of; of what Large nesse you please to have it; & make Brine for it of Common Salt & some Salt peter & pump water as strong as will bear an Egge & put in ye Beefe & let it Lie 4 or 5 dayes according to ye lignesse of ye Beefe; & Shift it once into fresh Brine in ye time, & take it out & dry it and take of ye Skin, & Season it wth Cloves Mace Nutmeggs white pepper & sweet herbs shredd small & gash it wth a knife y^t it may receive Seasoning, & let it be pretty high Seasoned & make it in a round Collor bound wth tape & put into a pot wth some Claret wine & a little suit at ye Top Cover ye pott wth Brown paste, & Bake it wth Houshold Bread: if it be a Large Collor it will take 6 hours Baking, & it is very tender take it out, & when it is almost cold bind it a little faster y^t ye Collor may be close/

Mrs. C. Scouler

Oyster St.

To Collor Veile

Take a white Log of veile of a Cow Calfe cut into ye shape of a Collor boil it wth a Rouling pin that it may be tender, ye take one ounce of pepp half an ounce of Cloves or Lace, half an ounce of Ginger all pund; take Swoet Margorum & time & pretty deale cut ye very small & put ye to yes Spices, & a little Leamon pill & minced small, work ym very small ye Lard it but not wth 2 big Lards, & boyle yes Lards in ye herbs & Spices, cut ye outher In ye fashion of yes Bacon & Lay in yes veile rouling it in yes Spice ye Season it well & roule it up hardow th Tapes & put it Into an Earthen pott wth Bay Leaves & a lb of Butter to make it Jelly cover it wd course past & bake it wth houshold bread & wn it is cold put yes pott Into warm water till you think ye Jelly be molted but no Longer; ye Strain it & keep it cold garnish yes Collor all over; take ye Butter & pour it hot all over yes Collor Stick Bay Leaves In it before you pour ye Butter on Set it upright & pour ye Butter on it/

Panged Beefe

Make yes Brine wth Bay Salt till it bears an Eggs & when it is cold put In yes Beefe & let it Lie ten dayes ye take it out & set it to run & boyle ye Brine again, & wn it is cold put In yes Beefe again for 10 or 12 dayes Longer ye take it out & rub it wth Salt & hang it over wood smoak to dry

Pig Pye

Take a pig 3 wookes old & cut it in little pieces ye boyle it & let it lie till it be cold, ye take Cloves mace pepp & Salt, & Season it therewith & some Swoet herbs & Chives shroad small amongst ye Seasoning, & add to ye Meat fine Slices of Bacon and one lb of Bassages 1 quarter of a lb of Butter on ye top of ye Pigge & wn it is baked take half a pint of Gravie, a quarter of a lb of Butter 4 Anchovis mell all this very thick cut up yes pie & pour it in & shake it together & serve it up ye Pig must be first flead after it is paiboyld/

Sassages

Take a Leg of good Pork & cut out all ye fatt & Skins & Mince all ye Lean very well & fine, & put to It 5 lb of Beef Suit, one half of it shread very Small amongst ye pork & ye other yt mince Small but not So very fine; yn put In 2 handfull of Sage finely Shread, wth ye yolks of 10 Eggs & ye whites of 5 So season it to yo last wth pepp & Salt & yn work it Like paste & yn keep yn for yo use; bn you dry yn you must rolle yn out Into Sassages, & grate bread & Search it, & rolle up yo Sassages In it, & have yo pan very hott wth Butter, & So dry yn If you Like it you may put In Nutmegg Cloves & Mace

Sassages another Way

Take a Leg of young Pork & cut away all ye fatt very clean & cut it into very thin Slices & put to it 5 lb of Beef Suit Mince yo Pork & Suit So Small that it will mix Like paste & Season it wth pepp j ounce; & ½ of an ounce of Mace & as much Cloves finely beaten, a good handfull of Sage shread very Small ye yolks of 10 Eggs & ye Whites of 5 & as much Salt as you think fitt, so work it all well together & If you please fill yn in Hogg guts, but before yn not till you use yn & yn ye are Sodden broyle yn or you may fry yn & not broyle yn

Beefe Mamode

Take any lean piece of Beef & cut It in pretty Big pieces, beat yn wth ye back of yo knife very well & tender & Lard yn wth Bacon Seasoned wth pepp & Salt, yn Lay yn Into yo Stew pan wth water & broth & let it Stew Leisurely for 5 or 6 hours, let it Stew very gently least it should be tender, yn put In a pint of Claret wine a Little vinegar, 4 bay leaves a good deale of white pepp, a bunch of Swool herbs, an onion shread Small & put in ½ lb of Butter 2 Anchovis. Stew all these together Rub yo dish wth Shallot Lay in yo Meat & pour on ye Broth

Take 10 lb & ½ of ye leanest beefe cut into little bitts take a quarter of a lb of Beefe suet & 1 lb of Bacon both cut small & beat it in a Morter till it be like past, & as you pound it pick out ye strings & season it, with fine spice of all sorts, & a good hand full of sweet herbs; bo-fore of sage 2 Anchovis beat well in; an Onion Chopt small, all this must be beat well together with salt, & 2 Eggs whites & yolkes Left yo herbs be Chopt small & when they are beat enough Lett ye Lie a while & Role ye up in flower/

A Good sauce for a Hare

Take yo hare & stuff ye belly with sweet herbs & a few shallotts ye baste it with Milk till it be halfe roste, ye baste it with Butter till it is redy, then draw it & take out ye herbs & Straine out ye Juce between two trenchers into a Sauce pan & put to it a good deale of butter a little Mustard halfe a Nutmeg grated, one Anchovie shake allogether & put it to yo Hare & so serve it up/

To Dressed Pigg

Take a yo Pig & flea of ye Skin up to ye Neck, then cut the Pig of from ye Skin into 4 quarters then take ye Skin with ye head & fill & sew it up with a pudding in it, which must be made with a quart of Creame 6 Eggs 3 penny Loves grated, a good hand full of sweet herbs shredd small, ½ a lb of Currance a little Nutmeg & Sugar; then fill it into ye oven when it is Baked send it to ye Table with ye quarters about ye Pig Like Lambs/

To Roast a Leg of Mutton to eat cold

Take a Leg of Mutton & take as much Lard as you think convenient to lard it cut yo Lard in Long pieces & season them very well with beaten cloves mace pepper Nutmeg & bay Salt & a little small & take time parsley & Sweet Margerum Onions & ye outside of a Leamon shred all those very small & mix them with ye Lard & Lard yo Mutton therewith. If any of yo herbs be Left & ye Spice put them on ye Leg of Mutton; then take a dish Layd Sticks over ye dish to keep ye Mutton from sopping in ye Gravie & ye fatt ye drops from it, Set it into ye Oven to roast turn it once but baste it not at all for it is tender enough take it out & let it by till it be cold & then you serve it in have 2 or 3 Sauces of Mustard & Sugar, & some whole Leamons in ye dish & Lawrell Leaves/

To Roast Oysters

R

Take ye Largest Oysters ye can get, & as you open them save ye Liquor very cleane from ye Gravell & shells out of ye Oysters then pour ye Liquor to them, & Set them over a fire & scald ye Little Oysters in their owne Liquor, & when they are cold draw halfe a dozzen of Lards through every Oyster, Season yo Lards with cloves mace pepper & Salt, then take 2 Little Spits & roast them in ye Roasting basting them with anchovie Sauce & some of ye Liquor of ye Oysters, & let them drop in ye dish of Sauce, & when they be Enough dust them over with grated Bread & baste them with some butter & take ye Liquor under them blow off ye fatt & squeeze in some Juice of Leamons, & warm it & draw yo Oysters & Lay them in a Mazeron dish with ye Sauce/

R

A Friggacie of Chickens Ravits or Pigions

Take any one of these cut them in small pieces & bruise their bones a little & season them with pepp & Salt & fry them brown with sweet Butter & take them out of the Butter & put them into your pan of 2 pints with half a pint of Onion water, & let them fry in the water till they look very white, then put in a peice of Butter & shake it well together then take 2 Anchovis & dissolve them in white wine & the yolkes of 3 Eggs beat them well with the wine & the Anchovis then put in a peice of Butter & his sweet herb: into your pan with a little Nutmeg & the Juice of a Leamon, & some sweet herbs shreed small, then shake all well together till it be thick you may fry som balls of veal veile & shake them well among the Rest, & serve it up with slift Leamon

Scotch Collops

Take a Leg of veile & cut it out in thin Collops Lard them with bacon so put them into your frying pan & let them fry in their own Gravie till they be prett browne then put in a peice of sweet butter & half a pint of Onion Water then make your Sauce, a pint of Clarrett three Anchovis an onion stuck with Cloves a blade or 2 of Mace a Nutmeg sliced a quarter of a pint of strong Gravie, so put a peice of Butter into your pan and all the other things & shake them well together over a good fire till they grow thick then serve it up with Slices of Leamons & fryd Balls if you please & a pint of Oysters & some slices of Bacon curled by the fire

To Roast a Shoulder of Mutton

Lestrange

Take ye Shoulder of Mutton & cut of both ye flapps if it may Look lik a Shoulder of venison & take ye arsby Sampher & a little Onion shred small & stuff ye Shoulder of Mutton in ordy place; & where ever you put this Stuffing In; wth a Spoone ye some in some of ye Liquor of ye Sampher so Lay it to ye fire & soft under att a dish with some Claret wine & butter to baste it, but not till yo Mutton be pretty dry, yn begin to baste it, yn take a Quart Claret & some Onion & boyle ym together, wn ye Shoulder is Roasted Enough hold it over ye dish wt ye Onion & Claret is In, & stab it wth a Knife ye ye Gravie may Run out in ye Claret & Onion yn Lay ye Mutton Into ye Clean dish pour ye Sauce to it & bring ye Juice of an Orange or Leamon too It, & garnish ye dish wth Leamon & send it up

Mr Baine

A Fricacie of Cold Roast Beefe

cut yo Beefe in very thin Slices take a hand full of ye parsley shred very small cut an Onion in quarters & put ym all together in a frying pan; wth a good piece of Butter & a good quantitie of strong broth & as much Salt as will season it; set it stew gently for a quarter of an houre, yn take ye yolkes of 3 or 4 Eggs & beat ym wth some Claret or gravie & a little vinegar & throw ym Into yo pan & shake it till it grow thick, & Rub your dish wth Shallot & Serve it up

Stewd Beefe

cut yo Beefe in Slices very thick & put ym Into yo stew pan wth as much water as will cover ym yn put In a good quantitie of Salt, a good deale of whole pepper Onions a good quantitie Leeks & Sweet herbs a good quantitie If you have a mind to alter it & make a hogpodge on it, yn put Carriots & turnips cut In small peeces & stewd amongst, Lay Sippits in yo dish & pour ye broth & meat over ym

To Souce all kind of foule

Bone ye & season ye well wth Cloves & mace Ginger & pepper & salt; Boyle ye in white wine & water & 2 or 3 bay Leaves & some blades of Mace & salt in it & keep ye wth their Liquor wch you Boyl ye in 2 or 3 dayes or longer as you please but let ye Liquor be halfe wine & halfe water & let ye fowl lie in ye Liquor hot not taking it out at all;

To Dresse a Loyne of Mutton

take a Loyne of Mutton & cut it in Joynts & beat it wth a Rolling pin & fry ye wth Butter, ye take it up & fry some parsley; lay wipe ye pan & put in ye parsley again & throw a little pepper & salt over it, take ye yolkes of 2 Eggs & beat ye well, & wth ye mix halfe a pint of water, & hold it over ye fire & putting ye Mutton & shake yor pan till it grow thick lay ye sauce in a little Lapmon & throw the parsley about ye dish & serve it up;

An Ale Pye

cut yor Eels in short pieces & take a little pepper & salt Cloves mace & Nutmeg beat & season ye, & put into yor pye yor of butter & ye yolkes of 4 hard Eggs whole, & w^n you bake it into ye oven put in a quart or a pint of white wine & w^n it is baked take ye Yolkes of 4 Eggs & beat ye very well & put ye into ye pie & shake it well & let it into ye oven a little while;

To Dry Neats Tongues

Take yor salt & young ox Tongues & make a brine of Bay Salt & spell peter so strong as will beare an Egg & let yor Tongues lie in ye Brine a week, ye take ye out & Rub ye Salt in ye & mould ye as you do dough, ye give ye a twist or 2 & stock ye out, & take halfe yor Brine & lay ye Tongues in ye Bottom of ye Tubb & pour ye Brine on & lay a Board over ye & a load on weight to keep it doune, so let ye lie for a fortnight, ye take ye out & hang them where they may rott in ye Chimney where you find ye dry ye night before you take ye doune, take a peck of Sawdust & strew it under ye, & when you may take ye doune & hang ye in ye house

To Souce a Pigg

Take a good fatt Pig abut 3 weeks old Scald it very well & open & wash him Cleane from his Blood, & bone him very handsomly takeing as little meat away wth ye bones as you can, & sum dainty sweet herbs, as sweet Marjorum lime Rosmary Sawry & ye like shroad very small Mingled wth Nutmegs slices very small, & a little mace & pepper pund & a little salt, & as you Rolle it up in fashion of a Collor of Brawne strew betweene every fould some of those herbs so ordered & ye lie it up In a Pie cane Cloth, & boyle it tender in this Liquor made as followeth; take a pint & halfe of white wine & a pint & halfe of Excellent wine Vinegar, or good verjis, & a pint of spring water & a handfull of salt; put in ye pigg after it is tyde up & boyle it till it be tender & take it up wn it is cold take it out of ye Bag & keep it In ye Liquor it was boyled In, a faire fatt Pig will make 2 Collers you may Eat it wth vinegar & Sugar/

French Pottage

Take a piece of a Leg of veale & a piece of a Leg of Mutton & a piece of Beefe & put it Into a pott a boyling; & wn it is boyled to a very brown strong Broth take out ye meat & put In Pigeons & pattes Cox Combs & sassages of fine Meat put in sweet a Bundell of sweet herbs & some Spinnage of each a handfull & 20 or 30 Sparrow grasses & some Large Mace & a little verjis & break In 2 or 3 yolkes of eggs, & shake ye well together & serve it up wth some toste of Bread/

Book To Eat A

Take a fatt Stubble goose & fall it within & without & salt it lie a week & so hang it over ye smoake of a wood fire in a Chimnie not too hott, & wn it is dry take it down & boyle it & serve it up Cold wth Tongues or Collard Beefe or any such cold Meat/

To Roast a Sholder of Mutton In Blood

Take some blood from a Sheep as you do for puddings cut of ye bone to ye knuckle & beat ye shoulder pretty well wth a Rolling pin, lay it In ye blood whilst it is warm & let it lie In ye blood all night; then take some Beefe suet shred small & some white bread grated a little pepper & salt & nutmegg & a little thime shredd very small mix all those wth ye blood & beat all those In a Morter & wth a knife raise up ye skin & flesh of ye shoulder of Mutton on ye back in seveall places & stuff it wth this & lye a Sheeps skin close about it & so Roast it; it will take more time in Roasting yn an ordinary shoulder of Mutton send it up In it owne gravie

Beefe Alamode to eat Cold

You must take a thick piece of Buttock Beefe wth out skin bone or fatt, it must be very good Beefe; beat it till it be very tender ready to break In sunder Lard it well wth Bacon ye Bacon must be seasoned wth vinegar pepper & salt, yn put yor Beefe upon an earthen pan upon a little fire put no water In but cover it ye steame may fall In againe, & ye will be Liquor enough to stew it it must be very close Covered & ye Beefe very well seasoned wth pepper & salt & some Cloves & so it is stewed enough take it out of ye sauce while it is hot & so drain it & eat it when it is Cold

To Dresse a pike

Take a pike Rub his skin of with hot Liver wth Bay salt yn you have Cleared ye outside lay him in a large dish, open him ye you break not ye Gall lay yor pike In ye stew pan as fast as you can either whole or cut In pieces pour upon it a pint of white wine vinegar, or more or Less according to ye Largeness of ye dish of fish salt ye fish well In ye Inside, while this is a doing have 2 or 3 some white wine wth some salt ginger Nutmeg Onion Water & Cloves of Garlick a bunch of herbs as sweet Marjorum Rosemary some Leamon Pill

To Roast a Pike

Take yo pike scour off ye Skin take out ye Intrails Lard it wth ye Backs of pickled herrings have a sharp bodkin to make ye holes; ye take some great Oysters & Claret wine season it wth pepper Salt & Nutmegs Stuff ye Belly of ye pike wth ye Oysters, & onions wth ye some sweet herbs & some Onion & Stuff all into ye Belly of ye pike, & have 2 Sticks ready made flat to tie it to ye Spitt, baste ye Pike wth Butter Claret wine & Anchovie, when ye pike is Roasted Rip up ye Belly of it ye Oysters will be ye same but ye herbs must be taken out/

To Roast a goose after ye Bedford way:

Take a pint of Great Oatmeale & steep it wth white wine, one Onion shreded small 2 Large ysipons shreded small take a quantitie of Currance & a few sweet Barberries some Cloves Mace & pepper & so put ye into ye goose Belly before it be spitted, & when yo Goose is Roasted cut it up & take out all the Oatmeale, & put it into a very cleane frying pan & give it 2 or 3 turnes over ye fire wth a Little of ye gravie of ye dripping pan & some sugar if you please & Lay in ye dish & ye quarters over it/

To Roast a Capon wth Oysters

Take ye Marrow of one Bone & a few oysters & put ye into ye Belly of yo Capon wth a Little grated Bread make ye sauce wth some of ye Gravie of ye Capon/

Take ye best Coapes & boyle ye very lowder & Skime ye through a Callender & put ye Broth Into a Clean pott again & put In ¼ of good Butter & a hand full of Capers sliced; ye throw In some Cloves & Mace & a hand full of dry Mints (or green Mints) & season it wth Salt & Sett it over ye fire & boyle it an hour & halfe then Cover ye dish wth Roasts of French Bread all over ye Bottome & so fill ye dish as full as ye can carry it to ye Table fling In some Milk before you put it Into ye dish/

mrs Jane

To Boyle a Carp

Take yo Carp alive Cut it Into a dish to save ye blood cut it Into 3 pieces, cut ye Middle piece down ye back take out ye gall, ye put Into yo Brew pan a quart of water a pint of Verjis a little Rosemary & thime clyde up: a little Salt, wn it boyles put In yo Carp blood & all, cover it close, but so ye ye Scum may boyle over ye sides of ye Cover if you may scum it not uncovering it; it will be well boyld In halfe an hour take halfe a lb of good butter a little of ye Broth it boyles in a spoonfull of Claret some Nutmeg & slices of Leamon, & beat it handsomly & thick & pour it over yo Carp with Sippitts/

To Boyle a Eels Head

Wash yo head Salt it an hour ye boyle it, ye Sauce must be ¼ lb of Butter ½ pint of white wine some Verjis 4 Anchovis Capers; a quart of Oysters & some Shrimps & Pickells put all those Into a pan & shak it together wth ye yolks of 3 Eggs & wn it is thick pour it over ye head wth good Slices of sliced Leamons & Sippitts/

To Stew a Leg of Beefe

Cut of ye Bigger end & take some of ye Leanest chop it Small with ye
quarter of a lb of Beefe Suet & chop ye together with some oysters take Cloves
mace Anchovis pepper Nutmegs & pound ye, take parsley Berb thime
Savory & halfe an Onion Bd on cut in Lards Mingle all ye & Stuff
yo Leg of Beefe with ye Lay it in a pott with a pint of Claret
or a pint of wine vinegar Sorle Sweet herbs & Lemon

To make a Friggacie

Take Chickens & flea ye & cut ye in pieces but first break
their bones ye put ye into ye frying pan & stir it with water & put
in halfe a lb of good Butter & a few Corns of pepper & Salt to yo taste
& a faggot of Sweet herbs an Onion Stuck with Cloves & some Anchovis
& fry it on a quick fire with a Continuall boyling as fast as you
can, ye take a good quantity of Capers & wash ye in hot water
well, ye in cold water & Stew ye in ye meat after turning ye. ye take a good quantity of Gravie & break in ye yolks of
6 Eggs & beat it well together ye take ye pan of ye fire & take
some of ye Liquor & put it to yo gravie & Eggs, so by degrees mak
it of an equall heat of ye In ye pan Stirring it very well holding
on ye fire holding it very high shaking it, be sure it do not boyle
Let it stand a little while, ye dish it up with sliced Lemons

To Stew a Carpe

Take Carpe & Scale ye ye take out ye Bellies & blood ye In a
Clean Stew pan cut yo Carpe into 3 pieces, but to Stew ye
whole is ye handsomest way ye Lay ye into a Stew pan with their blood
& put in as much claret wine as will cover ye with a faggot of Sweet
herbs & halfe a Lemon sliced 3 onions sliced 1 quarter of a pint
of Oysters some horse Raddish 6 capers cut a little be eaten small
3 Spoonfull of vinegar 2 Spoonfull of Mushroome Liquor &
2 bay Leaves cover ye close & let ye stew till ye be enough on one
side ye turne ye other side up till they be well, ye brown a bit of
Butter In a frying pan very brown & sprinkle some flowre to
make it thick ye put out ye Liquor from yo Carp into ye frying
pan with 2 Anchovis & shake it ye dish up yo Carpe with Lemon &
ye mill cut small Let ye stew in ye frying pan till ye Anchovis
be dissolved ye put a bit of Butter undrawn to it, & stir it up to-
gether Lay Sippits under yo Carpe & pour on ye Sauce all over ye
Carpe.

