

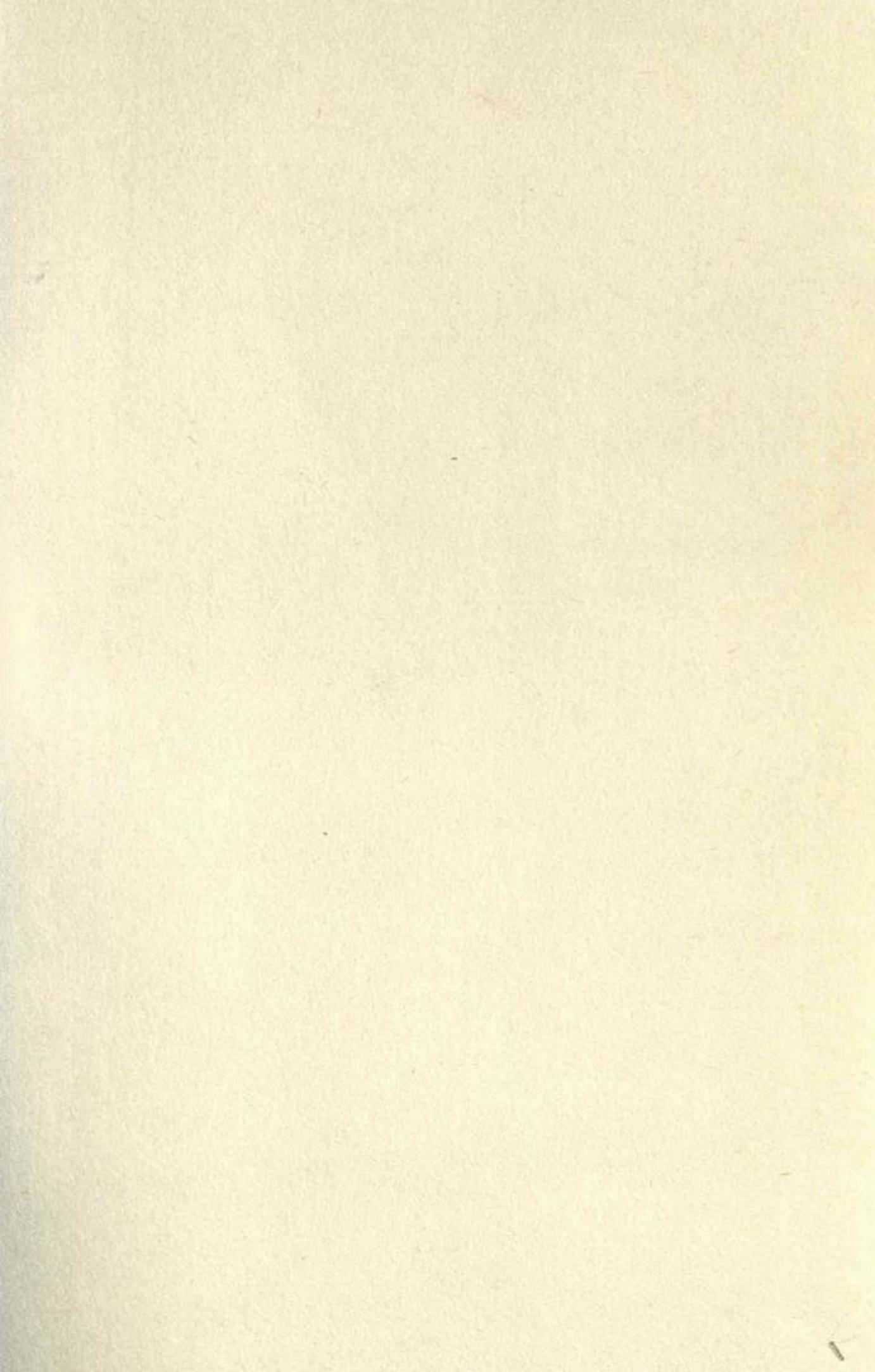
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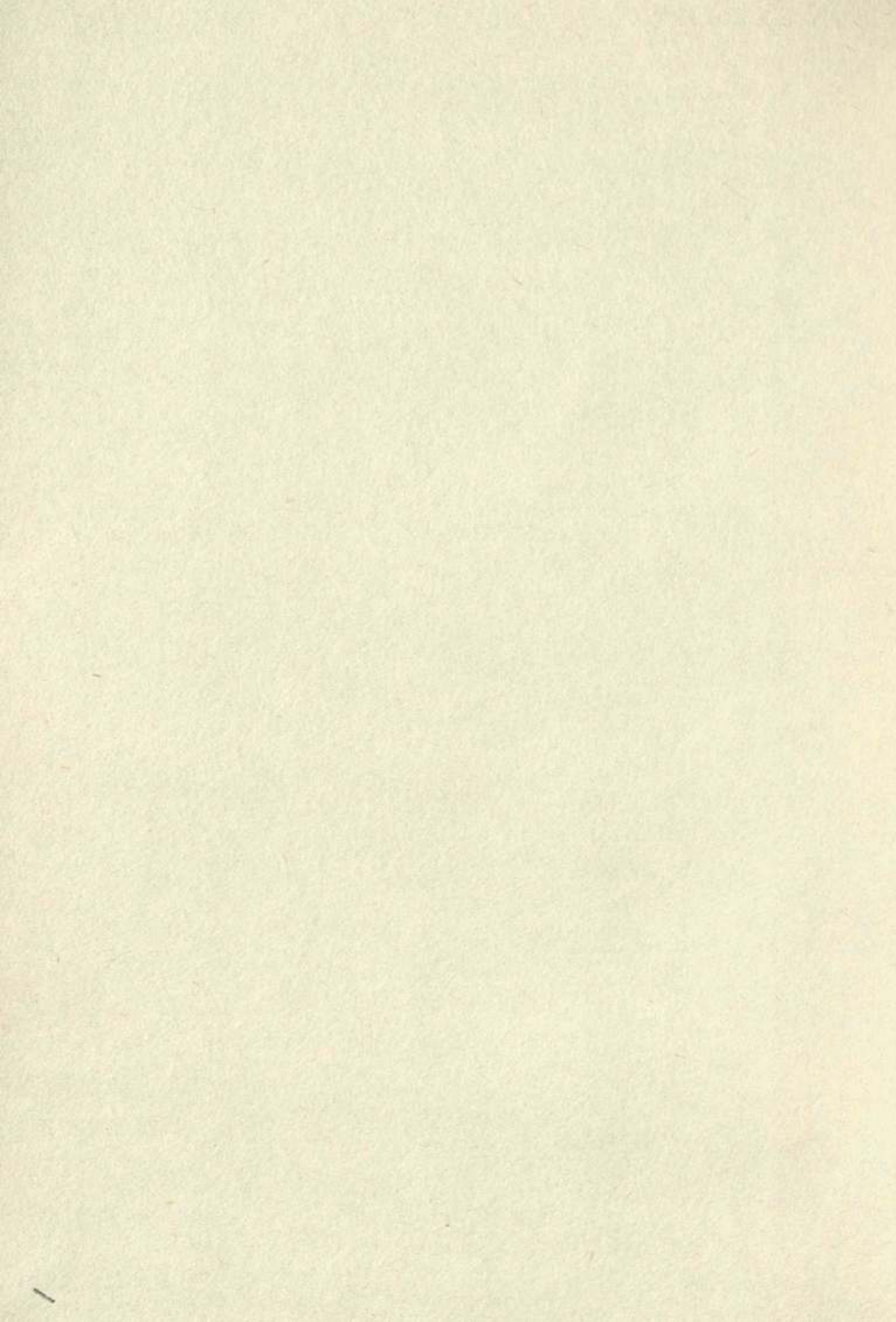
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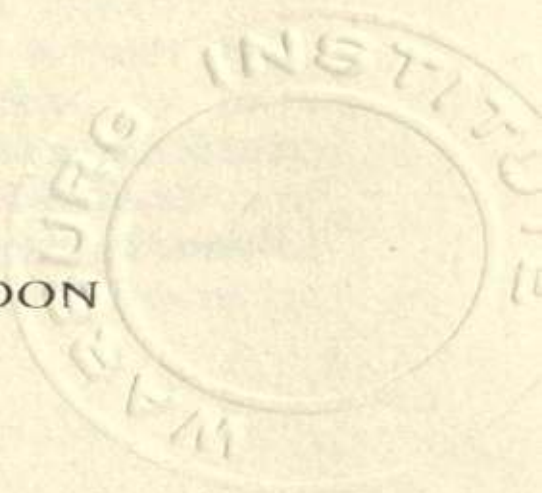
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The Compleat Cook AND A Queens Delight

THESE BOOKS WERE FIRST PUBLISHED IN 1655,
AS TWO OF A TRILOGY ENTITLED
The Queens Closet Opened
BY W.M.



PROSPECT BOOKS · LONDON
1984



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Preface

The Queens Closet Opened, first published in 1655, had come out in at least nine editions by the 1680s, and further editions continued to appear until 1713. Its title page stated that it was the work of 'W.M.', who explained in his preface that the contents were transcribed from the Receipt Books of Queen Henrietta Maria (widow of Charles I, who had been executed in 1649). Although the book was published during the Commonwealth, while Oliver Cromwell was in power and Henrietta Maria had long since departed to exile in her native France, her portrait appeared as the frontispiece.

The volume consisted of three books, each self-contained: *The Pearl of Practice*, which was medical; *A Queens Delight*, largely devoted to confectionery; and *The Compleat Cook*, containing culinary receipts. A list at the front of the volume identified persons who had furnished or endorsed medical receipts, but gave no sources for the others.

Referring to the entire collection, W.M. cited his 'particular Relation for many years to Her Majestie's service', and stated that there were 'few or none of these Receipts presented to Her Majesty, which were not transcribed into her Book by my self, the Originall papers being most of them preserved in my own hands, which I kept as so many Reliques, and should sooner have parted with my dearest bloud, than to have suffered them to be publick'. He went on to explain that he had given a transcript to 'a person of Honour' who either lent or lost it, as a result of which, 'to my no small amazement, I found no

lesse than two other copies abroad: the sad consideration whereof inforced me to consult with my friends, who all of them advised me to dispatch my Original copy to the Press to prevent those false ones; for otherwise I should not have thought it lesse than sacriledge, had not the lock been first pickt, to have opened the Closet of my distressed Soveraigne without her Royall assent . . . ' W.M. also revealed that he was elderly and expected soon to quit 'this troublesome world'; and that he lived in the country, so that he could not effectively guard against mistakes by the printers. (For an example of the sort of error he had in mind, see the foot of pp 17 and 18 of *The Queens Delight*.)

Although the volume whose royal provenance was thus proclaimed can fairly be described as the most popular cookery book of its time, it has not been reprinted for more than two and a half centuries. The explanation of this neglect may be that the work has been viewed as a whole, and that the medical part, the largest of the three, has for long had no more than historical interest. In the present edition, Prospect Books have reprinted in facsimile only the other two parts, thus providing in compact form all the material to do with cookery. A precedent for this treatment was established as long ago as 1660, when an edition from which *The Pearl of Practice* was omitted came out.