A Haggis Pudding

Seeth a Calves Chaldron & w.th it is cold chop it w.th Beef very fine & put to it parsley time Margrum vrtell Leaves & pennyroyall of each an handfull & chop ym all together; & put in Cream Grated Bread Eggs Cloves Mace pepp sugar Currans Raisins & Rosewater, so make yo.r pudding & boyle or Bake it/

How to Bake Venison or Beefe in potts to keep all y.e year

Take yo.r Hanch of venison & take out all y.e sinnues part of y.e Leg having a Large fillet as you have of veile, take out y.e bone as whole as you can from y.e flesh y.n take pipp Salt cloves Nutmeggs cloves must be Roast of y.e Spices mix yo.r Seasoning allogether stopping yo.r venison therew.th as you do Beefe y.n Rolle it up close & put y.e fat side of yo.r venison downwards into y.e pott covering it all over with 2.lb of New Butter, y.n cover it w.th a plate & stop it close w.th past. y.n put it into y.e Oven being as hott as for venison let it stand one houre Longer in y.e Oven than a venison pastie y.n drey yo.r pott & Lay a trencher over yo.r meat & Lay a cloame weight over it y.t y.e Butter may cover y.e trencher; y.n Let it stand till it be cold, y.n cover it again w.th a plate & keep it so;

To Boyle a Brest of Mutton

Take a brest of Mutton not too fatt half roasted & cut it y.e Long way, boyle it w.th a Little Beefe & Gravie Cherrit & verjis & Little thime & winter savory Margrum & grosse pepp so slow it serve it up w.th slices of Leamon & sippits of Bread/

To Boyle Mutton

When it is halfe Boyled put in parsley thime Spinage Margorum chopt, before you take it up put In some pepp Salt Barberries Butter Vergis, & serve it up wth Sippits

A Couple of Carps in Ragish

Take 2 Carps Scale y^m well & ye Skin y^m and cut of ye flesh from ye bones all y^t you can gett cut ye bones all to peices & put y^m Into a Small pott wth 3 quarts of water put In a Roule of Bread 4 Onians a few Cloves some Slice of Leane Bacon 4 Anchovis In It, Let it Boyle 2 hours very well over a Charcole fire scum it very cleane & Straine it & Mash it as you do Straine it, take ye flesh you took from ye Bones

How To Bake a Swan In a pie

Take yo Swan bone & parboyle her a Little wth Season her wth Cloves Mace pep & Salt & bake her in good past & some her In holt; you may put In some Clarrot Into It; n^o it is Baked Lay Some Beefe dust bed fine In ye Bottome of yo pie & Butter on ye top of yo Swan; boat ye fuit wth a Rolling pin and Water;

To Bake a Rump of Beefe

Take a Little Rump of Beefe after it hath bin Salted one Night take parsley thime Savory Margorum & a Little ponny royall, Chop these herbs very Small & take ye yolks of hard Eggs & a Little grated Bread and a Little Salt & a good piece of New Butter Mingle these wth yo Chopt herbs & Stuff yo Beefe wth it; y^n put yo Beefe Into an Earthen pott such as you put Butter In & put to it a Little water & some Sliced Onions & some pep take some parsley time & Savory & put y^m over yo Beefe y^n make up yo pott close wth past Set It Into yt Oven wth good houshold Bread; & n^o it is Baked enough Lay yo Rump of Beefe in a dish with some Sippils Laid all over hy Bottom of ye dish; & pour all ye Gravie over It/

A Pudding of a Leg of Mutton

Take a Round hole in yo Mutton as ye bigness of yo pudding y^t take part of that Meat & parboyle it; & Chop as Small as pymeat; y^n take a pint of oysters and parboyle y^m chop halfe of y^m wth ye Mutton; let take a Little grated Bread & halfe a Nutmeg, a Little pep Ginger & some Suger a Little Savory thime Margorum & hy yolkes of 2 hard Eggs Chopt & ye Marrow of one bone & a Little Lemon & Orange pill lempered wth a pint of white wine; ye rest of ye wine must be flowed wth ye Oysters & ye Gravie wch comes from ye Mutton; & n^o you have done Squeese ye Juce of an Orange Into It & So Sewe it up/

To dress a Lambs head

When ye head is boyled Mince all small & season it wth pepp Salt & a Little Nutmeg put in a pipkin wth as much of ye Liqor as will stew it let it boyle but a Little while stirring it lest it Burn & put into a dish wth some Colds, & boyle some Spinnage herbs Chives parsley & a Little thime sweet a Little Vergis boyle ye herbs In some of ye Liquor ye Crush ye m^m & shroad ye & Lay ye m^m on ye Meat thick on some Butter wth some Vergis Nutmegs & Lemon Bits Lay it on sippits & so serve it up: ye herbs must not be boyld too much Lest ye Loose ye Pullor/

To Stew a Eares Head

When ye head is half boyled cut it In pieces about half ye bigness of Oysters put it into a pipkin with some Clarret wine Salt & a Little Nutmeg & some onion water so stew ye m^m: put In a pint of Gravie & a pint of Oysters/

Broth For a Consumption

Take a Gallon of Spring water a Knuckle of Veale or a Coke till all ye Substance be wasted put In a good hand full of barly Corn as soone as ye pottis scummed put In ye top & bottom of a white Loafe & 2 hand full of Maiden hair & 2 Spoonefull of French Barley, & boyle it first In 2 waters & put it In to ye broth & boyle all together till it Jelly when it is cold Steame it, & take a pottinger of it In ye Morning & at 4 of ye Clock In ye afternoone, If ye party be troubled wth Rheume ye take some Sugar of Roses after It

To Make Pole Biskett

Take six new Eide leggs leave out 3 whites beat them with a whisk very well, & ye yolks by them selfe, beat with them ~~fo~~ three spoonfull of sack & three of orange flower water, then ad to them half a pound & to ounces of loaf suger ~~beaten~~ & searced, beat it with a spun tell ye oven be ready, put in half a pound of ye finest wheat flower before ye flower goes in, add to it in ye beating ye grated rine of to fresh lemmons & a grein of musk & to greins of Amber Greece ground with suger in a small morter very fine ye flower must not go in tell ye oven be ready, then spread them upon long papers or tine frame ~~bitter~~ ye oven must be as hot as for white bread only it ~~may~~ must stand to cool & when you put them in, dust over a little suger over them when they begin to brown take them out & put them upon Poles of a prete bigness, & set them into ye oven again to harden, & then keep them dri

To dresse Muskroome Hot or a Friggasie of mushrumes

Take a pint o Clarret & a blade of Mace 2 or 3 Cornes of pepper bruised a piece of Leamon Pill a Little piece of Ginger; yo Mushrumes being cleane wipt out of yo pickle shreeing them Into this Wine in a Sauce pan & let it boyle till most of ye Liquor bo wasted, then have Rodes of ye yolkes of 2 Eggs boil wth one Anchovie & ye Juice of ye Leamon & some Nutmeg & a Little piece of Butter, & 6 or 8 Spoonfull of Strong Grave & put those Into yo Sauce pan & shake all these well to gether over ye fire till ye Sauce be thick but not curdle rub yo dish wth Sallott ye are very good

To Fry Oysters

Take yo Largest Oysters & wash ye In their owne Liquor ye boyle them up In grated Broad & flower & fry them In fresh Butter for ye Sauce take ye Liquor of ye Oysters & some white wine & a blade of Mace & a Little Leamon pill, & a faggott of Sweet herbs a Little pepper & boyle them all together ye take some butter & draw it thick wth an Anchovie ye put all together wth ye Oysters & shake them well up & serve them up wth Sippitts put a Little Juice off Leamon Into yo Sauce before It goe Into yo pan

To make Cheesecakes

Take three Quarts of new milk fit for Cheese, hang it up in a cloth, & let it drop very clean from ye Whey, then beat ye Curd half an hour in a Marble mortar, with half a pound of butter, half a pound of sugar, 3 Eggs, a Nutmeg grated, & a spoonful of Orange flower water, lay one spoonful of this in each Pan, having a good light puff past to lay it in, bake them in a quick Oven. a quarter of an hour bakes them.—

To make a Devonshire white Pot.

Take a Quart of good Cream & boyl it, put in it a peice of Cinnamon, & when it is boyld let it stand till it is cold, then take 8 Eggs & cast half ye whites away & beat ye Eggs & Cream well together, & put a little Orange flower water sugar & Nutmeg, & make a peice of Puff Past to lay at ye bottom of ye dish, & then slice a french Role & lay it in ye dish, & put a handful of Raisons of ye Sun a top of ye bread, & you may put in some Marrow in it if you please.—

Take five or six heads of Salary & cut them the length of your finger & slice them thin long ways & boyl it in water till it is tender & strain it through a sieve, & then make a brown, & shred a little Onion in it & then put your gravey & Salary to it a little Salt & whole pepper, squeeze a little Lemon in it & broyl some rashers of bacon round your dish and sliced Lemon. —

Cohm

Sullar

To make Apricock fritters

Get some Apricocks not over ripe, open them in two, taking ye Stones out & keep them in a stew-pan with a little Sugar & a glass of french brandy, about 2 hours stirring them now & then, put in another stew-pan a good handfull of fine floor mixed with some white wine, put Hogslaird on ye fire, throw ye Apricocks into batter & fry them immediately, let ye fritters be pretty well coloured strew on them some sugar & glaze them with a red hot fire-shovel serve them up hot for a dainty Dish. —

To Dry Bacon or Beefe

Take 1 lb of ~~Loafe~~ coarse Sugar & a pint of water mixed together & wash ye Moat In it for 2 hours in such a vessell as will hold it; ye take it out & Salt it wth halfe bay Salt & halfe comon Salt finely beat for 2 days & 2 nights ye take off ye Loose Salt ye take ½ lb of Salt prunella finely beat & twice as much bay Salt mixt together & Salt it againe & put it Into a Cleane Vessell ye will hold it & ye Liquor turn it every day for 12 or 14 dayes together according as it is In bigness & wash ye part ye does dry wth ye Liquer ye hang it In ye Chimnie for a fortnight or 3 weeke as you see good,

Thos

This way you may dry Beefe or Neats Tongues ye Ribbs of Beefe are ye best

To make Gooseberry Vinegar

To every Gallon of water put six pound of Gooseberrys beat with a wooden Pestle pour ye Water cold upon them into a randlet let it stand in a warm place till ye fruit be risen which will be in a fortnight then strain out ye Fruit & put ye Liquor into ye same vessel to every Gallon put a pound of coarse sugar when it has done working close it up it will be fit for using in six Months or less if you let it near ye fire ye fruit must be rotten ripe. –

To make a Trifle

Take Mackroons (pick off ye Papers) or Stale Spunge Biskett lay them in a dish that is deep as close as you can one to another pour on them Sack or white Wine as much as will wet them then make a Custard of half Cream & half Milk put a layer on ye Soak'd Biskett & fill up ye Dish with a Whipt Syllibub. —

A Crust for fruit or meat Tarts

Work into a Pint of flower two Ounces of butter then beat ye Yolk of two Eggs with four Spoonfulls of good Cream & two Spoonfulls of fine Sugar sifted, strain them into your flower & butter & knead all together as little as possible & roll ye crust thin & bake it in a slow Oven. If you like it Ice'd do it with ye white of an Egg beat to a froth & sift fine Sugar over it. —

To Make hair Grow where it is bare

Take a good quantitie of Virgins Honey Still it in a Lex Still then take Mallows Roots & all & boiling out ye Succo th some of ye Fresh water in wh ere ever you would have ye haire grow there Lay on yo Liquor but every 3 or 4 days temper it new for ye Mallows will loose their Strength/

A Sovaigne Medicine for ye Shortness of Breath & purfonis

Take 3 or 4 Spoonfull of horehound water put them as much Sugercandy as will make it Sweete; drink of quantitie when you goe to Bed use it not above 3 times a week/

For A Consumption ough

Take 4 ounces of Concerves of Red roses & 2 ounces of white Sugercandy ½ of a lb of Raisons of ye Sun Stone thos and beat ym In a mortar together & wn they are well beaten put In 12 dropps of Savin 6 dropps of ye Oyle of vittriol mingle all those well together In a mortar till they be a Cornacon Cullor, n put It up Into a gally pott, & every Evening n you goe to bed, take as much as a wall nutt, not not eating Suddainly after it; & take as much In ye morning & fast 2 hours after It, this is an approved Medicine/

Cynomon Water

Take ¼ lb of Brisk Cynomon bruse it & put it Into it a Stand & halfe of good Cannary, halfe a pock of Damask Rose Leaves Koep yn Close Stopt for 12 hours, & Still It In a worme Lymbeck & Sweeten it wth ye best double refined Sugar Just Sweet, wch 3 Spoonfull of Rosewater/

Water to Tear a Sunburned face

Take Beane Blossomes Elder Blossomes Bassie Roots & similory of each an handfull, & put yn Into a glasse with a quart of Spring water, & ye Juice of 4 Lemons, & halfe a pint of white wine ½ of Camphore Set yn In ye hott Sun 4 dayes, & y Straine it Into another glasse for yo use/

To make Cherry water

Take 2 lb of Kentish Cherries pick of ye Stalks & bruse ye Stones, put yn 1 or 2 quarts of white wine 2 ounces of Cynomon bruised 2 Nutmegs Slice a handfull of Balme as much Sweet Margerum, & ye Topps of Rosemary put all those Into an earthen pott Stopt close all night & ye next morning Still yn In an ordinary Still, you may take 6 Spoonefull of Red Rosewater & dissolve ye Sugar in It & Sweeten ye water wch it, take of this water 3 or 4 Spoonefulls at a time, wch a Spoonefull of ye Sirrup of of Clove Gilliflowers at any time when you find yo Selfe distempered 1 a Savory hott/

A Lady's Milk-water ag.st a Consumption

Take 2 quarts of New Milk from y.e Cow, y.e yolks of 8 new Laid Eggs well beaten one ounce of y.e best Cynamon, 3 handfull of Burrage Lopps bruised Let y.e Cynamon be very well beat, but not bruised Small; put allogether In a Rose: Still, to Infuse for Some 3 hours then draw It of w.th care & for feare of Burning, every halfe hour Scum of y.e Gloulod Creame, for it will hinder it for Stilling but secure y.e burning, In part cover y.e Bottom of y.e Still over w.th A pint of water/

A Draught of this water taken every morning Sweetned w.th a Little fine Sugar, keepes y.e Body healthfull & taken twice a day cureth y.e Consumption y.t cometh from Glocick fever.

A Gyet Drink

First prepare 5 Gallons of wort & boyle therin Some Scurvey grasse ½ of water Cresses, 2 handfull of Burrage Duglas Bettany & Balme Swerwort harts Tongue Agromony parsley Roots Fennell Roots & Succury Roots of each an handfull, boyle all these till y.e Leaves be tender, n.r Straine y.e Liquor, and when it is cold work it up w.th yeast, & w.n it is ready to run hang all these things In it In a Bag, & when it is Settled drink a draught of it fasting & as oft as you please; & at y.e meat drink y.e Scurvey grasse drink by itself/

A Good Whea to drink in y.e Sumer

Take young crops of hopps Succory Endive similarie hearts tongue Liverwort y.t groweth neere y.e water 2 or 3 handfull of Burrage Mary gold Browne fennell a good quantitie & w.n y.e whea is Clarified w.th whites of Eggs n.r put In your herbs & let y.e boyle till they turne their Cellor n.r Set it by till it be cold, y.t Straine it through a Cloth & drink it at y.e pleasure/

Balsam of Peru 1 ounce Storax Calamita 2 ounces Benjamin in the gross impregnated 3 ounces id est pounded in a Stone Morter put into it oyle of Sweet Almonds 1 ounce by a little at a time as it is pounding which will bring it to a paste then put in aloes Succotrina frankinsence root of Spanish or English angellico clean washed & sliced flowers of St Johnwort fresh gathered in July or August, put them immediately into Spirits of wine, they may be so kept a year or two and are better then dryed of each of these last half an ounce Spirits of wine a quart or three pints beat the dregs in a Stone Morter and put them into a bottle with the Spirits of wine leave so much roome that the bottle may be shaken every day stop it close with a cork and Blader & leather over that when all the Ingredients are dissolved its enough set it in the sun in the dogs days till dissolved then strain it thorow a fine linnen cloth then put it into several little Bottles stopped as before, In the winter it may be made by Infusion thus, put the Bottle into a kettle of cold water with some hay at the bottom of the kettle and let it simmer over a gentle fire twenty four hours and stand in the water till it is cold then strain it as above

The Virtues of the Jesuits Drops

There's not a Cut made with Iron if not mortall, but it will heale in eight days by applying it with a feather Cotten lint or Injection provided you use nothing to the wound before there's no need of tent or plaister if the wound has been dressed with other Medecines wash it well with red wine and it will heale it tho' not so soon. for the Chokeck 4 or 5 drops upon a Lump of sugger put into a Glass of Claret & shake it well if violent it must be repeated - apply with lint or cotten for the tooth ach - It cures all Cancers or Ulcers all bites of venimous Beasts especially mad dogs - It takes away black worms in the Skin, It cures any sort after the Smale pox, or when they are drying away. Its good for the piles annointing with it when you goe to bed, It's good for all pimples Swellings & Corruptions, It's admirable in the Spotted Feaver taking four or five drops in broth. It's good for Sore Eyes. for a pain in the Stomack taken in broth or wine. It cures a wound made by a nail in a horses foot It cures a galled Back. Note where 5 or 6 drops are ordered, the number may be increased to 10-15-20-30-40 or 50 in any distemper that is violent - It cures a looseness or Bloody flux takeing 5 or 6 drops in broth or wine when a Tent or Lint is used in a wound and it dryes and sticks you must apply some of the same drops to get it of you may dress any wound once or twice a day you must allways keep your bottle close stopped least the spirits Evaporate

The Virgins Milke

Take ye Litharge of Gold finely beaten 3 ounces; of white wine distilled 1 pint shake them well together & let ye stand ye space of 3 hours still shaking the Glasse wherein they stand ye sol of Glasse In a pan of Boyling water on ye fire Let it boyle till one half of ye vinegar be wasted, ye filter it to make it cleare ye take Beans flower water half a pint, & put thereto ~~half a pint~~ one ounce of Salt Gem made into powder, mix ye water & ye Salt Gem together & filter it as you did in ye other to make it Cleare & so put altogether In a Viall for your use & so wash ye face wth ye liquor