The three books had a complicated publishing history, sometimes appearing together and sometimes separately.* The text remained the same, except that the Preface and the medical receipts were revised; but the typography and the quality of the printing was subject to some variation. The

editions chosen for reproduction here are both dated 1671. After examination of a remarkably comprehensive collection of copies of *The Compleat Cook*, in the possession of Messrs Bernard Quaritch, we concluded that these were the most elegant. However, the quality of the frontispiece had deteriorated markedly by 1671, and the reproduction of it which appears overleaf, kindly made available to us by Stephanie Hoppen, is taken from the rare edition of 1656.

* See, for example, Arnold Whitaker Oxford, *English Cookery Books to the Year 1850*, first published 1913, republished by the Holland Press 1977; and John Ferguson, *Bibliographical Notes on Histories of Inventions and Books of Secrets* (two vols in one), first published 1959, republished by the Holland Press 1981.



HENRIETTA MARIA
Late Queen of England

*The frontispiece of The Queens Closet Opened, from
the edition of 1656.*

The Compleat Cook

The Compleat
C O O K:

Expertly Prescribing
The most ready Wayes,

Whether { *Italian,*
 { *Spanish* or }
 { *French,* }

For dressing of *Flesh* and
Fish, ordering of *Sauces*,
or making of

P A S T R Y.

L O N D O N,

Printed by E. Tyler, and R. Holt, for Nath.
Brooke, at the Angel in Corn-Hill, near the
Royal Exchange. 1671.



The Compleat
COOK:

Expertly Prescribing

The most ready Wayes,
 whether *Italian, Spanish* or
French, for dressing of
 Flesh and Fish, &c.

*To make a Posset the Earl of
 Arundels way.*



Take a quart of cream & a quar-
 ter of a Nutmeg in it, then put
 it on the fire, and let it boil a
 little while, and as it is boil-
 ing, take a Pot or Bason, that
 you mean to make your Posset in, and put in
 three spoonfuls of Sack, and some eight of

A 2

Ale,

Ale, and sweeten it with Sugar, then set it over the Coals to warm a little while, then take it off and let it stand till it be almost cool, then put it into a pot or bason, and stir it a little, and let it stand to simmer over the fire an hour or more, for the longer the better.

To boile a Capon larded with Lemons.

TAKE a fair Capon and truss him, boil him by himself in fair water, with a little small Oat-meal, then take Mutton broath, and half a pint of white Wine, a bundle of herbs, whole Mace, season it with verjuice, put marrow, dates, season it with sugar, then take preserved Lemons and cut them like lard, and with a larding pin lard it in, then put the Capon in a deep dish, thicken your broth with Almonds, and pour it on the Capon.

To bake Red Deer.

PARBOIL it, and then sauce it in vinegar, then lard it very thick and season it with Pepper, Ginger, and Nutmegs. Put it into a deep pie with good store of sweet Butter, and let it bake, when it is baked take a pint of Hippocras, half a pound
of

of sweet butter, two or three Nutmegs, a little Vinegar, pour it into the Pye in the Oven and let it lye and soak an hour, then take it out, and when it is cold stop the vent hole.

To make fine Pan-cakes fryed without Butter or Lard.

TAKE a pint of Cream, and six new laid Eggs, beat them very well together, put in a quarter of a pound of sugar, & one nutmeg or a little beaten Mace (which you please) & so much flour as will thicken almost as much as ordinarily Pancake batter; your Pan must be heated reasonable hot & wiped with a clean Cloth, this done put in your Batter as thick or thin as you please.

To dresse a Pig the French manner.

TAKE it and spit it, and lay it down to the fire, and when your Pig is through warm, skin her, and cut her off the Spit as another Pig is, and so divide it in twenty pieces more or less as you please; when you have so done, take some white Wine and strong broth and stew it therein, with an Onyon or two mixed very small, a little

Time also minced with Nutmeg sliced and grated, Pepper, some Anchoves and Elder Vinegar, and a very little sweet Butter, and Gravy if you have it, so dish it up with the same liquor it is stewed in, with French Bread sliced under it, with Oranges and Lemons.

*To make a Steak Pie with a French
Pudding in the Pie.*

SEASON your steaks with Pepper and Nutmegs, and let it stand an hour in a tray, then take a piece of the leanest of a Leg of Mutton, and mince it small with sewet & a few sweet herbs, tops of young Time, a branch of Penniroyal, two or three of red Sage, grated bread, yolks of Eggs, sweet Cream, Raisins of the Sun; work all together like a Pudding with your hand stiff, and rowl them round like balls, and put them into the steaks in a deep coffin, with a piece of sweet butter; sprinkle a little Verjuice on it, bake it, then cut it up and rowl sage leaves and fry them, and stick them upright in the walls, and serve your Pye without a cover, with the juyce of an Orange or Lemon.

An excellent way of dressing fish.

TAKE a piece of fresh Salmon, and wash it clean in a little vinegar and water, and let it lie a while in it, then put it into a great Pipkin with a cover, and put to it some six spoonfuls of water, and four of vinegar, and as much of white Wine, a good deal of salt, a handful of sweet Herbs, a little white sorrel, a few Cloves, a little stick of Cinamon, a little Mace, put all these in a Pipkin close, and set it in a Kettle of seething water, and there let it stew three hours.

You may do Carps, Eels, Trouts, &c. this way, and they taste also to your mind.

To fricate sheeps feet.

TAKE sheeps feet, slit the bone, and pick them very clean, then put them in a Frying-pan, with a Ladleful of strong Broth, a piece of Butter, and a little Salt, after they have fryed a while, put to them a little Parsley, green Chibals, a little young Speermint and Time, all shred very small, and a little beaten Pepper ; when you

think they are fryed almost enough, have a lear made for them with the yolks of two or three Eggs, some gravy of Mutton, a little Nutmeg, and juyce of a Lemon wrung therein, and put this lear to the sheeps feet as they fry in the pan, then toss them once or twice, and put them forth into the Dish you mean to serve them in.

To fricate Calves Chaldrons.

TAKE a Calves Chaldron, after it is little more then half boiled, and when it is cold, cut it into little bits as big as Walnuts; season it with beaten Cloves, Salt, Nutmeg, Mace, and a little Pepper, an Onion, Parsley, and a little Tarragon, all shred very small, then put it into a frying-pan, with a Ladleful of strong broth, and a little piece of sweet Butter, so fry it; when it is fryed enough, have a little lear made with the Gravy of Mutton, the juyce of a Lemon & Orange, the yolks of three or four Eggs, and a little Nutmeg grated therein; put all to your Chaldrons in the Pan, toss your fricate two or three times, then dish it, and so serve it up.

To Fricate Champigneons.

Make ready your Champigneons as you do for stewing, and when you have poured away the black liquor that comes from them, put your Champigneons into a Frying pan with a piece of sweet Butter, a little Parsley, Tyme, sweet Marjoram, a piece of Onyon shred very smal, a little salt and fine beaten Pepper, so fry them till they be enough, so have ready the lear above said, & put it to the Champigneons whilest they are in the Pan, toss them two or three times, put them forth and serve them.

To make Buttered Loaves.

Take the yolks of twelve Eggs, and six whites, and a quarter of a pint of yeast, when you have beaten the Eggs well, strain them with the yeast into a dish, then put to it a little salt, and two rases of Ginger beaten very small, then put flour to it till it come to high paste that will not cleave, then you must roul it upon you hands, and afterwards put it into a warm cloth, and let it lye there a quarter of an hour. then make it up in little Loaves, bake it

against it is baked, prepare a pound and a half of Butter, a quarter of a pint of white Wine, and half a pound of Sugar; this being melted and beaten together with it, set them into the Oven a quarter of an hour.

To murine Carps, Mullet, Gurnet, Rochet or Wale. &c.

TAKE a quart of water to a gallon of vinegar, a good handfull of Bay leaves, as much Rosemary, a quarter of a pound of Pepper beaten; put all these together, and let it seeth softly, and season it with a little salt, then fry your fish with frying Oyl till it be enough, then put in an earthen vessel, and lay the Bay-leaves and Rosemary between and about the Fish, and pour the Broth upon it, and when it is cold, cover it, &c.

To make a Calves Chaldron Pie.

TAKE a Calves Chaldron, half boyl it, and cool it, when it is cold mince it as small as grated bread, with half a pound of Marrow; season it with salt, beaten Cloves, Mace, Nutmeg, a little Onyon, and some of the outmost rinde of a Lemon
minced

minced very small, and wring in the juyce of half a Lemon, and then mix all together, then make a piece of puff paste, and lay a leaf thereof in a silver dish of the bigness to contain the meat, then put in your meat, and cover it with another leaf of the same paste, and bake it; and when it is baked take it out and open it, and put in the juyce of two or three Oranges, stir it well together, then cover it again and serve it. Be sure none of your Orange kernels be among your Pye-meat.

To make a Pudding of a Calves Chaldron.

TAKE your Chaldron after it is half boiled and cold, mince it as small as you can with half a pound of beef-suet, or as much marrow, season it with a little onion, Parsley, Tyme, and the outmost rinde of a piece of Lemon, all shred very small, Salt, beaten Nutmeg, Cloves and Mace, mixed together, with the yolks of four or five Eggs, and a little sweet Cream; then have ready the great guts of a Mutton scraped and washed very clean; let your Gut have lain in white-wine and Salt half a day before you use it; when your meat is mixed and made up somewhat stiff, put it into a sheeps gut, and so boil it
when

when it is boiled enough, serve it to the Table in the Gut.

To make a Banbury Cake.

TAKE a peck of pure Wheat-flour, six pound of Currans, half a pound of sugar, two pound of Butter, half an ounce of Cloves and Mace, a pint and a half of Ale-yeast, and a little Rose-water; then boil as much new milk as will serve to knead it, and when it is almost cold, put into it as much Sack as will thicken it, and so work it all together before a fire, pulling it two or three times in pieces, after make it up.

To make a Devonshire White pot.

TAKE a pint of Cream and strain four Eggs into it, and put a little salt and a little sliced Nutmeg, and season it with sugar somewhat sweet, then take almost a penny Loaf of fine bread sliced very thin, and put it into a Dish that will hold it, the Cream and the Eggs being put to it, then take a handfull of Raisins of the Sun being boiled, and a little sweet Butter, so bake it.

To make Rice Cream.

TAKE a quart of Cream, two good handfuls of Rice-flour, a quarter of a pound of Sugar & flour beaten very finall, mingle your sugar and flour together, put it into your Cream, take the yolk of an Egg, beat it with a spoonful or two of Rose-water, then put it to the Cream, and stir all these together, and set it over a quick fire, keep it continually stirring till it be as thick as water-pap.

To make a very good great Oxfordshire Cake.