Almony Milk to unstop ye Spleine

Take of ye Tops of Thime Egromony Maidenhair of each a hamfull & halfe, of parsely & fennell Roots 2 or 3 hamfull; a hamfull of violet flowers, If you cannot get ye fresh ye get ye dryed, 2 hamfulls of Raisons of ye Sunn 1 ounce of Annisseeds, boyle all these In a pottfull of running water, till ye 3 pts be wasted & wth this Liquor Straine ye Almonds being pounded very Small, let ye sick take a good draught of Milk In the morning, & so continue it for a fortnight or longer as you see cause & within one hard drunk it, Let ye take ye quantity of a Walnut; of Rose Rose

Spirit of Clary

Take a Gallon of Sack & one pint of white wine, & Still it full of Clary & of Grummes of 2 White Loaves 24 Eggs beaten; put up yo^u Still, & Still it In a Lymbeck, & If you would have It Smaller then take ye 3 part white wine & one part Sack/

Orrange Water

Take to every 2 quarts of Sack 12 Orranges Chop them & Steep ye 12 hours & Still it In a glasse Still & when you have Still it Sweeten It wth double Refined Suger dissolved In Rod Rose water, put on handfull of Angillico Into ye Still with the Orranges/

The small Surfitt Water

Take wormwood Cardus & mint & fill yor Still pin Cover it over wth Milk & Sprinkle It over wth Sack Still It In a Rose Still & drink it with a Lump of hard Suger/

Treacle Water

Take one ounce of harts horne Shaved Boile it In 3 pints of Spring Water untill it comes to one quart, & take ye Roots of Allicompanie Gentian, Cyprus tormentill, ye Blossom Thistle Angillica, of Each one ounce of Cytorn Rinds one ounce; & take ye of ye best vorus Treacle & dissolve it In 6 pints of wine and 3 pints of Rod rose water, & so Infuse ye all together & Still them/

Cynomon Water

Take 2lb of ye best Cynomon & Bruise it, half a lb of Cylorn and Orange pills a quarter of an ounce of Curriander seeds, Steeped In 3 Gallons of Malligo Sack 2 dayes ye distill them In a worm still & sweeten wth Sugar disolved In Rose water, this water hath bin highly Esteemed for ye last/

Spirit of Cytorns

Take 3lb of ye purest Rinds of Cytorns fresh taken of Infuse them Into 3 gallons of Sack, let these stand 20 dayes, ye Stir ye In a Glasse still close clutted up; and draw of all ye Strong & keep it in a convenient close vessell close stopt; ye take 3lb more of ye rinds of fresh Cytorns, & Still ye In a cold still wth 1 gl quart of white wine, draw of 3 pints of it, & take 3lb of Sugar candie disolved In a pint of Rose water, ye put all together first Spirit Into a large Bottle wth 6 graines of Amber greece rubd Into powder wth a little fine Sugar, & put it Into a piece of Tiffanie & hang it Into ye bottle It is a great Cordiall & ye best of Spirits/

Almon Milk

Take violet Leaves Strawberrie Leaves Sinefile of each one hand full & of Liquirish ye like boyle these In a lb of Barley water untill ye 3d part be wasted, ye take one hand full of Almons blanckt & 2 ounces of Suger, beat these In a Morter very Small & Straine ye In ye Barley water & Straine all through a thick cloth & put Into it 2 Spoonfulls of Rose water, & If need be put the 4 Cooling Seeds beat wth ye Almons & If you please put In one ounce of poppy Seeds to procure rest/

Almon Milk a 2d way

Strawberrie Leaves violet Leaves Buglass & Burrage Leaves Succery Mallowes Sinefile Maiden haire Reasons stond and some Lyquirish scrapt & boyle ye together In Barley water, ½ a lb of Reasons ½ a lb of Almons ½ a lb of french Barley & order it as before/

Take Sphere Mint; Vnsot Hysop thime Balme pony Royall Bottanie Saniele water Crocces Garmander Roman wormwood Red Sage Sallendine hearts ease Lavender dragillico Norroll Calla mint Avens vallirian Sassafrage Scabious Egromony with Margorum Cardus Mother thime ~~lamein~~ Colls foot pimpernell verveine parsley mother thime sweet margorum Cardus pelitence of Norell flowers & Lavender & Roots of Wild Daizies Rose yellow Comfree Clentine Cammanile Maidenhaire Burrage & bugloss of each of these herbs a handfull after ye bee picd well

Then take of Red Rose Leaves Cowslipps Rosemary flowers of each of these flowers a peck fresh If not ye dry of ffennell Roots parsley seeds Carraway seeds of each 2 drames of Nutmegs Cloves mace Ginger Cynomon of each 2 drames of Spicknard Allicompane Melilot flowers Callimes Aromillinus Cardimum Mosse Rubarb Sliced Gallingall veronica Broadey Quibills of each 2 drames, of Innipor Berries one dram Arramilleum Rosarie 3 drames of China Roots one ounce of Sassafrage Sliced half an ounce wash yo Roots & slice ym bruse yo seeds & all ye drugs, cutt yo herbs & put all Into a good Large Vessell, & pour upon ym as much of ye best Shery Sack as will cover ym & let ym stand 24 hours stopt close, then still ym In a Lynbeck through a worme & ye have reddy ye best Suger dissolved In Red Rose water lb 3 graines of Bezer 3 graines of Musk of ye flower of Currall 3 graines 6 graines of Ambergreece 2 drames of ye flower of Amber 2 drames of ye powder of ye pearl 2 Spoonfull of ye powder of hearts horn put all these Into yo water after it is still wch a little Saffron tyde up In a Little Tiffanie powder all ye things

Leamon Water

Take 2 oz: of ye best Leamons & pare ym as thin as possible you can & beat ye Rinds In a stone morter; & pick out ye Seeds & bruise ym put ym both into a Possell with a Gallon of Sack stopt close for 24 hours, ye distill it In a Glass Still, & draw off as much as you can & sweeten it with ye best double Refined Sugar dissolved In Rose water with a Graine of Ambergreece to every Bottle or as you Like it/

Sweet Water

Ingrens

Take 2 ounces of Benjamin 2 ounces of Storax, one graine of Musk beat ye to ye powder beat also 10 Cloves very small, & 4 graines of Ambergreece 3 graines of Civitt, all dissolved In 3 or 4 dropps of ye Juice of Leamon & a little Sugar upon a Marable Stone, put all these into 3 pints of Damask Rosewater, & halfe an Orrange pill & halfe a Leamon pill well bruised, & halfe a pint of Orrange flower water, put all these into a Bottle & shake ym well together & keep ye Bottle well stopt, & In 20 or 30 weekes time you will have very Excellent Sweet water

Sweet Bag

Take halfe a lb of Cypras Roots 1 lb of Orris Roots 3/4 of a lb of Rodium 1 lb of Coriander Seeds 3/4 of a lb of Calliamus 3 orranges stuck with Cloves, 2 ounces of Benjamin 1 ounce of Storax Soree 4 pecks of damask Rose Leaves a peck of Sweet Margerum dryed some Little handfull of Lavender Knapps a Slick of of Juniper shaved very thin, some Leamon pills dryed a Slick of Brazzell shaved, Let all these be grosely ypoudred & so put ym Into a Bag/

To perfume Gloves ye Spanish way

Take yo Gloves and wash them In Rosewater with a Cleane Spunge
ye hang them In a prest to dry, ye take a Little Earthen pott & put
some fire Into it, put some Benjamin on ye fire, & smoke the
Gloves till they are almost dry, ye wash them as before, In Rosewater
& dry them as before 2 or 3 times, ye let them hang In a prest or Chest
till they are almost dry, ye Rub them In yo hands till they be soft
& stick them out & Lett them hang till they be quite dry, ye take one
part Civitt & one part Ambergreece, & as much boyle of Dabberries
as of Ambergreece & Civitt & grind ye well with a Little Juice of Leamon
& put a pint of Rosewater Into a Silver dish, upon hot Charcole
& when it begins to boyle put In yo Cyle of Dabberries & Ambergreece
cover it very close till ye Ambergreece be all molted Like oyle
ye Master yo Gloves with Rosewater Cold, ye take a piece of a very
Cleane Spunge having taken yo dish of ye fire, take yo Amber
which will swim on ye top of ye Water & Rub yo Gloves with the
Amber & ye Spunge all over, when you have so done hang yo Gloves
In a Roome to dry where ye Sun comes, ye Rub ye Soft with yo hands
and stick out ye fingers & ye Lay them In ye prest to dry for one night
& ye Lay them In ye papers for yo use.

How to make poppy Water for a surfeit

Take a quart of small aquavita & put it into a Glass & put in good store of poppies cutting away ye black ends, & let ym stand in 2 dayes yn strain ym out, & put in more & some Mary gold flowers & Clove Gilliflowers, & let ym stand a week yn take ym out & put in more & thus do it till you find it strong of ye flowers & high Gillored, then take; Some Gilliflowers Mary gold & poppies 2 or 3 Spriggs of Sweet Margorum & a Little Root of dogillice a good handfull of Raisons stoned dates a Little Liquorish scrapt & sliced & half an ounce of Annisseeds bruised as much sugor candy as you like a Little Rosasolis, Let these stand 3 weeks yn strain it into a Glass; you may put fresh aquavita to ye flowers herbs & spices if you please, keep all ye yeare for yor use/

Spirit of Caster

Take of Callamint ½ a pint of Nip half a handfull as much dill seed 2 drams of Cloves 2 ounce of Orrange pill, ye white being pared of ym 2 ounces & a ½ of Walnut Blossoms, a good handfull of Rosemary flowers Castorum one ounce, half a handfull of ye Tops of Sage to every ounce of Castorum & ye aforesaid things; put 9 quarts of ye best white wine, & so distill ym, this water is good for all troublesomness of ye wind & fainting or swooning fitts, or a weak stomack; women wth Child may take it if are troubled wth fainting fitts It doth Revive ye Spirits

Simple Water of poppies

Still poppies as you do Roses, so ad sugor candie and dates sliced, this is good for those yt have not good digestion/

Poppy Water

Take a quart of ye best aquavite put into it a great quantitie of poppies flowers Cleane picked from ye stalks & ye blades cut off; ym ad to it 2 ounces of Sugor Candie 1 ounce of dates sliced, Stop it close & let it stand a month or more as you see good; wn you strain it put it into a Cleane Glass & stop it up for yor use. It is good for surfeits & ye stomack/

Take good Redwine & Muscadine of each a Gallon Hysop haire hound Thime Organ Micompanie Roots Wormwood sage hearts Tongue Maiden haire of each an handfull Aniseeds one ounce Lyquirish Scrapt & Sliced one ounce, & shread, put all these Into Alembeck & Still ye carefully drowne Lymbeck is ye best/

To make Water of Rosasolis to be gatered in ye month of June & July

Take ye herb Rosasolis It groeth In Moadowes & In Loe Marshes & In no other places It is of an herb Coullour & groeth very Low & flatt to ye ground w.th a Long Stalk In ye middle w.th 6 branches springing out of ye Root roum about ye Stalke w.th Leafs of herb Cullour & of a meane broadth & length, & w.ch you gather take heed In any case you touch not ye herb Bt Solter w.th yr hand; for ye virtue of ye herb is gone but ypluck it up by ye Stalk, & Lay It in a Cleane Baskit ye herbs are full of Strength & vertue, take as much of this herb as will a Bottle pott & beare not to wash ye herb, take a Bottle of ye Spirits of wine & put ye both Into a Vessell & let it Stand stop 5 dayes, & ye 4th day Straine it through a limin Cloth Into a Cleane Glasse or an Earthen pott, put therto 1 oz of White Sugar candy beat finely ½ a pound of English Liquirish Scrapt & beaten ½ oz of dates Sliced & Stoned put all these together & Stopp ye Glasse so close ye no Aire can get In, drink of this w.ch you goe to bed half a Spoonfull w.th Ale & as much In ye morning fasting, there Is not a weaker man or body In ye world, ye want the nature or Strength, but it will restore him again & make him Strong & lustie, & make him have a Marvellous Stomack & ye Immediately keep up all thy Slimes together Shall find a great Comfort & wonderfull benefit, as hee fooleth himselfe so may hee use it/

This was approved on by a Gent who Lay 13 weeke In a Consumption & all ye physitions In London had given him over, but by drinking this 13 times It Restored him to his former health & Strength and obtained his Appetite. ye Receit being Sol doune & given him by an out Landish man/

To make Peaches or apricox in brandy

Take your Peaches & rub them very Clean then take as much Suger as is necessary to Cover your fruit and you must boyl it when you dip your Scimmer in it and take it out giveing it a Check and blow through it and if you perceive a little blader rises that is what is Called little Plume So done take it of the fire and moderatly put your fruit in, then put them upon the fire and lett them take 3 or 4 boyls then take them of Sett them by till the next day when you put them upon the fire againe and give them 3 or 4 boyls till they are enough takeing Care not to break them in the boyling then lett them rest a little and take them up with a Scimmer one by one upon a Seive when So done boyle your Syrop till it is enough put your Peaches one by one in your bottle or pots then take as much Syrop as brandy that is half and half mix it well together and pour it warm upon the fruit and doe not stop it till they are quit Cold and keep them in a place neither hott nor Cold be Sure that the Liquor Swims over the fruit and to be of the best french Brandy

To pott Fowles in Jeley.

Take any Sort of fowles Season them very high Bake them or bogl them in butter as for Pating when they are enough take them up to drain and cool; For the Jeley take a Knuckle of Veal and a good piece of Ifing-Glass and make a strong Jeley or else calves feet which is what I always make the Jeley of but that is as you like best Season your Jeley with white peper Salt Mace and Lemon peel and the Juice of a Lemon Clarifie it with whites of Eggs and run it through a Jeley bagg when clear put the Jeley in to the Sauce pan again and put in your fowles and just make them hot then put them into the pott and pour the Jeley on them, when cold pour Clarified butter an Inch thick on the top, they must be with the Breast downwards in the pott, They will keep 6 weeks or 2 Months Pidgons look best.

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h another
let you put in
ym as ly first till
ass stopt & let it stand
ass & keep it chose stopt
un may com through ye ~~pumd~~ glass
for 3 months ye vinegar will
be more time ye more strong

let it be as good for ye use ye purpose
ye blood to be far ye better

Violet Water

Take quarts of ye best wine vinegr you can gett & 12 quarts of blew violets to divide ye violetts Into 8 parts & steep every part Irally ye vinegar 3/4 of an hour at ye most but first you must put ye vinegar Into a wide Mouthd Glasse & after ye Boyled have perobrated 3/4 of an hour you must pour of ye vinegar Into such another Glasse of ye violets & soad ye like quantitie of violet you put in before & so continue till all ye 8 pars be steeped; keep ye Glasse close stopt & let It stand a Fortnight, yn pour It of Into another Glasse & keep It close stopt & set It in some window where ye Sun may come through ye Glasse but not In ye open Sun for ye first 2 or 3 months ye vinegr will not last strong of ye violet but ye more time ye more strong

Some hold ye white violet to be as good for ye use & ye purpose as ye blew; but I find ye blew to be far ye better

To Pickle Mushrooms

Take choyce of ye youngest & freshest from wormes, wch you may discover wn you have pild ym by little holes yt like pin holes, lay ym to soveral peales wth white Salt 6 or 7 dayes together; make yo pickle wth white wine & some & some vinegar, Cloves mace & some Bay Leaves, & some Cloves of Garlick whole onions pild & prick to ye Centre & white Salt wn it hath Boyled some Roasted lime & is cold yn put In yo Mushrooms not boyld nor Scalded but Raw, & for their ptection cover ye Glasses wth 2 or 3 Spoonfull of oyle & stopall well;

To pickle Oysters

Take 200 of Oysters yt never ye better & bovery carefull In ye opening of ym & yt throw all ye Liquor In a pan yt cut of ye Gorge black & ye Gorge saving all ye Liquor wch you must put into this one Liquor, yn put all ye Oysters & Liquor over ye fire & boyle ym about half an hour over a gent fire often scuming ym as they boyle, yn take ye Oysters of ye fire & strain ye Liquor through a fine Cloath, wn yt is done put In ye Oysters & take out a pint of ye Liquor while it is hott & put thereto about 3 of an ounce of Mace & half an ounce of Cloves, yn set ye Liquor over a fire & let it boyle; yn put ye Liquor into ye Oysters wore, & still stir up ye ~~Oysters~~ spice well among ye Oysters, yn put but a Spoonfull of Salt, & 3/4 of a pint of ye best white wine vinegar & a quarter of an ounce of whole white pepper yn let them stand till they be cold, yn put as many of ye Oysters as you can into yo Barrell, knocking yo Barrell sometimes to settle the Oysters & put In more till yn put In as much Liquor as they Barrell will hold letting ym settle awhile yn stop it up; so to lesser or greater quantitie of Oysters

To pickle and Purslane Stalks

Take ye largest & youngest Stalkes make a Brine yt will bear an Egge & put ym In a pott or Glasse & pour ye brine upon ym: It must be made of Cold water & Salt So stop ym up close & as you need ym take a quantitie out & boyle ym In Salt & water till they look green, & wn they be Cold put In pickle made of vinegar & Salt & stop ym up close

To Pickle Barberries

Take a Layer of Salt & a Layer of Barberries, so Continue till yo pott be full, so stop it up Close

To make Leamon Sallet

Take ye pale of Leamons pare them pretty thick; yt Cut ye Rinds in Long pieces like small Ribin boyle ye Pnagods quantitie of water till they be tender; yt take ye out of ye water Draine them till they be dry & wring ye Juice of Leamons over them, make ye picle of white wine vinegar & double refind Sugar well mixt together & put them Into a Glasse or pott this may be done. no you up ye Juice of Leamons for other things

To Pickle Walnuts after ye Indian way given by an Indian Markham

Gather ye Walnutts when they be so young yt you may thrust a Pin through them, Let them be gathered In a dry day, & put them Into a great pott of water shifting of It every other day for a week; then for a fortnight every day twice put fresh water Into them, then put them Into a kaire Pye all Night to run dry, then put over ye fire a good quantitie of water & Let them boyle till they be soft & Little soft; ye draine them out with a Course Cloth Rub off ye skin; take of white wine vinegar & of Cold water ye each a like quantitie boyle as much as will cover them when they are put up; before you put them Lay In ye Bottome of ye pott or Glasse, a hand full of fennell or dill; a hand full of Cloves of garlick & a hand full of Shallott & a hand full of Salt upon them & some Cloves & mace & then put a Lay of walnutts, & ye same quantitie of things as before & then a Lay of Walnutts as before; & so continue till all ye walnutts be In, then put In as much of ye pickle as will cover them & lay them up close with a Leather

To Pickle Broome Budds

Take brine of water & Salt Boyled & when It is cold, put In ye Budds being tyed up In Lynen Bags, you must shift them Into fresh wine as Long as ye wine Looks black, & boyle them In the Last brine, when they are Cold Keep them In vinegre

To Pickle the Keyes

Take the Keyes & Boyle them In water & Salt, not too much Least they fall of the Stalk, & spread them on a Cloath & Cover them with another to keep In the heat & make the Lockle groene, & make a pickle with Vinegar & Salt, & when it is cold put them In & Stop it up Close, So you may do by Kidney Beans only let them Stand over the fire to greene/

To Pickle Turnips

Take young Turnips quarter them & pare them & cut them Into thin Sliges, & putt them Into a pott with Some whole Mace & pepp & white wine Vinegar & Some Salt & Stop them up Close/

To Pickle Cucumbers & Purslin &c

Take 2 Gallons of Water & 4 Gallons of Clarified Whea of pint of Wine Vinegar 4 hamfull of the Toppes of Dill, a quantitie of Salt boyle all these together till it will beare an Egge, then it is cold put In the Cucumbers &c: So lett It Stand 6 weeke then take a Skellet full of the pickled Cucumbers & put In Spring water to them & cover the Skellet close with Something that keeps In the Steame, let it have one boyle & no more, then Let them Stand Close Covered till they be cold & when they be cold put them Into white wine Vineger after 3 days they will be fitt to eate/