TAKE a peck of flour by weight, and dry it a little, and a pound and a half of sugar, an ounce of Cinamon, half an ounce of Nutmegs, a quarter of an ounce of Mace & Cloves, a good spoonful of Salt, beat your Salt and Spice very fine, and searce it, and mix it with your flour and sugar; then take three pound of butter and work it in the flour, it will take three hours working; then take a quart of Ale-yeast, two quarts of Cream, half a pint of Sack, six grains of Ambergreese dissolved into it, half a
pint

pint of Rosewater, sixteen Eggs, eight of the whites, mix these with the flour, and knead them well together, then let it lie warm by your fire till your Oven be hot, which must be little hotter than for manchet; when you make it ready for your oven, put to your Cake six pound of currans, two pound of Raisins of the Sun stoned and minced, so make up your cake, and set it in your Oven stopt close; it will take three hours baking; when baked, take it out and frost it over with the white of an Egg and Rosewater well beat together, and strew fine sugar upon it, and then set it again into the oven, that it may ice.

To make Pumpkin Pye.

TAKE about half a pound of Pumpkin and slice it, a handful of Tyme, a little Rosemary, Parsley, and sweet Marjoram, slipped off the stalk, and chop them small, then take Cinamon, Nutmeg, Pepper, and six Cloves, and beat them; take ten Eggs and beat them, then mix them, and beat them altogether, and put in as much sugar as you think fit, then fry them like a froiz; after it is fryed, let it stand till it be cold, then fill your Pye, take sliced Apples thin round ways, and lay a row of the Froiz, and

a layer of Apples, with Currans betwixt the layer while your pye is fitted, and put in a good deal of sweet butter before you close it; when the pye is baked, take six yolks of Eggs, some white Wine or Verjuyce, & make a Caudle of this, but not too thick; cut up the lid and put it in, stir them well together whilst the Eggs and Pumpions be not perceived, so serve it up.

*To make the best Sausages that
ever were eat.*

TAKE a Leg of young Pork, and cut off all the lean, and shred it very small, but leave none of the strings or skins amongst it, then take two pound of Beef-sewet, and shred it small, then take two handfulls of red Sage, a little Pepper and Salt, and Nutmeg, and a small piece of an Onyon, chop them altogether with the flesh and sewet; if it is small enough, put the yolk of two or three Eggs, and mix all together, and make it up in a paste if you will use it, rowl out as many pieces as you please in the form of an ordinary Sausage, and so fry them; this paste will keep a fortnight upon occasion.

To boil a fresh Fish.

TAKE a Carp, or other, and put him into a deep dish, with a pint of white Wine, a large Mace, a little Tyme, Rosemary, a piece of sweet butter, and let him boil between two dishes in his own blood; season it with Pepper and Verjuyce, and so serve it up on sippets.

To make Fritters.

TAKE half a pint of Sack, a pint of Ale, some Ale-yeast, nine Eggs, yolks and whites, beat them very well the Eggs first, then altogether, put in some Ginger, & Salt, and fine flour, then let it stand an hour or two, then shred in the Apples; when you are ready to fry them, your suet must be all Beef-suet, or half Beef, and half Hoggs-suet tryed out of the leaf.

To make Loaves of Cheese-Curds.

TAKE a Porringer full of Curds, and four Eggs, whites and yolks, & so much flour as will make it stiff, then take a little Ginger, Nutmeg and some Salt, make them into loaves, and set them into an oven with
a quick

a quick heat ; when they begin to change colour take them out, and put melted butter to them, and some Sack, and good store of Sugar, and serve it.

To make fine Pies after the French Fashion.

TAKE a pound & a half of veal, two pound of suet, two pound of great Raisins stoned, half a pound of Prunes, as much of Currans, six Dates, two Nutmegs, a spoonful of Pepper, an ounce of sugar ; an ounce of Carawayes, a saucer of Verjuyce, and as much Rosewater, this will make three fair Pyes, with two quarts of flour, three yolks of Eggs, and a half pound of Butter.

A singular Receipt for making a Cake.

TAKE half a peck of flour, two pound of Butter, mingle it with the flour, three Nutmegs, & a little Mace, Cinamon, Ginger, half a pound of Sugar, leave some out to strew on the top, mingle these well with the flower and Butter, five pound of Currans well washed, and pickt, and dryed in a warm Cloth, a wine-pint of Ale-yeast, six Eggs leave out the whites, a quart of Cream boyled and almost cold again :
work

work it well together, and let it be very lith, lay it in a warm Cloth, and let it lye half an hour against the fire. Then make it up with the white of an Egg, a little Butter, Rosewater and Sugar; ice it over and put it into the Oven, and let it stand one whole hour and a half.

To make a great Curd loaf.

TAKE the Curds of three quarts of new milk clean wheyed, and rub into them a little of the finest flower you can get, then take half a race of Ginger, and slice it very thin, and put it into your Curds with a little salt, then take half a pint of good Ale yeast and put to it, then take ten Eggs but three of the Whites, let there be so much flower as will make it reasonable stiff paste, then put it into an indifferent hot cloth, and lay it before the fire to rise while your Oven is heating, then make it up into a Loaf, and when it is baked cut up the top of the Loaf, and put in a pound and a half of melted Butter, and a good deal of Sugar in it.

To make buttered loaves of Cheefe curds.

TAKE three quarts of new milk, and put in as much Rennet as will turn it, take your whey clean away, then break your curds very small with your hands, & put in six yolks of Eggs, but one white; an handful of grated bread, an handful of flower, a little salt mingled all together; work it with your hand, rowl it into little Loaves, then set them in a Pan buttered, then beat the yolk of an Egg with a little beer, and wipe them over with a feather, then set them in the oven as for manchet, and stop that close three quarters of an hour, then take half a pound of Butter, three spoonfuls of water, a Nutmeg sliced thin, a little sugar, set it on the fire, stir it till it be thick, when your loaves are baked, cut off the tops and butter them with this Butter, some under, some over, and strow some sugar on them.

To make Cheefe-loaves.

GRATE a wheat loaf, and take as much curd as bread, to that put eight yolks of Eggs, and four whites and beat them very well, then take a little Cream, but let
it

it be very thick, put altogether, and make them up with two handfulls of flour, the Curds must be made of new Milk and wheyed very dry, you must make them like little Loaves, & bake them in an Oven; & being baked cut them up, & have in readiness some sweet Butter, Sugar, Nutmeg sliced and mingled together, put it into the Loaves, and with it stir the Cream well together, then cover them again with the tops, and serve them with a little Sugar scraped on.

To make Puff.

TAKE four pints of new Milk, Rennet, take out all the whey very clean, and wring it in a dry Cloth, then strain it in a wooden Dish till they become as Cream, then take the yolks of two Eggs, and beat them and put them to the Curds, & leave them with the Curds, then put a spoonful of Cream to them, and if you please half a spoonful of Rose-water, and as much flour beat in it as will make it of an indifferent stiffness, just to roul on a plate, then take off the Kidney of Mutton - suet and purifie it, and fry them in it, and serve them in with Butter, Rose water and Sugar.

To

To make Elder Vinegar.

GATHER the flowers of Elder, pick them very clean, and dry them in the Sun on a gentle heat, and take to every quart of vinegar a good handfull of flowers, and let it stand to Sun a fortnight, then strain the Vinegar from the flowers, and put it into the barrel again, and when you draw a quart of vinegar, draw a quart of water, & put it into the barrel lukewarm.

To make good Vinegar.

TAKE one strike of Malt, and one of Rye ground, and mash them together, and take (if they be good) three pound of Hops, if not four pound; make two Hogs-heads of the best of that Malt and Rye, then lay the Hogs-heads where the Sun may have power over them, & when it is ready to tun, fill your Hogs-head where they lie : then let them purge clear, & cover them with two slate stones, & within a week after when you bake, take two wheat loaves hot out of the Oven, and put into each Hogs-head a loaf; you must use this four times, you must brew this in *April*, &
let

let it stand till *June*, then draw them clearer, then wash the Hogthead clean, and put the beer in again, if you will have it Rose-vinegar, you must put in a strike and a half of Roses, if elder-vinegar, a peck of the flowers; if you will have it white, put nothing in it after it is drawn, and so let it stand till *Michaelmas*; if you will have it coloured red, take four gallons of strong Ale as you can get, and elder-berries picked a few full clear, and put them in your pan with the Ale, set them over the fire till you guess that a pottle is wasted, then take it off the fire, and let it stand till it be stone cold, and the next day strain it into the Hogthead, then lay them in a Cellar or Buttery, which you please.

To make a Coller of Beef.

TAKE the thinnest end of a coast of beef, boil it and lay it in pump-water, and a little Salt three days, shifting it once every day, and the last day put a pint of Claret wine to it, and when you take it out of the water, let it lye two or three hours a draining, then cut it almost to the end in three slices, then bruise a little Cochineal, and a very little allum and mingle it with the Claret wine, and colour the meat all over

ver with it, then take a dozen of Anchoves, wash them and bone them, and lay them into the Beef, and season it with Cloves, Mace, and Pepper, and two handfuls of salt, and a little sweet Marjoram, and Thyme, and when you make it up, roul the innermost slice first, and the other two upon it, being very well seasoned every where and bind it hard with tape; then put it into a stone pot, something bigger than the collar, and pour upon it a pint of Claret-Wine, and half a pint of Wine-vinegar, a sprig of Rosemary, and a few bay leaves, and bake it very well; before it be quite cold, take it out of the pot, and you may keep it dry as long as you please.

To make an Almond Pudding.

TAKE two or three French Rowls, or white penny bread; cut them in slices, and put to the bread as much cream as will cover it, put it on the fire till your cream and bread be very warm, then take a ladle or spoon & beat it very well together, put to this twelve Eggs, but not above four whites, put in beef suet, or marrow, according to your discretion, put a pretty quantity of Currans and Raisons, season the Pudding with Nutmeg, Mace, salt, and
sugar

Sugar, but very little flower, for it will make it sad & heavy; make a piece of puff paste as much as will cover your dish, so cut it very handsomely what fashion you please; butter the bottom of your dish, put the pudding into the dish, set it in a quick Oven, not too hot as to burn it, let it bake till you think it be enough, scrape on sugar, and serve it up.

To boil Cream with French Barley.

TAKE the third part of a pound of French Barley, wash it well with fair water, and let it lie all night in fair water, in the morning set two skillets on the fire with fair water, and in one of them put your Barley, and let it boil till the water look red, then put the water from it, and put the Barley into the other warm water, thus boil it & change it with fresh warm water till it boil white, then strain the water clean from it, then take a quart of Cream, put into it a Nutmeg or two quartered, a little large Mace and some sugar, and let it boil together a quarter of an hour, and when it hath thus boiled, put into it the yolks of three or four Eggs, well beaten with a little

little Rose-water then dish it forth, and eat it cold.

To make Cheese Cakes.

TAKE three Eggs and beat them very well, & as you beat them, put to them as much fine flower as will make thick, then put to them three or four Eggs more, and beat them altogether; then take one quart of Cream, and put into it a quarter of a pound of sweet Butter, and set them over the fire, and when it begins to boyl, put to it your Eggs and flower, stir it very well, and let it boyl till it be thick, then season it with salt, Cinnamon, Sugar and Currans and bake it.