To Pickle Artichocks

Pare the Artichock to the Bottom or core, & wash them very Cleane, & take 4 hamfull of Salt a small quantitie of ~~Salt~~ Verjis & water to cover them then let it boyle before you put them In with pepp Cloves & mace let the Artichocks Boyle 3/4 of an houre In the pickle & then take them of & Set them to coole, & then take them up to draine & let the pickle Settle, then pour the Clearc of & the Spice Into an Earthen pott & put the Artichocks Into It & cover them Close for the use, If the pickle be Too Strong put a Little white wine too It/

To Pickle Cumbers

When you have well & Cleane Rubd ye w.th a Cloth Singly put ye In a well Glass pott, w.th a many vine Leaves a Little dill & fennell Seed but not too much It being too Strong & Rotts ye; A Little Sweet Margorum put these Carefully between every Lay, & Mix yo pickle 2 parts Ale vineger & one part wine vineger & Salt to boare an Egge put ye Into ye for 7 or 8 dayes ye pour it out Boyle & Scum & Cast it Scalding hot on ye Cucumbers, do so for every 5 or 6 days till you see ye of a good Greene, & In ye winter when you See ye would on ye topp Boyle it & Scum it & ad Now for ye wast, About Christmas make it all Newes w.ch will make ye of a Lovely Cullor & Crisp; this is a good way for any pickt Sallott

To Pickle Mushroomes

They Grow up In one Night; A very moyst & Ramey night will Send ye up very thick; So ye If over night you pluck up ye old one you will before to have fresh ones In ye morning Gather one by those w.ch are very white on ye out Side, & a pale pinct Cullor within ye Round hard ones like buttons are ye best pill of ye Skin very well & as you pill ye throw them Into water & Salt, & In ye water boyle ye a quarter of an hour keeping ye well Scumd, then take ye & put ye Into faire pickle ye halfe vineger & ye other halfe verjus, A Little Large Mace halfe a hanfull of white pepp whole; give yo pickle 3 or 4 walms over ye fire w.th a hand full of Salt, Scum it well & let it Cole ye put In yo Mushroomes w.th Some shallot

To make Lemon Biskett

Take 3 yolks of Eggs one White: 4 or 5 Spoonfulls of Damask Rose water beat them well together: then put in half pound of Duble refined Sugar Sifted beat them very well together till it be white; then put in Allmost half a pound of fine flower; beat it all very well together againe till ye plats or papers be buttered Bake them in an oven as hott as for biskett dry ye flower in ye oven well before you put it in

To make Little plumes Cakes

Take half a pound of fine flower: a quarterne & half of fine Sugar boath being very well dryed; half a pound of good butter being Stayed all night in Rose water, 4 Eggs except too whites half A pint of Cream; mix all these together put in ye Sugar & flower by half a handfull at a time whilst it is heating; then beat it with ye hands for 3 hours; when ye oven is hott & you Redy to Sett in have Ready 3 quarterns of a pound of very good Corrins well washed & picked and dryed by ye fire put them in. or else you may put in ye Same quantety of Canded Lemmon and orringe pill in Stead of ye Corrins Bake them upon plates of papers buttered

A Especiall Medecine to cure all kind of Maladies & griefs

Take half a pound of Rosen, vergins wax and frankinsence of each a quarter of a pound, Mastick and Gums, hards Sewet a quarter of a pound, of Camphire 2 drams, then Stamp the Rosen frankinsens and Mastick as small as you can in a Mortar, then mealt the wax and Sewet together and put it in the pouder before named — Stamped into a pan with the vergins wax and Sewet, and when it is mealted then Strain it through a thin Cloath upon a pottle of White wine, and then boyle them together till the wax be some thing thick then take it of and lett it coole then put therein a quart of Oyle of Turpentine with ye Camphire then Stir it together till it wax cold, and so Keep it for yo: use

The Vertues

This Medecine is good all manner of Maladies, as wounds old & new in what place soever, also it is good for cleansing of festers ingendred in the flesh and it helps more in nine days than other doe in a Month

1 It is good for the head akes to Rubb the Temples therewith —
2 it is good for the Swelling of the Ears to anoint them with —
3 it is good for an Inflamed face —
4 it is good to heal Sinews that is cut or Sprained with labour or waxed dry for want of blood;
5 it Suffers no dead flesh to ingender or abide where it comes —
6 it is good to draw out arrows heads Stub or thornes or any thing els that is in the wound,
7 it is good for biting or pricking any venomous Beast —
8 it is good for all manner of Boches or fellons —
9 it is good for all festers —
10 it helpeth all manner of Aches of liver, Spleen Kidneys Raynes & back
11 it is good to break all manner of Impostumes, and Swellings of dropsy and
12 it is good for all Swellings or aches, of ye privities in either Boyes & Gis
13 it is a Souuerain for all Scabs Reaches of Sinews for the quaking palsey gouts or water between ye Skins and flesh
14 it is good to heale the hemorods and Piles within the fundament
15 it is good to cure the Bloody flux
16 it is good to make a Searcloth to heal all manner of Soares above said with many others that are not heare named for the gout Spread it thin upon the thinest Sheepe Skin then Prick it full of holes with the point of a knife and aply it, and let it lay on but 2 or 3 dayes then take it of and lay a fresh plaster to it

An excell.t Cordiall

Take 3 or 4 new laid Eggs, boyle them but a very little, then put out the white and put in a spoonfull of Sugar or Sugar Candy into every egg, stirr it well and fill it with good old red rose water, warme it on a Chafing dish of Coales. drinck it fasting and fast an hours after it, Tis an Enemy to all vapours.

For the Wormes in Stomach or Belly

Take ~~[illegible]~~ of the Juice of Lemons for a young child two Spoonsfull, for a bigger fours and a wine glass for a Man or woman Dye it very yellow with Saffron sweeten it with Honey

For a bruise:

Take Camamoile & Hysop of each a handfull or more, warme them hott either in a Frying pan or between two tiles, apply them to the place greeved in linen baggs renewing it as often as it growes Cold.

An approved medicine for a Canker

Take bole Armoniacke & good Allom an equall quantity make it into fine powder mix it with honey & rub the mouth well & often.

To break the Stone

Dry ye Roots or Seeds of Redd nettles beat them to powder & drink it in white wine a little warme, use till you are well.

For a Feaver; Wormes, or any distemper at first

Make a Posset with white wine, take off the Curd, & into ye Posset strain Stone horse dung, drinck of it Morning & Evening for three dayes and sweat if you can,

A Drinck in a Feaver:

Boyle a pint of milke and a pint of Endive water, coole it downe with a Gill of white wine Vinegar, take of the Curd & drink it Constantly

To cure a Feaver at three times Taking.

Take the green skinn which grow about walnutts, (for want of them & in winter the bark that groweth on the roots of a wallnutt tree) bruise and put them into a Limbeck put in as much of the best white wine vinegar as will Cover them; Part well your Limbeck: Drinck three Spoonfull of the water in the Shaking fitt.

For the Dropsy

Take a pint of green brooms bud ashes, Infuse them in three pints of white wine for 24 hours drinck half a pint thereof every morning, fast three hours after, use moderate exercise.

To Stanch bleeding at nose or wound.

Use ye Scrapeing of the bottom of a brass pott and apply it dry to the nose or wound.

For a paine in the head.

Dipp a Sheet of Browne Paper in Redd rose water, Apply it cold to the Forehead or Temples.

For a Loosenes

Spread soft red wax on a peece of leather of the breath of a shilling, lay it on the Navell, warme it that it may stick.

For the Faling sickness

Burne the Skull of a Man, beat it to Powder, beat a quantity of Ryony seeds to powder and beat Philippendula roots to powder, take Nutmeggs and some of the burnt Skull beat them together Drink thereof,

For the same.

Take a handfull of Rhue and as much Wormewood made into Powder and blow it up the Nose.

Another

Take the aforesaid Herbs and the Roots stamp them and bind them to the Nape of ye Neck.

To make Sirrup of Ruberb

Put into a quart of Spring water Succory & Maidenhead of each a handfull two ounces of Raisons of the sunn stoned & almost a quarter of an ounce of annideeds boyle them in ye water till tis reduced to a pint, straine it, then slice half an ounce of ye best Ruberb into it set it behind the fire from Morning till night to infuse, let it not boyle, straine it and to a pound of Liquor put a pound & half of Loaf Sugar; then boyle it on a soft fire to ye height of a Syrrup Bottle it, when cold tye it close up, tis good for wormes in Children to be taken at ye Change of ye Moon 3 Mornings together 2 Spoonesfull a Morning, an elder body may take 3 Spoonesfull or more, If the Child be inclined to a Consumption add at first to ye Syrrup a handfull of Egrimony, another of Cetrach & to a pint of ye Liquor put half an ounce of hartshorne, and give it a warme or two, do it before you put in the Ruberb. then make the Syrrup as before.

How to make the black Plaister:

Melt together one pound of Pitch a pound of black Rosin, a quarter of a pound of beeswax the quantity of a hens Eggs of Beere or Mutton Suet, with halfe an ounce of black paper finely beaten, amongst them, put them into a bole of Cold water and worke them up handsomely into a Lump, When you have occasion to use any of it warme it by some Coles spread it thin upon Soft leather, and Apply it cold.

To make a Goosbery Tansie

Pick Goozberries and fry them till they are tender in Sweet butter then put to them a quart of Creame, the Yolkes of six Eggs, two whites well beaten together with Sugar, a spoonefull of Rose water and a little nutmegg, all well mixed together, fry it leaurly; and Scrape Sugar on it./

To make Orange Marmalade

Grate and quarter Oranges take out ye Meat and Inner pill, lay them all night in Water boile them till they are tender in Six or Seven Changes of water having the water alwaies boiling you put them into, Pare Coare & quarter Pippins, and take twice their weight in double refined suger, and put three quarters of a pint of water to one pound. Before you put in ye Oranges Clarify your Syrrupp, the Juice you take out of the Oranges put to ye Marmalade when tis halfe boyled./

For a Dropsie & Raw Stomach:

Drinck the water of Comon wormwood distilled in a Rosewater still for ye Space of three weeks as well at Meals as other times, and eat a few Raisons of the Sunn stoned and filled with woormwoode, in a morning fasting./

A Water for an Ague

Boile in two Gallons of Running water, fennell Rootes and Succory of each a handfull, one pound of great Raisons and a Nother of Small, till one gallon is boil'd away, then straine them, & put to them halfe a pint of Rosewater, halfe as much Vinegar, half a pound of Suger 3/4 of an Ounce of Cinnamon, broken between ye Fingers, then boyle them a little, and drinck it cold, when you please./

For a Flushing in the face after eating:

Make Posset drinck with Cardues, and drinck therof for ye Space of a Month every Morning fasting at Spring & fall. or when you feare to be troubled.

A water for an Ague

Wipe and Slice twelve Lemons an Distill them with a Pottle of Milke from ye Cow, a quart of white wine and a quarter of a pound of Suger./

A Medicine for the Collick

Beat long pepper of the middle sort wch is called Rufett and white amber to powder, and put so much of them, as you can take up between ye finger and thumb, into a Glass of Canary or white wine warme it, and Straine it, and then drinck it./

For an Itch

Break Allum into a Red hot fire pan and burn it, and mix it with a little Morte; and so use it.

For a Soare throat

Mix together six spoonesfull of Sirrup of Mulberries, six spoonesfull of Honey of Roses the biggnes of a hassell nutt of white Doggs turd take a spoonfull at a time and swallow it by little and little, If there be a soare in the throat tye lint about a stick and rubb the soare gently:/

The Italian Plaister

Take 10 ounces of Oyle of Olives, 4 ounces of yellow wax. litharge of Gold Litharge of Silver, Cerus of each foure ounces, of Mirrh foure Drams Venice Turpentine foure ounces, First put in ye Skillett $\frac{2}{3}$ of the Oyle, with all ye wax, cutt it in small peces, when tis molted put in the mettals one after another allwaies stirring it, Use a Moderate fire of Coles Yo Skillett a little above ye fire, when tis boyled to a brownish Collour, then put in ye Mirrh and the 3 part of the Oyle, boyle them together to a brownish Collour, still stirring it, Then take it off ye fire and put in the Venice Turpentine, Stirr it well about after that poure it suddenly out into a buckett of faire water, knead it there a little then Mould it on a Cleen Table, in small Rolls. It cures old soares & green wounds, it mitigateth paines, applyed like a Seare Cloth, and Imposthumations in the face, Pellons, tis a present Remedy for galls by Riding, after the full of ye Moone cut yo Corns close but fetch not blood, and lay on a plaister of it letting it ly 4 dayes, then take it off and scrape it with yo Naile, and take of any hardness that ariseth & with 5 or 6 of these Plaisters so applyed the roots of yo Corns will be taken away, in the mean time it take away all paine, If you fetch blood in cutting them then shift yo Plaister every twelve houres, untill it be whole./

An Ointment for a burn with Gunpowder.

Stamp together two handfull of Groundsell, of houseleek and Daizy leaves and roots of each the like quantity then put to them a good handfull of Barrowes grease, too handfull of new Sheeps dung & as much goose dung, Stamp them together and Straine them into an earthen pott, and anoint with it, it is good in any Scald with water./

The Golden Searecloth Excellent good for the Sciatica. Gout. Bruises. Stich in ye back or side & Strains

Take three well Glazed redd Pipkins, one holding three quarts, the Second two and the third one. put into ye first one pound of Burgundy Pitch, into ye Second half a pound of good Frankinsence, into the third foure ounces of the best Virgins wax, molt them on Moderate fire Stirring them, with a wooden Spattula, untill they be all molted, then take them off the fire, and put them into ye biggest Pipkin together, allwayes Stirring them least they run over, then Straine

then

them through a Course linnen cloath into a bason of water, and mould it on a board, annointing yo: hands with some of the Oyle, in one half of ye Stuffe put in two Drachms of Saffron, finely powdered, and worke it in before it be cold, then make it into Rolls a finger length, and keep them in a box, That wch hath ye Saffron is Excellent for the Sciatica, Gout and bruise, the other for the Stich: the preciousness of this Searcloth is unknowne, unless to those who have experienced it.

To Stay the bleeding of a wound:

Beat Dryed Vervine to a powder and lay it on the wound and it will stanch it, when tis fully stopt you may wash it cleane with Plantin water, and apply a healing plaister.

For the Collick:

Stamp a handfull of Chickweed and Straine out the Juice; and drink it in whitwine or Ale, and it will give ease in a short time.

Lucatellus's Balsome:

Take a pound of Venice Turpentine, 3 pints of Oyle of Olives, Six Spoonesfull of Sack a pound of Yellow wax, two Ounces of naturall balsome, two ounces of Oyle of St Johns wort, two Ounces of Powder of redd Sanders, cut ye wax in thin slices, and put them in a Skillett, and set it on ye fire, when tis throughly molted, first wash the Turpentine, thrice in redd rose water stirr them well together till they boyle a little, then take it off and let it stand till next day to coole, take it then out and cut it in thin slices, so that you may gett all the water out, and when well drained out, molt it againe and Stirr it, then put in ye Oyle, Sack and oyle of St Johns wort, the Naturall balsome and Sanders, and Stirr them well that they may incorporate well together, and lett them boyle for a short space, then take it off, and Stirr it two houres to make it thick, when tis cold putt it in potts and Cover it close with leather, & you may keep it 20 Yeares

Here Vertues

It healeth any burning or Scalding, and likewise any bruise or cutt being first annointed with the same Oyle and a peace of Linen cloth or lint dipt in it being warmed lay it to ye Place and it will heale it without Scarr.

It also healeth Innward or outward wound being Squirted warme into the wound, and by Applying it to any outward wound with lint or fine linnen dipt in it, and by annointing all the parts thereabouts, and takes away all paines and inflamations draweth forth all broken bones, or any thing ells that might putrifie and Pester, so that the braines or innwards as the heart Guts & liver, be not touched, It heales in foure or five days dressing so that no other thing be applyed thereto.

It healeth the Bitting of a Madd Dogg or other beast.

It is good against the Plague, only annointing the Nostrills and lips

Therewith in the Morning before you goe abroad and for that day by Gods blessing you need not feare the Plague./

It takes away any paine or greefe by reason of cold moisture and Catarrh in the bones and Sinues first annointing the place soe greived with a warme cloath laide on it,

It healeth a Fistula, or Ulcer, be it never soe deep, being applyde as for a cutt.

It helpeth digestion annointing the Navell & Stomach, when you goe to bed.

It will Stanch blood speedily of a green wound putting a plaister of lint on it & tying it hard

It is good against ye wind Chollick & ye Stich, in the side applying it thereto with a warme cloath, 4 Mornings together, a quarter of an hours at a time./

It is good against Poison, helpeth in Surfetts, takeing an Ounce in warme Sack:

It is good against Wormes & Cankers using it as for a cutt, butt requires more time to heale

Tis good for one Infected with ye Plague, Mouseles, small Pox if presently taken in warme broath, a quarter of an Ounce, foure Mornings after each other and sweat upon it, and helpeth head ache by annointing the Temples and Nostrills therewith./

A Purge to Strength ye Liver & agt ye Dropsy:

Clarify a pint of Juice of Succory which do by boyling it softly and Skimming it, straine it into a bason, when tis well settled put it into a Pipkin put to it an Ounce of Rhubarb Sliced very thin let it Stand in hott Embers 24 hours, Coole it and Strain it out hard, boyle the same Rhubarb in halfe a pint of Succory water untill all the goodness is out, and strain it into the other Infusion, and put to it a pound of ye best Suger, boyle your Suger skim it not till it comes to a thick black Skim, let it boyle to a Sirrup height. of Roses else it will not keepe Take of it two or three dayes together three or foure Spoonesfull cold in the Morning. if to fulsome take it in cold beere: If it works to much take less quantity If to little then take more./

The Leaden Plaister:

Incorporate together foure pound of the best Ogle of Olives one pound of Red Lead calcined to powder, twelve ounces of Spanish Soaps, in an Earthen calcining Pott, Set it on the fire for an hours and a halfe stirring it continnually with a ball of Iron fastened to a Stick of wood then make a bigger fire till the Redness be turned Gray, Still stirring it till tis of the Colour

of the Oyle, or darker, and drop of it on a trencher and if it sticks thither to the trencher nor yor finger it is enough, Then dipp long linnen cloaths in it, and when they begin to cooler smooth them, with a slick stone on a smooth table, They will keep twenty Years.

Being laid to the Stomach provoketh an Appetite, & takes away pains in ye Stomach, being laid to the Belly tis good for the Chollick, and on the reins of ye back it is good for a bloody flux running of the Reins of the Kidnies, and weakness of back It cures all swellings and bruises, takes away Aches; It breaketh fellons, Pufhes & other Imposthumes and healeth them, It draweth away running humors without breaking the Skinn, being applied to ye fundament it cures all diseases therein: being laid to the head tis good for the to the Temples, it is good for ye head Ache and for sore Eyes, and is admirable good for all green wounds.

To p^reserve fruit all the years

Beat lile to powder and Sift it through a Course bread Cive, & to each pound of powder put a pond of Rosin, which melt in a Skillet and when it boyles put in the powder, but dont let it boile after, Put the fruite in a Yellow Earthen pott with Eares and a Cover, lay them within Vine leaves or the leaves of the fruite, lay of each sort by themselves and leaves between every rowe. Cement on the Cover, with what speed you can that it growes not Cold, tye to each eare of the pott a Stone and sett it under water, This Cement is to be used only in water.

A walnutt water Excellent for many things

Bruise Walnutts about the time the Shells begin to harden & Distill them. The water whereof Comforteth the heart and defends it from all ill, is good for the Palsy comeing from the liver, with white wine, It causeth Appetite, Renues the naturall heat of the Stomach, If you wash yor hands therewith, it helpeth all the Infirmities of the Liver, It is excellent against the Dropsie, Washing the Temples it causeth Sleep It cleanseth Botches & Imposthumes, wounds Ingendering good flesh, It eats away the Evill tis a rare friend to humane Seed rare for the Eyes It cures presently Repletions in the Stomach by eating and Drinking, and is of Admirall use in Feavers and Small pox.

For a palsy a good Oyntment

Boyle in a Gallon of Sack a pound of Camamoile flowers, untill it be but a quart, & it will be like an Oyle, with wch annoynt

A rare medicine for Chest wormes:

Pick a quart of blew Currants & rubb them, to wch put a peece of good Sugar finely beaten, mixt together, take one spoone-full at night and another in ye Morning, and the next morning after that another stirr well after it, an hours, and drink a good draught of Posset being turned with Roach Allum and Sweetened as you please./.

For the Stopping of the water.

Dropp into the Navill two dropps of the best Sallet Oyle:

Another for the Same

Put the Juice of Alexander leaves into Warme beere, and in a Morning drink it./.

Another.

Distill new milke parsly seed in a Rosewater Still and as often as you please drink of it. Or take the third part of a penny worth of Saffron which Strains with milk and therewith mix bruised Coriander seed and drink it in white wine or beere foure or five times, warmed with a hott Stone./.

For the Stranguric or bloody water:

Boyle marsh Malloe roots (the Pith being taken out) with a little liquorish in Posset ale of which drink a good draught in the morning fasting & at going to bed.

Another

Make a posset with Buttermilke instead of beere morning & evening drink of it hott./.

For the Collick

Tost a peice of bread, strike it over well with Civett, which aply to the Navill, tis a pleasant cure./.

The Greene ointment:

Take redd sage and Rhue of each a pound, the youngest bay leaves, wormwood of each halfe a pound, cutt & beat them well in a Morter without washing them, mince three pound of Suet hot from the Sheeps, beat it with the hearbs, till all be of a Collour, Put all into a large boule with a pottle of the best Oyle of Olive, worke all together till all be of a like softnes, then put it into a large earthen pott for eight daies, then boyle all with a soft fire in a large pann when tis haffe boild put in foure ounces of the best Oyle of Spike, when boyled enough. straine it through a Course Canvas cloth into a Galley pott which cover close with parchment and leather over that, take heed of burning it putt two or three droppes into a spoone or Sawcer and when tis as green as may be tis then enough boyled. Rubb thereof on the small of the back, it easeth the Stone, the bigness of a Small pea put into the ear which Stopped with black wooll, helpeth the paines thereof. It is good for all Swellings Aches Scabbs, Fellons Piles Anguish, swellings of wounds, Tooth ache Bruises overstrainings of Sinnues, & veines, Cramps stiches Sciatica, Burns scalds, strains in man woman or beast, tis to be made in May onely.

Doctor Stephens Water the same of Doc: Chamberlain with wch he did much good and at his death gave it to the Arch Bishop of Canterbury as followeth.

To a Gallon of good Gascony wine take Ginger Gallingale grains Cinnemon, Nuttmeggs. Cloves. Aniseedes. fennell Seeds. Carriway Seedes. of each of them a dram; then take Sage Sparmint, Cammomile Lavendor pellitory of ye Wall, wild time rosemary redd roses of each of them one Handfull; bruise your Spices and Shread your yerbs; then steep them in the wine 24 howres Stirring it pretty often Still this in a Limbeck keeps the first water by itself this water is best to be stilled when the herbe is in ye flower.

The vertues of this Water

The water is of a Secret nature; and the Vertue of it is this. It Comforteth the Spiritts vitall; and helpeth inward deseases that come of Cold; and against the Shaking of the Palsey, it cureth the Contractions of the Sinews; it helpeth the Conception of woman that be barren; it killeth the wormes in the belly; it cureth the cold

Cough; It helpeth the Toothach It comforts the Stomach; it cureth the old and Cold Dropsy It helpeth the Stone in the bladers; and in the Rains of the Back; It helpeth in time Stinking breath; and whosoever useth this water ever and anon; and not to oftten it preserveth him in good health; and shall make him to seem young very long It comforteth nature Marvelously. this water Doc: Stephens used to preserve his Life untill extreame age; and when he was sick he never used any thing else

A Water that healeth all manner of feavours att three times takeing

Take ye greene Skine that groweth about walnuts; In the winter Take green barke that groweth at ye roots; bruise and put them into a Limbeck; put as much of the best vinegar as will cover the green Skins or barke; then part ye Limbeck very well and deeps There will a water distill from it of wch let the patient drink three Spoonsfull.

An Excellent receipt for alin andwebb in the Eye

Take a new laid Egg and roast in the Embers so hard till it looks blew, and then cutt it in halves and take out the yolk and put in a little Roch allum and a little honey and clapt it together againe, and the heat of the Egg will disolve, the allum and honey, then put the Egg into a peece of New cloath, and wringe it as hard as you can there will come out a Clear water, which put into a little bottle and keep it for ye: use, droping 2 or 3 drops at the time in the Eye twice a day letting them lay upon their Back some time after the water is dropt in.

To make Swallow water

Take 40 or 50 Swallows when they are ready to fley Bruise them in a morter feathers and all, add two Ounces of Castorium beaten into Powder, 3 pints white wine vineager, mix all well together distill them in an ordinary Still, You may draw a pint of very good water; more may be drawn but it will be to weake. give 2 or 3 Spoone fulls at a time Sweetned with a little Suger

The vertues

It is good for those that are distracted, for the passion of the heart, fits of the Mother, consumption, dead palsy, falling Sickness, for the Memory, for Sudden Sownding fits apoplex, lethargs or any other Impediment proceeding from the Head, and it is good in Phevours; it must be made at Midsummer, when Swallows are in their prime

To make Bacon, Westphalia fashion

Take a large legg of Porke with the foote on, and Salt it as you doe other bacon, and when enough Salted, hang it in the Chimney and dry it, and then take as much very Sweet wort as will cover it, and let it lye in it 24 houres then take it out and press it very well, you may rubb it with Calves blood, and hang it up againe in the Chimney where wood is burnt

A Reicitt for Plague Water

Receipt

Take of Devils Bitt, Dragon, Mugwort, Egremony, Betany, Sallendine, Burnet, Roman wormwood, Spear Mint, Scabius, Rue, Sage, Baume, Pimpernell, Fumetory, wood sorrill, Cardus, Setherfew, Mary-gold Flowers, Angelico, Red-popies, hearts ease, Tormentill - Roots & leaves, of each halfe a pound, Rosemary one pound, Scordium, Licompane Roots, Butter-Bur Roots, of Each a Quarter of a pound, Sweet fennel Seeds, Caraway Seeds, Annisseeds, Coriander Seeds, of each two Ounces, Let the herbs lie & dry upon a table Three or four dayes before you use them, then Shrid them very Small & put them in a Great Stone pott with the Seeds Bruised, Then power upon these three Pottles of Canary Sack & Stir them well together and so lett them foment for 4 or 5 days Stirring them once a day keeping the pot Close covered then you May Distill it in a Limbeck or ordinary Still clued Close with Rye past

The best time to make this water is In the latter end of May or Beginning of June, When the herbs are in there Prime, you May if you please put Halfe White wine & halfe Sack or all Whitewine as Many people do, you May add to the former Ingredients these things following, to Make the water More forcible against Strong Infections (viz) nutmegs, Cloves, Venice treakle, Diascordium, of each a Quarter of an Ounce, Cinamond, one Ounce, these things must Be put in at first with the herbs & Seeds, you May add two Quarts More of Liquor because there is so Many herbs, So you will Draw of about 6 or 7 quarts of Liquor Which you May Mingle all together.

A List of the Herbs & other Ingredients For the Plague water Pribled

(viz)

Devils Bit	of each a pound & halfe
Dragons	
Mugwort	
Egremony	
Bettony	
Salendine	
Burnet	
Roman wormwood	
Spear Mint	
Scabious	
Rue	
Sage	
Baume	
Pimpernell	
Fumetory	
wood Sorrill	
Cardus	
Fetherfue	
mary gold flowers	
Angelico	
Red popies	
Hearts ease	
Tormentill Roots & leaves	

Rose mary three pound

Scordium	of each 3 quar: of a pound
Elicompane Roots	
Butter bur Roots	
Angelico Roots	

Sweet fennell Seeds
Caraway Seeds ---
Anny Seeds ----
Coriander Seeds --
of Each 6 ounces

Nutmegs ----
Cloves -----
Venice Treakle --
Diascordium ---
of Each 3 quar: of an ounce

Cinamond three Ounces

Gentian Roots
Zedoway ---
of each an ounce & halfe

A Certain Cure for a Sore Breast without Pain that Comes by Milk or Ague Not by a Blow

Take a Sheeps head with the wool on wash it clean, then Boyle then boyle it in 3 gallons of Spring water untill near halfe the water be consumed, then Strain the Broth into a Clean Earthen Pipkin and put to it a pound of Rice & boyle it to a thick poultrys still Stirring of it as it Boyles with a thick flat Stick bruising the Rice, then take it from the fire & put to it 6 Spoonfulls of Ordinary Oyle of Camomile and a pennyworth of English Saffron being dryed & rubbed to powder & Mingled wth the Yolks of 2 Eggs beaten together, this Poultrys must be Spread as thick as a finger upon a Linnen cloth that it may come of Moist from ye breast Cut a hole in the cloth for the Nipple to come through the Poltrys must be as big as the whole breast, & not to warm applyed both morning and Night, this taken in time will dissolve the hardness, if taken late it will ripen & break it, & when it is broke use the Poltrys untill almost all the corruption be drawne out in 3 or 4 days time, then take goats dung fresh fallen is best, dry it in an Oven not very hot after ye bread is drawn, then beat the dung to powder & mingle with it fine honey in to the thickness of a Salve, then Spread it on a cloth a little biggest than the Sore & lay it warm on then put the poultrys above the Plaister upon it, never use any tent to the breast be ye holes never so deep, use the Poultrys upon the Plaister onely 4 or 5 days then use the Plaister alone untill cured

To Stew a Neck of Veall

Take a neck of Veall and cut it out into Steaks and beat them flat halfe fryed put them in the Stew pan, put to them a Pint of Sherry and a quart of Water, a faggot of Tyme, two Whole Onions Stuck with Cloves, & a little Mace and Whole Pepper, and One Clove of Garlick & season it wth salt at yor own discretion; put in one handfull of Spinage and two or three heads of Indive cut yor Spinage & Stew yor Indive Whole then brown a little Butter & put as much flowre as will go in one Egg stew this Altogether very gently, about three Quart^rs of an ho^r over a charcoale fire; Squeeze the Lemon in it, put Sippets of Bread in the Dish & serve it up

To Make a Frigasye

Take four Chickens, cut them in peices put them in a Sauce pan and then get a faggot of tyme one Onion, cloves Mace & Pepper of each a little and Salt and as much water as will cover them and put in halfe a Pint of Whitewine & a little Butter; Stew them Altogether ~~until~~ till it is enough; Break 5 Eggs and take ye yolks of them & beat them well; some Parsley Sweet herb and Onion shred small then put the herb & among ye Eggs with the Juice of a Lemmon & a quarter of a pound of Butter put some Mushrooms cut them if you can get any & then put sweet Breads & Pallat stued in it; the Pallat must be well boiled first; then put in ye Eggs & keep it stirring that it does not curdell Rub the bottom of yor dish wth a dish: then put in Sippets.

How to Make Scotch Collops

Take a Leg of Veal & cut ye Collops about the breadth of yor hand very thin, lard some & let some be plain; season them with a little Pepper and salt: then take a faggot of sweet herb, an Onion stuck wth a few Cloves; then take a blade or two of Mace and a little Whole pepper, fry yo: Collops brown put a Pint of strong Broth in when it fryes & a glass of white wine or Claret, the Juice of a Lemmon & the Yolks of ye Eggs put a little Parsley sweet herb and Onion put to the Eggs and a quarter of a pound of Butter and a little gravey; after yo: Collops are stewed about halfe an hour put all thy together, keep it stirring that it does not curdle, put some Sippets in the dish & rub the Bottom wth a Shallot.

How to Stew Tripes

Take ye fairest tripe & cut it in peices, & put as much water to yo: tripe as will cover ym then put them on ye fire, tye up a faggot of tyme two Onion, Salt it as you think fit & Cloves of Garlick to stew with it; When the Garlick is boyled Enough take it up, then bruise it up & take a pint of whitewine put yo: Garlick in the Wine, then put it on ye fire & take halfe a pint of the liquor of the tripes & boy it all together, take the tripes of & dish it up & put two Spoonfulls of Mustard to ye Whitewine mix it together & so put it over the tripe

To make a very good pickle for Tongues or Hames of Bacon

To Season six hams take a peck of bay Salt, three quarters of a pound of Salt peter, five pound of course Suger. put these into an Earthen vessell wth ye hams and as much water as will cover them than take out the hams and Stir the Salt and Suger and water very well together, put the hams in ye gain let them Ly in it three weeks; only Stir up the pickle once in foure or five dayes at the end of three weeks hang them up in a Chimney to dry not to hot the Salts must be beeten very fine

To preserve Oranges whole — 239

Take yo Oranges and clip them or rasp them very thin, and as you doe them throw'em into Spring water let them stand all night, the next morning set them over the fire to boyle till they are very tender and begin to shrink in their sides, than take them up and put them againe into cold water then if you will doe them whole cut around hole in the bottom to take out the Meat which you must doe as cleane as you can then weigh the Orenges & take twice their weight in double refined Sugar and to every pound take a pint of Spring water and boyle it and Scum it very cleare then let it stand till it be as cool as Milk from the Cow, then put in your Orenges & let them Stand all night covered, Next morning sett them on ye fire againe and lett them be as hott as you can hold in yo finger, thus doe morning and night till they are clear Enough, Keep a Quarter of the Sugar out which beat small and Every time you warme them shak in a spoonfull. If you will Eat them out of the Syropp put in the Juice that came out of them with a little Sugar set it over the fire till you think it thick Enough to keep them If you designe to haue them in Jelly you must not put the Juice of the Orianges into the Syropp but make Jelly of pippings or John Apples and put them in a day or tow before you use them

To Pickle Hames the Westphalia way

Take a Peck of Spanish Salt Halfe a Pound of Salt Peter Five pound of Brown Suger Put soas much water as will couer Six Hames which must be quite covered in the Pickle for three weeks the Pickle should be stirred once a weeke then hang them high in Chimney for fornight or three weeks and if you loue the westphalia Hames Haut goust hang them soas they may receive all the Smoke you can give them; Into the same Pickle you may put Oxes Tongues

Mrs Jmars Surfitt water

Take 6 gallons of ye best Brandy & put it in A well glazed pott: & put to it 2 Bushels of Red wild poppies Stir them together well; Stope them up close for 3 or 4 dayes; then put in these Ingredients as followeth; ye newest Rasins of ye Sun 2 pound ye best & newest figgs one pound & a half: ye best & newest Dates one pound; ye best & newest Ligorish A quarter of a pound; Swetfennell seeds; Annise seeds; Coriander seeds; Caraway seeds; Cardimum Seeds; Cinnaman & Cloves; of Each of all these one ounce Clourgilliflowers A peck & a half: when all these are put together; you must keep them well stopt for one month only Stirring them with a Stick once or twice a week then Straine it & squese ye Ingredients out; & put it into bottles; it will keep seven years — — — — — — you must put 2 pound of white Sugar Candy finely Searsed when you bottle it put a quart or two of fare water to dissolve it; then & put it to ye Surfitt water & bottle it up close & stop it well

To make Orange Marmalade

Take two doz: of good Civill Oranges cutt of ye out rinde very thin but not any of the white then cut them in halves and Squeese out all the Juice keep it in a glass or pott covered, then put the halves of the Oranges into faire water and so lett them remain for one night in the morning tye them up in avery clean bag or cloath and boyle them in faire water till they be tender it must be a good big skelet of water because the water will boyle away before they be tender when they are tender take them by degrees out of ye bag hott and press the water out of them between two Trenchers as dry as you can then cutt out all the meat and strings that is in them and with the point of a Knife mash them very small upon a Trencher, then weigh them and to every pound put a pint of the Juice which came out of them being strained and two pound of double refin'd suger put all this together into a preserving pan and sett it over a Charcole ffire and lett it melt very easily and when it is melt'd make it boyle very fast for half a quarter of a hour then try a little in spoon if it Jellies tis enought putt it into your glasses or potts all the while it is on fire stir it least it burne to

To picle Porke

Take a good Bacon hogg take out the Bones Cleare And cut it in to as many peices as you thinke fitt then take one pound of and half of Salt peter Beaten as ordinary Salt what you thinke fitt 2 pound of Suger and mix these together and Salt your porke with it put it in to an Earthen pott that will hold the brind Lest it be pack close

A Powder for Convulsions

Take of Piony Seeds hullid one dram & half; Misletoe of the Oak one dram; Pearl, red Corral & white Amber of each prepared one dram, East Bezoar two grains, & five leaves of Gold, make all these into a fine powder & keep it for use.

Give of this Powder, before ye full of ye Moon, or when the person hath a fit, to a New-born Child as much as will lie upon a Groat; To another, as much as will lie upon a six pence: To a grown person as much as will lie upon a shilling; in a little Piony, or black Cherry water; Give it thre nights together and then cease.

To make Burbon Bisket

To every pound of sugar a pound of flower seven Eggs all but three whites beat them very well with Orange flower water let ye sugar be finely searsed mix it all together & beat it half an hour with ye Pele of one Lemon minced very small then have papers cut Oval & spread ye very thin & bake them very quick & take them off of ye papers while they are hot & put them on sticks to make them hollow & dry them in ye oven again a quarter of an hour

To Pickle Mushroons

Wash your Mushroons with a rage or sponge put them in Water & salt then put them in a pot & just boyle them then power the water from them & put fresh salt & water to them you must let them stand in salt & water a week changeing ye water every morning & night then put them a draining two or three hours & then take three parts Vineger & one part white wine as much as you think will cover them put a little mace ginger & Jamaica pepper into the Pickle & boyle it togather in a Pipkin then take your Mushroons & put them into ye thing you design to keep them in & as you put them up you must here & there throw two or three Corns of Jamaica pepper & a blade or two of Mace & when ye Pickle is cold put it to them & stopp them very close. let them stand a week so before you use them

Dutch Bisquits

Take two quarts of flower rub into it a Quarter of a pound of Buter then put to it half a Pint of good yeast & half a pound of Carraway comfits & make it into a tender past with new milk just warmd make it into roles a little thicker then wiggs & let them stand half an hour in ye oven then cut them in slices & set them in ye oven again to dry

To make Oyle of Charity

Take wormwood red sage rosemary ~~Hyss~~ Camomile lavender of each a handfull chop them very small put them into an earthen pot that is well glased put sweet Oyle of Olivey to them as much as will moisten ye herbs over ye pot that no rain may get into it & set it in ye sun for a month stir it every day ~~with~~ with a stick then strain ye Oyle from ye herbs & put as meny more fresh herbs to ye Oyle with a handfull of valarion or as some call it Charity set it on a soft fire & let it boyle gently a little time about two minutes then strain ye herbs out & put ye Oyle into glass Bottles. The best time to make this Oyle is in ye begining of May. It is an excellent Oyntment for a bruise — — — — — —

1st Gower receipt To make Elderberry wine

Take: 20 pound of malago Raisons & bring rubbd clean shred them very small: then take five gallonds of water it must boil an hour: & when it is boyld power it into ye Rasins: & then let them stay 10 dayes stiring them once a day: afterwards pass ye Liquor through a hair cive: have in readiness 6 pints of Elderberry juice drawn Bala: mace & put it cold into ye Liquor: then stir it well together afterwards tun it into a vessell & let it stand in a warm place too monthes or ten weeks: & then bottle it there must be five gallonds of water when it is boyled — —

To make a jam of Cherries

Wash & weigh Morrella Cherries to each pound of them alow three quarters of a pound of loafe Sugger beat to powder take out as many of the stones as you like then put ye Cherries and half your Suger into ye preserving pan over a gentle fire let them stew slowly till tender, then take them of the fire and pour out some of their Liquor to the quantity of a pint from eight or ten pound of Cherries put in the remainder of your Sugger and half a pint of the juce of ye Corrants to every pound of Cherries, this stand boyl quick skim it well when boyld enough take it of and let it stand Covered for a time but not to long to lett the due fall in trust your Corrants through a Sive