To make a quaking Pudding.

TAKE a pint and somewhat more of thick Cream, ten Eggs, put the whites of three, beat them very well with two spoonfuls of Rose-water: mingle with your Cream three spoonfuls of fine flour: mingle it so well, that there be no lumps in it, put it altogether, and season it according to your Taste: butter a Cloth very well, and let it be thick that it may not run out, and let it boyl for

B

half

half an hour as fast as you can, then take it up and make Sauce with Butter, Rose-water and Sugar, and serve it up.

You may stick some blanched Almonds upon it if you please.

To Pickle Cucumbers.

Put them in an Earthen Vessel, lay first a lay of Salt and Dill, then a lay of Cucumbers, and so till they be all layd, put some Mace and whole Pepper; and some Fennel-seed according to direction, then fill it up with Beer-vinegar, and a clean board and a stone upon it to keep them within the pickle, and so keep them close covered, and if the Vinegar is black, change them into fresh.

To pickle Broom Buds.

TAke your Buds before they be yellow on the top, make a brine of Vinegar and Salt, which you must do only by shaking it together till the Salt be melted, then put in your Buds, and keep stirred once in a day till they be sunk within the Vinegar, be sure to keep close covered.

To keep Quinces raw all the year.

TAKE some of the worst Quinces & cut them into small pieces, & Coares and and Parings, boyl them in water, and put to a Gallon of Water, some three spoonfuls of Salt, as much Honey; boyl these together till they are very strong, and when it is cold, put it into half a pint of Vinegar in a wooden Vessel or Earthen Pot; and take then as many of your best Quinces as will go into your Liquor, then stop them up very close that no Aire get into them, and they will keep all the year.

To make a Gooseberry Fool.

TAKE your Gooseberries, and put them in a Silver or Earthen Pot, and set it in a Skillet of boyling Water, and when they are coddled enough strain them, then make them hot again, when they are scalding hot beat them very well with a good piece of fresh Butter, Rose-water and sugar, and put in the yolk of two or three Eggs; you may put Rose-water into them and so stir it altogether, and serve it to the Table when it is cold.

To make an Oatmeal Pudding.

TAke a Porringer full of Oatmeal beaten to flour, a pint of Cream, one Nutmeg, four Eggs beaten, three whites, a quarter of a pound of sugar; a pound of Beef-suet well minced, mingle all these together, and so bake it. An hour will bake it.

To make a green Pudding.

TAke a penny loaf of stale Bread, grate it, put to half a pound of sugar, grated Nutmeg, as much salt as will season it, three quarters of a pound of Beef-suet shred very small: then take sweet Herbs, the most of them Mary golds, eight Spinages: shred the Herbs very small, mix all well together then take two Eggs and work them together with your hand, and make them into round Balls, and when the water boiles put them in, serve them with Rose-water, sugar and Butter for sauce.

To make good Sausages.

TAKE the lean of a Leg of Pork, and four pound of Beef-suet, or rather butter, shred them together very small, then season it with three quarters of an ounce of Pepper, and half an ounce of Cloves and Mace mixed together, as the Pepper is, a handfull of Sage when it is chopt smal, and as much salt as you think will make them tast well of it; mingle all these with the meat, then break in ten Eggs, all but two or three of the whites, then temper it all well with your hands, and fill it into Hogs guts, which you must have ready for them; you must tye the ends of them like Puddings, and when you eat them you must boil them on a soft fire; a hot will crack the skins, and the goodness boil out of them.

To make Toasts.

Cut two peny Loves in round slices, and dip them in half a pint of Cream or cold water, then lay them abroad in a Dish, and beat three Eggs and grated Nutmeg, and sugar beat them with

the Cream, then take your frying Pan, and melt some butter in it, and wet one side of your Toasts & lay them in on the wet side then pour in the rest upon them, and so fry them; send them in with Rose-water, butter and sugar.

Spanish Cream.

Put hot water in a Bucket and go with it to the milking, then pour out the Water and instantly milk into it, and presently strain it into milk-pans of an ordinary fulness, but not after an ordinary way, for you must set your pan on the ground & stand on a stool, and pour it forth that it may rise in bubbles with the fall; this on the morrow will be a very tough Cream, which you must take off with your Skimmer, and lay it in a Dish, laying upon laying; and if you please strew some sugar between them.

To make Clouted Cream.

TAke four quarts of Milk, one of Cream, six spoonfuls of Rose-water, put these together in a great earthen milk-pan, set it upon a fire of Charcoal well kindled, you must

must be sure the fire be not too hot, then let it stand a day and a night; and when you go to take it off, loose the edge of your Cream round about with a knife, then take your board and lay the edges that is left beside the board, cut into many pieces, and put them into the dish first, and scrape some fine sugar upon them, then take your board and take off your Cream as clean from the milk as you can, and lay it upon your dish, and if your dish be little, there will be some left, the which you may put into what fashion you please, and scrape good store of sugar upon it.

A good Cream.

WHen you Churn Butter, take out six spoonfuls of Cream, just as it is to turn to Butter, that is, when it is a little frothy; then boyl good Cream as much as will make a dish, and season it with sugar, and a little Rose-water; when it is quite cold enough, mingle it very well with that you take out of the Churn, and so dish it.

To make Piramidis Cream.