To Preserve Quinches in Syrrop of a pleasant Culler

Take Coller then a gallon of the fairest springwater & put thairtoo the whites of 2 Eggs beate ye water and ye Eggs together till it bee all in a froth: like a ladder of soppe: then put into it 3 pound of sugar: broke in very small peices & ye coars of these quinces you intend to preserve with 3 or 4 othe quinces cut in peices sett it over a quick fire and when it boyles scum it very clean then strain it through a Jelley Bagg: then sett that on ye fire again and put in ~~all~~ seven good quinces purdly coard and paird lett them boyle Reasnablely soft somtimes taking them out into an Earthen or silver Dish & put them in again when they are a little cold for that will make them of a fair Culler: but in anywise lett them be well scuimd as oft as any doth rise & turn ye quinces often that the one side bee not deeper the other & when you perceive they be very tender sett some of the sorrop to cool in a spoone & if it will Jelley then take them up for they are Enough: and put them into pots or glasses when they are allmest cold and thus you may doe wardens onley you must not core them & you may take more of them to a pound of sugar then you doe of quinces

To Make Jelley of pippins

Take pippins & payre them and quarter them and boyle them in water till the water taste very strong of ye Apples then straine it and to every pint of this water take a pound of Duble Refind sugger boyle it to sugar again then put in the apple water and some slices of pippins which you must have redy sliced into fair water then boyle them very fast and as the scum rises take it of when you think them Enough put in the juce of 2 Lemmons to every pound of sugar: when the slices looke clear put them into lett glasses and straine the Jelley over them — — —

To Preserve Whole Oranges

Steep your oranges 4 days then take of the outside Rind & steep them a day longer then make a hole in them at the top and take out ye seeds and the meett and boyle them in clothe till they be very tender then squeese in the stead of a lemmon upon them to keep them from blacking: then take to a pound of oranges a pound and half of Duble Refind sugar and a pint of Apple water so order it as for sliced pippins boyle your sugar to sugar again then put in your Apple water & the oranges and boyle them: till your sorrop will Jelly then pot them for your use .. When the Jelly grows thin in a week boyle them again if you put in the juce of another lemmon before ye bee Enough they will be the clearer — —

To Dry Aprococks

Boyle them a little higher then for preserveing: then set them in a warm stove three or 4 days then wash them in hot water and dry them with a cloth: and lay them upon glasses & sett in a stove & turn them every day and when the are near dry scarce a little fine sugar on both sides when you turn them - - - - - - - - - - - - - -

To make Pastatia Creame

Take a pound of patatios & put them over night in cold water pool them in the morning & beat them pritty small in a morter then take a quart of good creame & boyle it about a quarter of an houre then put in your nuts and boyle them till it is pritty well tasted of them when it is so put in ye yolkes of 6 or 8 Eggs then take care it curdle not and let it stand on ye fire till it be pritty well for thickner keep it stiring till it be pritty cole then season it to your taste with orange flower water and sugar and eat it when it is cold - - - - - - - - - - - - - -

To Pickle Colloyflowers

Take the largest and whites colloyflowers & broke and put them into fine spring water and lett them lie for an houre or 2 then boyle salt and water till it will bear an Egg then put your colloyflowers into a mugg soo pour on your brine and lett it scald a night ye next day take them out and let them stand to drain then take white wine vinegar and put them in with some mace and a little white pepper & cloves and nutmegg - - - - - - - - - -

To make Browne Sauce for Severall sorts of meate: as a brest of mutton Ducks Turkeys or what else you please

Take 3 or 4 turnups acording as the are in greatnes & cut them into dice frie them till the be brown in bacon fatt then take a little bacon after the same manner fryed a little: then take a little bacon fatt & put a little flower and a spoonfull of or two of vinegar they must be stird very well to gether then put in an onyon minced very small ~~stir it~~ when they are all very well stird to gether you must have a great care that you do not burn your onyons then put some good broth to them and a bunch of sweet Herbs boyle them a little together & make use of ~~them~~ ~~it~~ ill as you please

To make Tongs Rcd

Take your tongs and wash them in pump water and dry them with a cloth and salt them verywell with baysalt lay the long side upwards & put into ye nagrd part of ye tong some salt pooter let them lay three or fore days then poure of the brine boyle and scum it when it is cold put it into the tongs again and lett them lie three weeks in the brine then drie them over some dust I doe som common salt in the powdering

The oyster Loafe

Take a french pownsy loafe & cut a peice of the upper part of ye loafe of as broad as the palm of your hand only the crust then take out as much of the crumbs as you can without makeing a hole in the side fry your Roule in butter till itt be crisp keep it warm by the fire till your oysters be Redy: to do Roule a pint of oysters set them and wash them cleane browne them in tow or three ounces of fresh butter and thicke them with a little flower season them with a little pepper clouer and mace a little lemmon and two Anchouis a little parsley and a very little onyon & thyme shred very small bacon but a bout ye bigness of a large pea put strong broth to your oysters if yu lent no bacon nor strong broth put your oysters into your loafe and the liquor that is to spare put ~~itt about~~ into the Dish with the loafe and so serue itt up hott

How To Coller Beefe

Take the thin end of a brisk ett of beefe & bone itt then take half a pound of salt pooter and brake itt and a pint of clarett wine mix with your wine as much pump water and power itt upon your beefe and let it lie eight days turning it once a day then take it out of the pickle & dry it well with a course cloth & season it with mace clover pepper thyme parsley sage & a little shalatts chapt very small then Rowle it close up but before you Rowle it sprinkle a little clarett wine upon them tye it fast with corse Inkle then put in a pint of clarret wine and a quart of pump water & cover it over with beef suett so tye ye pott close and set it into ye oven it will take five ours baking when you draw it take itt out of ye liquor and hang it up to drame but doe not take of ye Inkle till itt be cold

To Green Fruit

Lett your water be almost Redy to boyle then take it of the fire and put in a peice of Rockallom then put in your fruit over the fire to keep scalding hot for half a quarter of an houre till the cullor please

How To Coller Beef

Take the thin end of a briskett of beef and bone itt & take half a pound of saltpeeter and beat itt and a pint of claret wine mix with your wine as much pump water make it hot then put your salt into your wine and water and power it hot upon your beef and let it lie 8 days turning itt once every day then take itt out of the pickell & dry itt well with a corse cloth and season with mace cloves and pepper some thyme parsley & sage & a little charuill chaept very small then Rowle it close up but before you Rowle it sprinkle a little claret wine & tye itt fast up with Inkle the put in a pint of claretts and quart of pumpwater & coler itt over with beef serviett set tie ye pot close & sett it into the oven it will take five ours bakeing & when you draw it take it out of the liquor and hang itt up to draine but doe not take the Inkle of till it is cold

Goose Bery Wine

Take your gooseberys when they are Just Ripe & bruse them well and put as much River water as will make so thin that a stick will scarsley stand up right in them then let them stand all night & in the morning wring up your berryes & strain ye liquor through a woolen strainer & put it into a vessell with an open head & put a little Ale yest to it then let it stand but half a day till itt clear then draw it off and put to every 4 quarts of wine 3 pound of sugar then tun it up into a close vessell then bottle it the next spring

To Stew a Carp

Take your carp and cut it in the neck & save all ye blood take out the gall then putt the carp into your stewpan then take a quart of claret and a quart of water and 2 or 3 bay leaves and some whole pepper a few cloves & mace and some salt then take a Lemmon and only cut it in 2: put all this into your stew pan and set it over the fire & let it stew gentley then take the top off & dry it very well before the fire or in an oven when it is dry put it into your stew pan and let it stew till you think your carp is enough then take out the liquor from the carp and doe it up thick with butter and pour it all over your carp and serve it up hot

To Make Good chees cakes

If you make your chees cakes in ye morning make your pap ovenight that it may be thoroughly cold take a pint of creame and the cruem of ankito lobe boyle this very thick that when it is cold it may cut: sett together 3 gall: of strokings of that mornings as soon as milked from the cow. & when it is come whey it as easy as you can so that their be no whey left in ye curd then take the pap and mingle with the curd as small as you can beat 4 Eggs with the whites and put into the curd with 4 spoonfull of Rosewater 2 nutmegs a little salt 4 ounces of suger and as many currents as you please being clean picke and well dried mingle all these together & Rub in half a pound of new butter then bake them in a gentle oven that hath a good bottom but not two hott one the top lest ye should culler too fast before ye be baked thoroughly if you please you may put Almonds finely beaten mingled with ye curd in the stone morter you beat the Almonds in mix them together with a little ~~sweet~~ butter: you must mix them before you put in the currance Take half a ~~pound~~ of flower and a pound of butter & a pound of suger finely beaten mix it with the flower then Rub in ye butter so small as grated bread then take creame & make it into a paste let the creame be scalded and all most cold again when you use it let your crust be dried in an oven & searced as you use it

To Make Rare Fritters

Take 6 Eggs taking out two of ye whites a pint of Creame half a pint of good yeast some nutmeg and saffron two wine glasses of sack four spoonfull of Rose water and 6 Apples thin sliced some mace and cloves and a little salt make it pritty thick with good flower and lett it stand by the fire to Rise then drop it into clarified sweett boyling hot when you take them up throw suger upon them and serve them up hott

How to Dry Neats Tongues

Make ye Pickle to Look Red wth Pumpwater bay Salt & Saltpetre Let it be strong enoughto Bear an Egg when it is Cold Hill ye Roots of ye Tongues and Rub them with Salt then put them into ye Pickle & Lay a Board upon them to Cover them Let them Lye 3 Weeks Shifting the Pickle as oft as needes then up to dry Boyle them with Hay in Pumpwater

Cake

Take 4 pound of Dry Flower & a p: of Butter and Breake y. Butter into y. Flower very Small then Rub It Together tell it be as small as Dust then Straine in halfe a pint of Ale yesth then temper it up with new Milke into a very Soft Paste & as you Worke it Sprinkle in a quarter of a pint of Sack To work it up very well & Light and take it out of y Bowl & Lay it in a warme Cloth before y: Fire to Rise & Let It Lye halfe an houre Then Take 3 q: of a pound of Sugar Carraways & as Much Bisket comfets Mingle them together then Lay Them on a Cloth & Worke them Into the Dow untill They be all Wrought well in them Worke it up and Lay it upon your Paper you must flower your Paper or It will not Come off Cleane then Rowle it into the Breadth you will have it and Cut I Round the Edge & Prick it before you Sett It into the Oven Let not you Oven be too hott for it is ofte to be Scorched Let it Stand more then halfe an houre but If you Let It Stand to Long it will be Spoyled

Scotch Collops

Take a Legg of Veale & Cut It in Thin Slices Then Beat them with a Rowlingpin Score them with a Knife & Lard them with Lemmon pill Bacon & Time Then Take Sweet Margerum ~~winter~~ winter Savery Time & Parsely of Each a Little quantity & Thread them very Small with an Onion & Mix with them Nutmug Peper and Salt then Take y. Yolks of four Eggs the Whites of Two & Beat them very well then dipp your Collops in y. Eggs & after Strew your herbs & Seasoning upon Them then Fry them with sweet Butter with a quick fire always Turning y. Collops when they are fryed

For Sauce take 2 Anchoveys & desolve them in Red Wine Vineger & put into it a Little horse Readish root Then Take a pound of y: Best Sweet Butter & beat it well in the Dish Desolved Liquer till it be in the Nature of Gravey then Squeeze in a Lemmon

To Make Rare Peaspottage

Take a peice of a Neck of Veal & Mutton Joyn them & Put them into a Gallon of Water Set it on y. fire and when it is Clean Skimd put in a quart of Green Pease which when you find very Tender take out and put them in a Clean Dish & Mash them with some of y. Broth then Strain them to thicken y. Rest then put in 3 Pints of of the same Young Peas halfe a handfull of young Onions to it some Lettis parsely & a Bundle of Sweet herbs a Nutmeg Sliced some Mace and a few Cloves and some Salt when you find y. Broth Ready take y. yolks of 2 or 3 Eggs & beat them with halfe a pint of White Wine & some of the Broth put these to y. Rest & Stir it about then take it of y. fire & serve it up

To Do Fish after y Spanish Fashion to keep Good a Year.

Take y. Fish and fry it well in good Oyle then Lay it Go y. y. Oyle may Drain from it then take a quart of Vinegar as much White Wine & Set it over y. fire and put into it some Large Mace Cloves & 5 or 6 Nutmegs sliced 6 penny worth of Saffron tyed in a Cloth a Little pepper and some Ginger a few Bay Leaves & some Salt then Boyle it well & When it is Cold put it in a Clean pott Laying y. Leaves and Spice betweene y. Fish then put some of y. Clearest of y. Oyle y. Fish was fryed in on y. Fish so y. y. Oyle may be some what thicker then a halfe Crowne at y. Top Stop it Close up

A Rare Receipt to Make a Dish Pudding

Scald a quart of Sweet Creame with Mace & Cynomon & poure It upon a Peny Manchett Cut in thin Slices let Lye so Long to Steepe tell it is as Saft as pap then Break it small & Put to It y. Yolkes of a Dozen Eggs a qu. of a p: of Almonds well Beaten with Rose Watter a p: of Loaf Sugar a Nutmeg & halfe a p: of Marrow Cut in Slices a Little Salt Lett stand an houre will Bake it If you Can Get no Marrow then Melt halfe a p: of Butter If you Cannott Procure y. Butter

To Make Runnet

Take a Calves Bag open y. Bag and Take out y. Curd and Pick it Cleane from hairs or Motes then wash it in Cold Watter tell It is very Cleane then Lay It on a Cleane Cloth Tell y. Watter Be Drayned from It then Lay it in a Cleane Vessell and Rub it well with Salt then wash y. Bag very Cleane and Rub it well with Salt in side & outside then put in y. Curd Tying y. bagg Close up then wrap a Cloth about It & hang it up to Dry if It be a year Ould Before you use it the better, When you would use It Take your bagg & open It & Take out y. Curd and with a Wooden Bowell in a Boul Beat it Exceeding well then Put to It y. Yolks of 2 or 3 Eggs & halfe a pint of the Thickest sweet Creame on Penyworth of Saffron finely Powdered a Little Mace and Cloves then Stir all well Together tell they appear but one Substance then put It into y. Bag againe You must make a Strong Pickle of Watter and Salt boyled a handfull or two of Saccafrage & a few Wallnuttree Leaves in which dissolve halfe a Spoonfull of the Curd hang the Bag in this Pickle for a fortnight Before you use It Four Spoonfull of this will Justize for the Gathering of 12 Gallons of Milke this is y. Best earning which Can be made by any Housewife.

The Best way of Makeing Angelotts

Take a Gallon of New Milke & a quart of Creame, If your Milke be not warme from y. Cow you may warme it at y. fire And Put your Runnet to it & Cover it up warme & when it is Come Cut it Crost gently with a Knife & Lay a Cloth over it & gently with your hands put downe y. Curd & take off y. Whey with a Dish then put it Either with a Dish or Spoon into your Mold till it be full & when it Settles fill it up again which will take up 3 hours time then Let it stand while the Next Day & then Salt it well on the Top & the Next day after Turn. it y. Other Side upwards & Salt it Not Taking it out of y. Mold And So Let it stand while it will Come Clear out of y. Mold then put it out and Salt it on the Side

To Stew a Calves Head

Boyle it halfe then Cut it of y. Bones in thin Slices adding to it Good Store of Oyster with y. Liquor Capers Some Sliced Lemmon Onions & Anchovys vinegar Season it with Mace Cloves a Little Nutmeg & Salt Stew it while it is enough then add halfe a p. of Butter & Stir it well together and Serve it up with Sippetts and Lemmon

An Excellent Surfett Water

Take a pottell of Angelico Water a pottell of Aniseed water Take a pint of Each of them & put therein a Score halfe a pint of Poppyes when the Blacks are Cut Off and Let them Lyeve the Water a Day or Longer till they are Whitish then Strain them out and put in New Poppyes into y. same Water and Let them Steep while they are Whitish as before do this seaven times in all then put y. Water the Rest together in a Glass with an ounce of Cynamon & an Ounce of Hitt Nutmegs halfe an Ounce of Cloves Steep them ten days in the Water, then Clear the Water from the Spices & put in 12 ounces of Eggs or a pound of fine White Sugar Candy then hang in y. Glass 6 Grains of Musk and 6 of Ambergreece this is Good for a Surfit the Water before must be Stronger

For a Consumption

Take two gallons of y. best wort and put to it some whole Mace a bout half an Ounce, Set it upon a soft fire & Let it gently simber till it comes to a pretty handsome syrop Let it be taken upon a Liquerish stick as often as the person pleases

Aquamirabilis

Take Cu gallingall Cordamund mace Cloves Ginger Nutmegs & Cynomond of each a Dram beat them all into Poudre. Then take Threepenny worth of Saffron of each of these Flowers a Dram Cowslips Marigolds Clove gilly flowers burrage Rosemary and Mellolott the Juce of Salendine a pint of the Juce of Spear Mint & Balme of each halfe a gill infuse all in 3 pints of good Sack and a pint of Brandy four and twenty hours close Covered then Still it in a Retort Still close lotted and cooled with Clothes

Orange Water

Take a quart of Sack a gill of Brandy the thin Rine of 12 oranges a qu.d of a p.d Sugar candy Still as y. other

To Make Perfume to Burn

Take half a p.d Damask Rose buds and Cut of the White ends then take 2 ounces of Laudium as much Storax and 4 ounces of Benjamin beat the Gummy very well and Steep them all Night in Rosewater then beat them with the Rosebuds and a Little Loaf Sugar adding Fine Musk and Ambergrease of each 6 or 10 Grains make Little Cakes and dry them Twiset the Rose Leaves

For a Cough

Take 3 quarts of New milk put to it halfe a pound of Red Sugar candy when it is Dissolved set it into the Oven with Brown Bread in a close Stone pott well Stopped with past take of it first in y. Morning at 4 a Clock and Lett at Night a wine Glass at a time

To Make a Spinage Tart

Take some Spinage and boyle it very well then squeeze the Water from it and Chopp it then boyle 4 Eggs hard and Chopp the Yolkes of them very Small then take 3 Whites of Eggs and 4 Yolkes and a Little Grated Bread and some Sugar and a Little Nutmeg and a Little Rosewatter then take some Butter and Break it into very Small peices So Mingle these all together very well then make 2 Sheets of fine past and make it up into a Plate Dish then Bake it

To make a Custard

Take 6 yolkes of Eggs and 2 Whites and beat them very well then take halfe a pint of Cream or a Little more and some Sugar and Nutmeg then Mingle these together and Straine them through a Sieve put your Little dishes into the Oven then pour ye Mutter in with a Ladle and So Let them Take

To make a Tansey

Take a good handfull of Spinage and a Little Tansey and beat them in a Morter very well and take 6 Whites of Eggs 12 Yolkes and beat them in a dish and Mingle these together in a Morter then take halfe a pint of Creame or a Little more Mingle these together and Straine it through a Cloth then put Sugar & Nutmeg then Get ye Frying pan Ready with a Little Butter Let your Butter be Just Melted and So put these in keeping it Stirring untill it be pretty thick and then put it up Round to Stiff then take a pye plate and Rub it with a Little Butter and then turne it upon ye Plate then Squeeze a peice of Orange or Lemmon upon it and Strew a Little Sugar upon it and So Serve it upp with some quartered Orange about it

For Incomparable Ale

Four Bushell of English malt will make a hogshead of Strong Ale when the Malt is ground Take halfe a Peck of the finest ffloower out of it for the Grout & a Gallon of the first Running of the Wort Mix the ffine flower with the fine Wort and boyle it together w.th What spice you please & Orange & Lemmon pill (If you Like it) all in a bag together the Grout must be Boyled with the Spice in it till it is very thick with a handfull of hopps Likewise in it & keep it Stiring with a Stick when it is very thick pass it thorough a sieve put no more hopps in it and Let it Boyle an houre or More when it is Boyled let it Rest in the Tubb till it be Ripe as you use to do Beer

For a Boyled Pudding

Take a Penny Loafe and Grate boyle one pint of Morning Creame Cut some Beefe Suet very small and throw y. Cream upon the Suet and Cover it & Let it stand till it is almost Cold Then put y.e Grated Bread in it a handfull of ffloower and near as Much Sugar & put some Nutmeg and Mace & a little Rosewater and a very Little Salt beat Seaven Yolkes of Eggs and five Whites Beat them well and so put them into the Pudding & mingle all very well with a handfull of Raisons & so boyle it in a Cloth wet the Cloth in a boyling pot and flower it so tye it and give it Room to swell & be sure to keep it boyling

Puffs

Three handfull of Tender Curd put to it 4 Spoonfulls of ffloower six Eggs well Beaten Mingle this well with your Curd beaten well with Sugar Rosewater and Nutmeg then put all by Spoonfulls into a Bakingpan with some Butter and fire under it and over it till they Look Browne when you think they are Baked then take them up and put them in y.e Dish & pour some Sack and melted Butter & Sugar upon them

To Make Bunns

Take a Pottell of very fine ffloure and a pd & 2 of butter unsalted
worke the ffloure into the butter tell it is ffloure again then
Get some good Ale yest as much as you think fitt Let it to ye fire
Tell it Rise then take it up and Rubb it with ye hand Small put
Into it halfe a pd. of the best Sugar & when you make ye Yest if you
find it too thick put in it halfe a porringer of ye thickest Cream
and when you have almost wrought it enough add halfe a pd. of
Carraway Comfits & work it not much after then make them into
Bunns According to Art

To Stew Chickens

Take halfe a doz: of Chickens quarter them and Rub off
their Bones put them in to a Skillett wth a pint of Water & a pint
of White wine Let them boyle up and then put in halfe a pd. of
Butter Season with pepper and Salt and tow or 3 Cloves
Cover them Close that they Boyle very fast till halfe ye Liquor is
Consumed then put halfe a pint more of White wine to them and a
handfull of Parsly bruised with ye Back of a Knife Small Let them
boyle a little while then put in ye Yolkes of Eight Eggs beaten
together with the Remainder of ye Quart of White wine Let them only
Thicken it & take them of the fire when you have done it in
Sippetts with a Little Vinigar it must be done in halfe an hour
and Let it boyle very fast be Carefull ye Eggs do not Curd.

To Make Lemmon Cream

Take a pint of fair water and Lay the Lemmon peel
in it Strip & Squeeze ye Juice of 2 Lemmons and take 6 whites
and 2 Yolks of Eggs & beat them well with Sugar then mingle them
together very fast & so boyle it up to what Thickness you please

To Make Sugar Cakes

Take a p: of Sugar finely Beaten mingle it with 2 quarts of fine Flower then Break in a p: & qu of Sweet Butter y. Yolks of 4 Eggs knead it with 12 Spoonfulls of Creame & 3 Spoonfulls of Rosewater then Roll them out & Cut them by a Sawcer bake them in an Oven Lightly heated you must wash yd Butter in Rose Water

To Make Rice Puddings

Take a handfull of Rice & Lett it Lye in water a day & a Night then Wash and Pick it Cleane and put it in an Earthen Pipkin put thereto a little Milke & Rosewater cover it Close posset it about and Let it Seeth softly 6 hours then put to it some Creame & some Yolks of Eggs and 2 Whites season it with Salt Beaten Mace Sugar & Butter Suit two p: of Marrow make them up in Small Puddings & Boyle them halfe an hour add to it halfe a p: Currants

To Make Jumballs

Take half a p: dryed in y. Oven a qu of a p: of Sugar 2 yolks & 1 White of Eggs thick Cream as much as will wet it Coriander & fennell Seeds a pretty quantity work it together Roll it into Small Rowls Cast it into knotts and bake them

To make Almond Puddings to Bake

Take a q: of a p: of Almonds, Beat them very fine with a little Rosewater put to them a few Crumbs of White Bread y. Yolks of 6 Eggs a pint of Creame Boyled Sweeten it with Sugar & put in a little Salt & a Little Amber Greece To put it into a dish and bake it

To Make Lemmon Creame

Take a quart of Creame Set it on y. fire tell it begin then put into it 6 Eggs well Beaten & as much Juice of Lemmon as to turn it to Curds wheyes Curds & Whey put it all Night into a Little Sieve or Callendar strain into it 2 or 3 pints of Lemmon till the Next Morning mix it well with a Spoon with Sugar & Lay it in a dish & when you serve it put to it some Sweet Creame

To Make Orange Marmalett

Take a dozen good Oranges pare y. Rind as thin as you Can Weigh them & to a pr of Oranges put a ℔ of Sugar Rub your Oranges well with Salt & Let them lye in Water 8 Days & 8 Nights Shift them in 2 of the Days into fresh water & Soe there upon Fine Cloths & Let them boyle while they are very tender Shifting them out of one pan of Salt water into an other till the water is not Bitter & your Oranges tender then take them out of y. Cloths & with y. Edge of a Knife take out all the Seeds & Scrape them as thin as you Can then put your Sugar into a Clean pan & to a pr of Sugar put a Gill of Water till it be a thick Syrrup then Mix y. Syrrup & Orange pulpe well together & Let it boyle till it be Marmalett Light and put it into Glasse

To Make Yest to be not Bitter

Take a quart of Yest & a qu. of Water & put it into a Paile & then take a Whisse and whisk it till it Rise above the Water then take it of & use it.

For the Meagrim Appoplexy Vertigo Coma

Take Cockle seed as much as you please beate it fine in a Morter then Search it thorough a fine sive keep the finest for your use & use it as followeth (viz) Snuffe every Other Night before you go to bed the Quanty of a small pea at first but encrease the dose to the quantity of a ~~little~~ Beane keep warme for the Night do this while the Cure be perfected & in Case of Relapse repeate y. a fore 1 mens

This at First Causeth great distillation of Rheume from the eyes Nose and Mouth a Twitt a Snott Stopage in the Nose & a Pricking in the Body as it finds more or Less of Matter to work upon It works easier Each time then other after the Third or fourth time

To make Syrrup with opening Roots

Take of Roots of Smallage fennell parsley butchers Broome asparagus of each 2 ounces fountaine water 6 pounds let it vaporate to a third part then Strain it and to that which is Left add 3 pounds of Sugar & 8 ounces of White wine vinegar then Let them all boyle to a Syrrup

The Virtue of the Root of ye Common Burdock

Take ye Juice of ye Root Burdock four or 5 Spoonfull and it Expells poyson and Cures ye Biting of any Snake or other Venomous Creature ye Juice being and ye pulpt applyed outwardly to the place afflicted ye Juice being Drank Strengthens the Nerves and cures Sudden Paine

To Cure a Burn and heal it without a Scar

Take the white of an Egg beat it with Sallat Oyle & a Little snow Water or Planton water Dip Cloths in It & Lay it to the Burn or Scald Change them as often as you See Cause that the sore may be keep Moyst & in few hours it will take out the fire

To Skin the Burnt Place take some Sallad Oyle & boyle in It Some green Rinds of Elder & house Leek add as much ye New wax as will make it into a Plaster that will Spread on Linning Straine it and Lay it to the Wound twice a day & it will heale it without a Scar

For any Bruise

Take a good quantity of Wild Tansy make a Strong Decoction of it in Springwater Straine it out and Season it with some white Salt to make it tast Brackish Let the party tak of It 2 or 3 Times a day a draught at a time and it will cure any Bruse in Taking a Bottell or 2 Three of Though ye Bruse may be of Some Standing when you begin to take it

To Make Jelley for Carp Tench or any souced fish

Take Eels Tench or both together gut them & wash them all the blood clean from them & lay them to Soake in Water one day to draw out ye blood then cut them in pieces and put them in a Stew pann with three quarts of Spring water then put to them half a pound of Jeing glass, Chopt in Small pieces

Then put to them half a p: of Isinglass Chopt in small peces
Let it boyle Gently while it Comes to a jume Jelly then Strain it and Let
it Stand all Night in a Cold place in y: Morning take of y: Copp
y: Bottom put the Jelly in the Stewpan with 3 Large Nutmegs
cut in peces some whole pepper and some whole Mace Salt as it
Boyls put in 2 Bay Leaves Clarifie it with whites of Eggs and Let
it run Thorough the Jelly bag upon your fish being Cold lay on
thin Lemmon when you melt the Jelly the second time add
what quantity of White wine you think fit it will give it a good Tast

To Drest a Pike

Take a Pike open it and cut it into 4 peces y: open the Rivet
& take the Gall from the Liver wash them all very Clean put them into
an Earthen pott with as much White wine Vinegar and Salt as will
be Sufficient to Season y: Liquor you Boyle them in when the matter
boyls pour the Vinegar & Salt from the fish into it and then put y: fish
the thickest peces first with a bundle of Rosmary Time & winter
Savory Let it boyle and skim it very well take Scraped horse Radish
Shred very thin put it into a Stone Morter with some powder of
Ginger & Anchovyes 4 or 5 according to the bigness of y: fish
beat it all together as fine as may be then put it into a Pipkin
with some White wine Vinegar 3 or 4 Spoonfulls of the pike Broth
and Draw it up thick with fresh Butter Dish the pike with Sippets
& fryed Toasts of Bread

A Stomake Plaster for a Consumption

Take Burgendy Pitch Rosin wax & Oyle of Mace
of each 2 ounces melt them together on a Slow fire then
put in an Ounce & halfe of Course Turpentine stir them well
together spread it warme upon a Sheepskin to keep it for y: use
when you apply it warme it and Grate a Nutmeg upon it

To Pickle Walnutts

Take 2 hundred Walnuts before they begin to be hard boyle them
in Salt & Water till they be Soft but not to Crack you must Shift the
Water 2 or 3 times when they are enough take them up and wipe them
Dry then take 4 Quarts of White wine Vinegar three pennyworth
of Mustard 3 pennyworth of Mace & as much Cloves some whole pepper
& Salt Season it to your Tast boyle all these together & when the pickle
is Cold put in 4 heads of Garlick & your Walnutts

A Sandes Drink

Take Mate green that grows close to the Ground Sallendine and Estenny of each a handfull a Little Spermint a handfull of the Green seed of Goose Dung into a Quart of Ale & a pint of White wine Then put into it two pennyworth of Saffron 2 Spoonfulls of Brook lo Two pennyworth of Turmerick a Little Motherwort half an ounce of Ry Sandes then Lay a Cloth over it the next day you may drink and when it is halfe Drank put in a nother pint of Ale

Orange Cakes

Take the Fairest & best Burmoudes Oringes boyle them & still as they Boyle put in Cold Water & keep them in course & so Boyle them 2 or 3 houres together till they be very tender but be Carefull they do not burst then take them out of the water and put them into a earthen dish cut them in two and take out the kernells then strope out the pulpe into another earthen dish then take out all the hard skinny then take an earthen porringer or silver of an equall Weight & put into one of them your Sugar and into the other the pulpe of the Oringes into a Silver bason & so let them simber on a Chafing dish of Charcoall but not Boyle still keeping it stirring so let them do an hour more so take it of and drop it into Cokes upon Smoth Glasse so Let it stand in a Stove into which put a Chafingdish of Coales so Let them stand 3 days & Turn them till they be dry

To make Quinck Jumballs

Take your quincks and pare & Scald them then scrape the pap from the Core put it into a pewter dish then Let it be over a Gentle Fire bringing it with a Spoon and when tis dry put in as much Loafe Sugar beaten as will make it into a paste so Cast it into Jumballs & Rowle them in Sugar and as small as you Can and Lay them upon paper then Let them stand but a Little while after the Sugar is In

To make Aprecock: Jumballs

Take Aprecocks that are very Ripe pare them & take out ye Core but the softest of them put them in a dish & let them over a Chafingdish of Coals to dissolve it there be any hard Lumps pick them out & strain it then set it over the fire, when it is dry as it will be take it off and let it Cool then make it into paste with Loaf sugar beaten then Rowle them as small as you Can & Cast them in what fashion you please 2 or 3 Aprecocks will make a great many

To Make Fruit Wafers

Take your fruit (a Goosberyes Currans or any fruit that will Gelly) stew them in a Jugg pott as for Clear Cakes when you have powred away the Clear pull the pulph through a sieve if you add a Little of the Clear Juice it makes your Water the Clearer take half the weight of ye pulpe in double Refined Sugar Strew on & boyle it to an Convenient Thickness & while the pulpe is boyling put the sugar to it warme it for Red but if for white let the sugar Cool again stead it till the Sugar is well mixed but be sure it boyle not then drop it and set it in your Stove till they will turne then Cut & turne them and Rowle some thous you Rowle must be droped Broader that you may Rowle them double

To Make Orange or Lemon Wafers.

Take 6 Oranges Chipp them as for porsoning and water them to take away the bitterness then boyle them in Fresh Waters till they are Tender then take the Meate and Juice of all & the Skins of 3 put all through a sieve but before you put them through beat the Skins in a Morter then take the Weight in Sugar bect it fine and wet it and make your pulpe Scalding hott & then put in your hot Sugar let it mixe well together so drop them Cut & Turn them if the pulpe be too thick put in the Juice of a Lemmon if you make Lemmon Wafers pare of all the Rill that is yellow Water and boyle them as ye other

To Preserve Cucumbers

Take them small a bout a finger Length & wipe them & Boyle in Water but Not too Tender then take them up and make a hole Thorough them the Length way then pare them and after Gerdu. them and make a thin Syrup & Let them Boyle a Little then Let them Stand in new Earthen Galleypott 3 or 4 days then make an other Syrup & squeeze in y. Juice of a Lemmon & Let your Cucumbers Boyle in it till they be very Cleare take them up and Lett them up for a day then take to every pint of Liquor halfe a p. Sugar & Boyle them in it till they be Ready then take them up and Cutt a Little Slitt in in every one of them & put in a Little Allspice or Cinnamon Being finely Ground with Sugar then Boyle the Syrup untill it will almost Jelley

For Greening of Fruit Let your water be almost Ready to Boyle then take it of the fire and put in a pint of Allum then put in your Fruit over the fire to keep Fralding hott For halfe a q. of an Ounce till the Cullor please

To Make Red Marmalade In Jelley

Take the Quinches and quarter them and Core & paire them & as you paire them put them in Fair Water then Weigh them and to every p. of Quinch put a p. of Sugar & a pint & halfe of Water then take y. Quinch water & Sugar and put them into a Skellitt and Let them Boyle a Little to peize them that they may be tender and Look Close Let them not Boyle soe to Breake then Let them have very Little fire only to keep them Stewing Let them be Close Covered till they Look of a Brisk Collour then uncover them and take up the quarters

To Candy any tender fruit Raw as Currens or Cherries &c

Take Gumarback Steep it in Rose water tell it be pritty Thin Then dip a feather in it an so wet the fruit but not too much for then it will be in drops and not Candy wet Then have some double Refind Sugar Strew it on your fruit Thorough a fine Searcer or dip the fruit in it when y fruit is Covered with the hott Sun or else in a Stove with a Gentle heat they will eat very Crispe but will not keep above a Night & a Day

To Make Honnycombe Cakes of Sugar

Take Cards and cut them of what Size you please To have your Cakes Rub your Cards with a Rob of brimston Then Pinch them into what forme you would have them and wet your Sugar being finely Searced with Juice of Lemmon Then fill your Cards and hold them over a Chafindish of Coles till they boyle up as high as you would have them let them boyle Tell you have done all so Stove them and and Do all the Rest Tell you have done all so Stove them and keep them you may Thrid any kind of flowers a mongst y. Sugar as Marygolds Violets Gilloflowers orange flowers or what you please you must first boyle your Sugar to a Candy height So drop them into y. Cards

To make Sugar Wafers

Take double Refined Sugar put as much Juice of Lemmon as will Tempt it Tell it Tost it on the fire Tell it Crust over then have papers Ready and Sodes of What Signes you please & as fast as you Can spread this Sugar with a knife on the papers as thin as you Can and when you have Spread them Turn in the paper with what fashion you please & pin y. Corner to Stove them tell they will Turn you must wet your hands in Fair water and Take up and down the inside of y. Paper and when you can Get them to Turn Lay them to Stove a gain till they are very Crispe So make them Red Brick Scutcheons and mix with y. Juice of Lemmon & so dye the Cullor you may wet your Sugar with what Cullor you Like

To Make Little Jumballs of Sugar

Take Gum Dragon Steepd in Juice of Lemmon Soll it in Like Jelly then Take a Convenient Quantity of it and put some Syrup of Apricocks to it then Mix it with Double Refined Sugar till it is like paste then Roll it out in Several formes Like knots or what you Fantsy and Sedy them in a Stove you may make some with Orange flower water & Juice of Lemmon and you may dye them with Juice of Flowers of What Collour you Please or dark them after they are made in Spotts

To Make y: Marmalade of Oranges so Esteemed in Court

Take 12 Oranges Rub them with Salt grate or pare them very Thin the outward Rind only Quarter them and take out the meat & boyle the peel in fair water till they be tender you needed not Change the Water put in y: Peel when y: Water is Cold dry them in a Cloth and Cut them. To a p. Peel Thus 20 p. of Sugar Have Ready the Meat and Juice take out y: Stones and Skinny & have Ready a pint of Pippin Liquor & as you Beat y: Peel put it into y: Pippin liquor y make it boyle a pore Thing in y: Rest of y: Sugar out boyle keeping it Stirring when it is Jellyed put in y: water Juice of two Lemmons & make it Scalding hott before you put it in Let it boyle so as to Skim it but no more you may mingle halfe and Cut halfe the peels & pippin Liquor is 40 or 50 to a gallon of Water Boyle it as fast as you Can till y: strings sink to y: Bottom then put it and take the Chareff

To Make Allmond Gumballs

Take a pound of Allmonds, to halfe a pound of Double Refined Suger beaten & searced lay yo. Allmonds in Water a day before you blanch them and beat them Small with yo. Suger and when it is very well bet, put In a handfull of gum dragon being steept over Night In Rose water halfe a white of an Egg beate to froth Mingle them very well together & set it on a Soft fire till it grow prety thick then take it of the fire & Lay it on a Clean paper and beat it well with a Rowling pin till it worke like a Soft past to make them up & Lay them on paper Gylded with the oyle of Sweet Allmonds, and put them Into y Oven, and assoon as they be Soundly Kilen take them out, before they grow hard

Past of Peer Plumbs

Take your plumbs, payre and Cutt them from the Stones put them into a Silver Tankard & Soueret in a Bottell of Water untill they be tender then weigh it to p. of Suger a pound of pulp then boyle your Suger to Suger to Suger again & then put in y. Juice of Bisingstrong Codes boll y. Suger be melted so Glass it boll it be fit to turn

Past of White Sare Plumbs

Take your Plumbs being Ripe put them in a Bottell of Spring water Let y Water be a Little Warme when you put them in Not Covering them nor Let them boyle & When they are very Tender take them up and Strape them from their Skins and Stones then weigh the pap and put it into a Silver Basson over a Chafing dish of Coales to Dry a Little keep it Stiring then put to it a p. of pulp & a p. daille Refined Suger to Let it Simber together but not boyle them to mell that which is at y. top to y Bottome and Stir it a little now and then Let it simber a q. of an houre then put it in Glasses till it will Jurne and Set it in y. Stove when it is halfe dry Cut it in what Shape you please The same way you may make Sett of quinces only put yo quinces into Cold Water when you Set them to Seede

Clear Cakes of Quinches

Scale your Quinces as for your Past and Scrape them from ye Core then put the pulpe into a hair Strainer prese it Gently with ye back of a Spoone not too hard Least ye Meat go through then take a pound of Double Refined Sugar to every pint of Liquor a pint of Sugar put them together in a Silver Bason over a Chafing dish of Coals let it simber a bout a q: of an hour but not boyle put it in Glasses to dry & let them in a Stove be sure to put fire in 2 or 3 times a day that it may Candy & not Jelley & when you find it is so dry that you Can Cut it out and not break it then turn it upon a Sheet of Glass and when it is dry Cut it into Cakes of What fashion you please

Clear Cakes of Goosberrys

Take about a Gallon of ye best Christall goosberrys and put them into a Stone Jugg with about a pint of Water let them ~~Cake~~ stand in a Kettell of Water Covered with something to keepe down the pott till they be tender, then Straine out ye Juice as it Runes of it selfe throu a Hairs Strainer, to a pint of Juice a pound of Duble Refined Sugar finely beaten wet it & boyle it to Sugar againe, ~~then~~ then put in the Juice, so let it Stand till the Sugar be throughly Melted then put it into Glasses, & set it in the Sun, when they begin to be Candy turn them & Cut them, keepe them turning till they be dry

You must take Goosberryes before Whitsunday

Cherry Past

Take two pounds of Cherryes Stone them & boyle them upon a quick fire as they boyle power of the Juice from them & when they are thick put to them a quarter of a pint of the pulp & Juice of Red and white Currens prest hard through a Strainer, and Continue to boyle them till they are proly thick and that you think they will Jelley then add to it a pound of Sugar finely beaten Stirr it in heat it after the Sugar is in but let it not boyle so put it in ~~Cake~~ glasses & stand it

To Candy Angelico

Take the Stalks of Angelico while they are tender and boyle them in water, till they be very tender, put into the water half a Spoonfull of Common Allom beaten, the Angelico must be tyed in a Cloth when it is boyled peel it take about the Weight in Double Refined Sugar boyle it to a Candy hight then put in your Angelico and let it Stand a little, then let it Stand two dayes, & boyle it till you so it will Candy then lay it out twisted or plain on a dish and set it in the Sun to dry

To Preserve Quinches in Syrrop of A pure Cullor

Take better ye a Gallon of the fairest spring Water and put thereto the Whites of two Eggs beat the Water & the Eggs together till it be all in a froth like a ladder of Soape, then put into it three pounds of Sugar broke in very Small pieces & the Cores of those quinches you intend to preserve with three or four other quinces Cut in pieces, Set it over a quick fire and when it boyles Skim it very well, then Strain it through a gilley bagg then set that on the fire againe, & put in Seven good quinches purely Cored & payred let them boyle Reasonably Soft sometimes takeing them out Into an Earthen or Silver dish and put them In againe when they are a little Cold for that will make them of a fair Cullor, but In any wise let them be well Skimed as oft as any doth arise, and turne the quinches often that the one Side be not deeper Cullored then the other, & when you perceive they be very tender Set some of the Syrrope to Coole In a Spoone and if it will Jelly then take them up for they are enough, and put them Into pots or Glasses when they are almost Cold And thus you may do Wardens onely you must not Core them and you must take more of them to a pund of Sugar, then you doe of quinces

To pickle Piggons

Take your largest young pidgons wool washed & dryed and take out all ye bones but do not slit them up ye back but take ye bons out at ye neck and at the Rump then take a peice of a leg of mutton and mince it as small as for forst meat take a very little salt and some lard & season it with cloves mace sinnamont pepper & ginger & salt sweet Arbs margorum winter savory & a very little thyme mix all these well together & stuf your pidgons with it & fashion them a bout ye like of a pidgon tye them with thread about ye neck & tye ye legs to the Rump & season them with a little nutmeg & salt on ye outside & so bake them in an Earthen pot with as much white wine as will cover them & some hole pepper bay leaves & a sprig of Rosemary & if your pidgons be leane put in a peice of butter & so bake them & when you draw them wash the fatt of into the pickle the ward baked in & lay them on a bard till the be cold then take all ye fatt of the pickle and put into ye pidgons and keep them in it if you use them: if not you must make a fresh pickle of white wine & vinegar bay leaves & Rosemary hole pepper and nutmegg

Beef Allamode

Take a peice of leane beef & beate it very well then lard it with thick lard then put it into a pot with good broth with a bundle of sweet Arbs and all sorts of spices and when they are all very well boyled together serve it with the broth when you lard your beef take small arbs with your lard a little vinegar pepper and salt

A Dobe Goos or Turkey

Take broth and white wine take your goos or turkey and put it into it and put in some sweett arbs & hole onyons some pepper mace cloves and salt and put it in a pot or pann and cover it very close till it be tender then squse the juice of lemons into it and serve it up with sippets thicken it with yolks

To make Almond Chees Cakes Lady Atkins way

Take half a pound of Almonds Blanched & beaten very fine: Six egs Leaving out two of ye whites; Let them be well beaten; put in half a pound of fine Sugar well pounded; beate these altogether in a morter: put into it half a pound of melted butter; grate into it ye Rinds of two Lemons; A Little nutmeg & a Little Sack - - - - -

Lady Osborns Stick water

Take a gallon of Strong Sweet worte: before it is Boylled and Slice into it A quarter of A pound of Ginger: and boylit in 13 grains of Saffron pickt thin: and A pound of Frekle: Let it Stand all night: next morning put it Still and break into it as much Stone horse Dung make it as thick as A hasty pudding: then Distill it it into Bottles: when you vse it you may Sweeten it Syrup of Saffron or any thing you please: it must bee its Dung of horses that Eats Hay - - - - - -

Lady Atkins Almond Cheese Cakes

To make a Cream Chees

Take a Gallon of new milk and a pint of sweet Cream and mix them well together then take a Skillet of hott water, and putt as much into it as will make it hotter then it comes from the Cow, then put in a Spoonfull of Rennet and Stir it well together, and cover it, & when it is come, take a wet Cloth, and lay it on yo Chees Mold and take up the Curd, and not breake it, and put it in the Mold and when it is full put on your Sinker, and every two hours turn yo Chees in wet Clothes, wrung dry & and lay on a little more weight, at Night take as much Salt as you can between yo fingers and thumb, and Salt it on both sides and let it lye in the press all night in a wet Cloth, the next day lay it on a board between a dry Cloth, and the next day lay in greens, and every day Chang it, and it will be ready in nine days, if you Coler it warm with a blankett of last two dayes

To make Almond Cheese Cakes Lady Atkins way

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Lady Osborns Stick water

Take a gallon of strong sweet worte: before it is boylled and slice into it A quarter of A pound of Ginger: and boylit then put in 13 grains of Saffron pickt thin: and a pound of Ordinary Frekle: Let it stand all night: next morning put it in A Cold Still and break into it as much Stone horse Dung as will make it as thick as A hasty pudding: then Distill it and put it into Bottles: when you vse it you may sweeten it with Sirrup of Saffron or any thing you please: it must bee one nights Dung of horses that Eats Hay - - - - - -

To make a Cream Cheese

Take a Gallon of new milk and a pint of sweet Cream and mix them well together, then take a Skillet of hott water, and putt as much into it as will make it hotter then it comes from the Cow, then put in a spoonfull of Rennet and stir it well together, and cover it, & when it is come, take a wet Cloth, and lay it on yo Chees Mold and take up the Curd, and not breake it, and put it in the Mold and when it is full put on your Sinker, and every two hours turn yo Chees in wet Clothes, wrung dry & and lay on a little more weight, at Night take as much Salt as you can between yo fingers and thumb, and Salt it on both sides and let it lye in the press all night in a wet Cloth, the next day lay it on a board between a dry Cloth, and the next day lay in greens, and every day Change it, and it will be ready in nine days, if you Cover it warm with a blankett ye last two days

To Make Cowslip wine Mrs Herberts way

Take 8 gallons of water and 16 pounds of fine Loaf Sugar boyl them together A full houre: Scuming it very well; & Let it Stand to Cool till it is blood warm; then put into it ~~60~~ 100 bushels of pickt Cowslips & put to it 12 or 14 Spoonfulls of very good new Ale yeast & Couer it up close; ye next day: Squeze into it ye Juice of 16 good Lemons; then put it into ye Vessel; So Let it Stand 3 weeks Close Stopped then draw it into very dry Bottles & it will keep A year or more you may Rack it off as you See Cause - - - - - - - - - -

To make mead Mrs Nichols way

Take 20 quarts of Spring water: 2 quarts of Honey & 2 ℔ of Double refined Sugar; Boyle it half an houre Skimming all ye white then put into it 4 Sprigs of Rosemary 4 Races of Ginger Sliced, 40 Cloves: then Boyle it A Little more after they are in: then Strain it & put to it whilst it is hot ye Juice of 8 Lemons & all ye peels of them: Let it Stand to cool & when it is about new milk warm put to it about 4 or 5 Spoonfulls of ale yeast; Let it work A day & a night: then stope it up and Let it Stand A week then Bottle it & it will be fit to drink in A fortnights Time

To Make Blois bisket

Take sixteen eggs, but four of the whites, beat the whites to a verry good froth, & the yolks wth three spoon=fuls of sack, & three of Orange flower water, And a little mace shred verry fine, mix your yolks & your whites verry well together, then strew in a pound of loaf sugar sifted, beat it half an hour then strew in 3 quarters of a pound of fine flower dryd and sifted, beat it a bout aquaer of an hour longer: butter your pans well, & just w^hn you put then into ye oven shake some dowble refind sugar over your Biskets

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A Butter'd Bisket

Take one pound of dry sears'd sugar, almost one pound of butter, squeeze it wth your hands together aquater of an hour, then beat it wth a slice half an hour, putt in 6 eggs leaving out 2 of ye whites, well beaten wth orange flower water, Beat all these to gether aquater of an hour or more, put in half a lemon peal sliced small, strew in gently a pound of dry flower, beat all these well together, put them into pans being first butter'd & ice y^m when they go into ye Oven wth sugar & Orange flower water, y^t has just boild up together so bake them, & as fast as they come of ye out Oven, take y^m of ye pans

To Make Carraway Bunns

Take 2 Quarts of flower dried, a Pound and 2 Ounces of Butter Rubb it in ye flower, putt in some nuttmegg and mace beaten, 4 Eggs beaten putt to y^m 2 spoonfuls of ~~mace~~ sack, & 3 of rose water half a pint of yeest, putt to these as much warm Cream as will make it into a limber past, & put in a pound and 2 ounces of Carraway Cumfitts Make it into Bunns, And lay y^m on Tin plates, Dip ye tops of y^m as they goe in ye Oven

Cochran Scoules yesterday
just for you to Be
Meanit upon as pseitle
Bo She is a Bonny Lass

cochran Scoules.
Dunse

To Drie Figgs

Take your figgs and boyle them in fair water till they are verry tender, y^n take theire weight in sugar, ~~scumm it clean~~ divide it into 4. parts. boyle 1. part to a thin syrrop, scumm it clean, Prick yo. figgs full of holes, then putt them into the syrrop next morning take y^m out, And putt in another part of ye sugar, boyle it, & scumme it clean, Then putt in ye figgs again; every day make ye same addition tell all ye sugar be in, Then take y^m out; & lay y^m upon glasses, And seare some sugar on y^m, & so dry y^m

To Make White Marmalade

Pare large Quinces, & grate them as you doe bread, and to two pound of yor grated Quince putt 2 pound & an half of sugar, putt into a preserving pan a laying of sugar, and a laying of Quince, Cover your Pan close, and sett it on Embers, when the sugar and Quince are dissolved together strane it, and boyle it to Marmalade height.

To make the Countess of Warwicks Biskets.

Take a pound of Loaf sugar beaten & searst putt to it ye yolks of 11 eggs, 4 whites, 8 spoonfull of Rosewater, beat these together in a pan wth a wisk till it is white and thick, stirr in twelve Ounces of fine flower dried, and sifted the pans being buttered putt them quick into a hot Oven searing some double refined sugar on ye top

To make Almond Biskets

Lay a pound of Almonds in cold water over night, blanch ym in cold water, take a pound of ~~refin~~ double refind sugar, beaten, & searc't yn take 10 Eggs, ye whites only of 4 beat ym nth half ye sugar, yn beat the Allmonds to a fine Past, putting ye Remainder of yor sugar to yor Allmonds, beating it in by degrees & nhn it is a fine Past, putt in yor Eggs, & beat ym very well to gether, butter yor Panns & put ym in searc a little sugar over ym, & take ym, & after they are enough baked, set ym into the

To Make White Quince Marmalade
Mrs Tewars Way

Scold the Quince put yn into Cold water & set ym over a gentle fier ye skin must not break & nhn they are soft take ym out and take ye skin of & to every pound of Quince you must take 3 quarters of double refined sugar finely search & just wet it nth water & boyl it up almost landey high and yn affast as you can scrape yor Quince very thin give it a good boyl or two & up a very little time will do ym apple quince is ye best a little before you take ym of & squeeze in ye juice of a lemmon to your taste

Y

To Stew pigeons Mr Herberts way

Melt a quantity of butter Mix it with parsley Sorrle Spinage Shred; & when it is Cold put it into their Crops: Save a Litle of it out for Sauce; then Stew ye pigeons in as much Strong Broth or gravy as will Cover them; with Some Salt Cloves mace & pepper winter Savory a Litle Lemon peel: & an Onyon or two; then brown Some butter & put in; & when they are Stewed Enough; put in a Litle bit of butter rowled up in flower; & ye yelk of an Egge, with ye herbs you Left out then Sheake it up all well together; put it hot in ye dish & Send it in

To Stew Rabits Mr Herberts way

Cut them in peices; beat them till they be tender; Season them with Cloves mace & pepper: & an onyon; & a bunch of Sweetherbs then put in ye meat; with a quart of water: with ye 3rd part of a bottle of Sider; then Let them Stew: till they are very tender Take them up; & fry them with Chopt parsely: Take Some of the Lickquor. & put into it one Anchovey; & thicken it with ye yolks of 3 Egs & a peice of butter with Sippets round ye dish: put in your Rabbits & ye Liequor over them & Send them in &c.

To make Breath Biskets

Take 4 ow pounds of flower very well dryed
A quarter of A pound of Sugar an ounce of
Carraway Seeds Beat to powder rub in A quarter
of A pound of fresh Butter put in about fower
Spoonfulls of new yeast and wett these with warm
milk or Cream Bake them on sheets of tinn Bake
Them after manchet

To make Mr Rowlys wafers

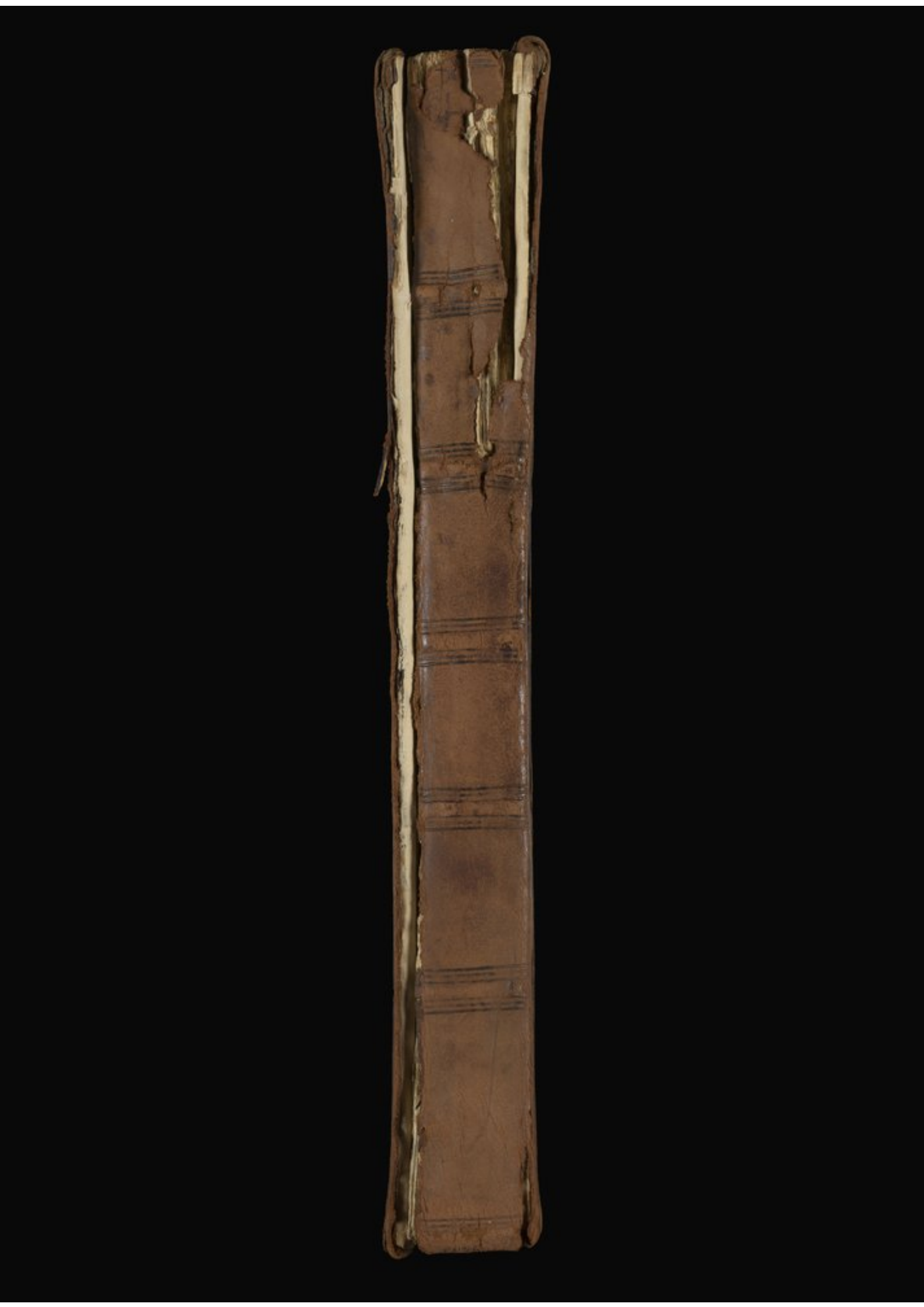
Take 3 pounds of flower. 4 ow quarts 1 pint of milk luke warme 4 pound & quarter of butter melted & keep well beat 4 ow spoonfull of Ceast with halfe a warm milk one spoonfull of fine sugar mix all 4 o gethr & beat it well you cannot beat it 4 ow much 4 lb you must beat it & turn with a little butter 4 lb first time

Mess Cs

Take a hogs head that is singd & bone it, then take 2 ounces of salt petre, 2 ounces of ye brownest sugar mixt together, & rub it very well all ye inside of ye head wth it. then take pepper & salt & beaten cloves to your discretion, but it must be seasond pretty high. take 2 ounces of Coriander seeds beaten, a little handful of parsley chopt small, & sweet herbs, lay it in ye head, then role ye head very tight, & bind it hard wth coarse tape.

as to ye pickle, put into ye water a pound of salt, 2 ounces of white pepper, ye same of black, a quarter of a pound of coriander seeds, a few bay leaves. when ye water boils put in ye head, let it boyl but very slowly. it will take 6 hours, but be sure let it be tender. put into ye pickle a good bunch of sweet herbs & parsley & 3 onions. when it is cold strain ye pickle & put in ye head, it will keep a month.

7 Birch. 2 Brunn Birch



To make Leamon Sallet

Take ye pale of Leamons pare ym pretty thick; ye Cut ye Rinds in Long pieces Like small Ribin boyle ye Unagods quantitie of water till they bee tender; ye take ym out off ye water Draine ym till they bee dry & putting ye Juice of Leamons over ym, make ye picke of white wine vinegar & double refined Suger well mixt together put ym Into a Glasse or pot this may be done. To you use ye Juice of Leamons for other things/

Pickle Walnuts after ye Indian way given by an Indian Markham

Walnutts wn they bee so young yt you may thrust a pin through ym, Let ym be gathered in a dry day, & put ym into a tub of water shifting of It every other day for a fortnight every day twice put fresh water ym Into a faire Cove all Night to run dry ym put ym into a good quantitie of water & Let ym boyle till they bee soft & then put ym into a clothe & rub off ym skin; take a like quantitie of each as like quantitie they are put up; before ym glasse, a handfull of garlick & a handfull of ginger & some Cloves & mace & like quantitie of things as ye; & so continue till all ye pickle as will cover.

To Pickle Broome Budds

of water & Salt Boyled & when It is cold put In ye budd up In Lynen Bags you must shift ym into water as Long as ye water Looks black & boyle ym in water, & wn they are Cold keep ym In vinegre/