TAKE a quart of water, and six ounces of Harts-Horn, and put it into a Bottle with Gum-dragon, and Gum-arabick, of each as much as a small Nut, put all this into the bottle, which must be so big as will hold a pint more; for if it be full it will break; stop it very close with a cork, and tye a cloath about it, put the bottle into a pot of Beef when it is boyling, and let it boyl three hours, then take as much Cream as there is jelly, and half a pound of Almonds well beaten with Rose-water, so that you cannot discern what they be, mingle the Cream and the Almonds together, then strain it, and do so two or three times to get all you can out of the Almonds, then put jelly, when it is cold into a silver Bason, & the Cream to it; sweeten it as you like, put in two or three grains of Musk and Amber-greece, set it over the fire, stirring it continually and skimming it, till it be seething hot, but let it not boyl; then put it into an old fashion drinking-Glasse, and let it stand till it is cold, and when you will use it, hold your Glasse in a warm hand, and loosen it with a Knife, and whelm it into a Dish, and
have

have in readines Pine-Apple blown, and stick it all over, and serve it with cream or without as you please.

To make a Sack Cream.

SEt a quart of Cream on the fire, when it is boyled, drop in a spoonful of Sack and stir it well the while that it curd not, so do till you have dropped in six spoonfuls, then season it with Sugar, Nutmeg, and strong water.

To boyl Pigeons.

STuff the Pigeons with Parsley, & Butter, and put them into an earthen pot, and let them boyl; take Parsley, Time and Rosemary, chop them and put them to them, take some sweet Butter, and put in withall some spinage, take a little gross Pepper and salt, and season it withall, then take the yolk of an Egg and strain it with Verjuyce, and put to them, lay sippets in the dish and serve it.

To make an Apple Tansey.

PARE your Apples and cut them in thin round slices, then fry them in good sweet Butter, then take ten Eggs, sweet cream, Nutmeg, Cinamon, Ginger, Sugar, with a little Rose-water, beat all these together; and pour it upon your Apples and fry it.

The French Barley Cream.

TAKE a quart of Cream, & boil it in a Porringer of French-Barly, that hath been boiled in nine waters, put in some large Mace and a little Cinamon, boyling it a quarter of an hour; then take two quarts of Almonds blanch'd, and beat it very small with Rose-water, or Orange-water, and some sugar; and the Almonds being strain'd into the liquor, put it over the fire, stirring it till it be ready to boil; then take it off the fire, stirring it till it is half cold; then put to it two spoonfuls of Sack or white Wine, and when it is cold, serve it in, remembering to put in some salt.

To make a Chicken or Pigeon Pye.

TAKE your Pigeons (if they be not very young) cut them into four quarters, one sweet-bread sliced the long way, that it may be thin, and the pieces not too big, one sheeps tongue, little more than par-boil'd, and the skin pul'd off, and the tongue cut in slices, two or three slices of Veal, as much of Mutton, young Chickens (if not little) quarter them, Chick-heads, Lark, or any such like, Pullets, Coxcombs, Oysters, Calves-udder cut in pieces, good store of Marrow for seasoning, take as much Pepper and Salt as you think fit to season it slightly; good store of sweet Marjoram, a little Time and Lemon-pill fine sliced ; season it well with these Spices as the time of the year will afford , put in either of Chesnuts (if you put in Chesnuts they must first be either boiled or roasted) Gooseberries or Guage, large Mace will do well in this Pye, then take a little piece of Veal parboil'd and slice it very fine, as much marrow as meet stirred amongst it, then take grated Bread, as much as a quarter of the meat, four yolks of Eggs or more according to the stufte you make,
shred

shred Dates as small as may be, season it with salt, but not too salt, Nutmeg as much as will season it, sweet Marjoram pretty store very small shred, work it up with as much sweet Cream as will make it up in little Puddings, some long, some round, so put as many of them in the Pye as you please; put therein two or three spoonfuls of Gravy of Mutton, or so much strong Mutton broth before you put it in the Oven, the bottom of boiled Artichokes, minced Marrow, over and in the bottom of the Pye, after your Pye is baked; when you put it up, have some five yolks of Eggs minced, and the juyce of two or three Oranges, the meat of one Lemon cut in pieces, a little white and Claret Wine; put this in your Pye being well mingled, and shake it very well together.

To boill a Capon or Hen.

TAKE a young Capon or Hen, when you draw them, take out the fall of the Leaf clean away, and being well washed, fill the belly with Oysters; prepare some Mutton, the Neck; but boil it in small pieces and skim it well, then put your Capon into the Pipkin, and when it is boyl'd skim't again, be sure you have no more water than will cover your meat, then put it into a pint of white-Wine, some Mace, two or three Cloves and whole Pepper; a quarter of an hour before your meat be boiled enough, put into the Pipkin three Anchoves stript from the Bones and washed, and be sure you put Salt at the first to your meat; a little Parsley, Spinage, Endive, Sorrell, Rosemary, or such kind of Herbs will do well to boyl with Broth, and being ready to Dish it, having sippets cut, then take the Oysters out of the Capon, and lay them in the Dish with the Broth, and put some juce of Lemons and Orange into it according to your taste.

To make Balls of Veal.

TAKE the lean of a Leg of Veal, and cut out the sinews, mince it very smal, and with it some fat of Beef suet; if the leg of Veal be of a Cow Calf, the Udder will be good instead of Beef suet; when it is very well beaten together with the mincing Knife, have some Cloves, Mace, and Pepper beaten, and with Salt season your meat, putting in some Vinegar, then make up your meat into little Balls, & having very good strong broth made of Mutton, set your Balls to boyl in it; when they are boyled enough, take the yolks of five or six Eggs well beaten with as much Vinegar as you please to like, and some of the broth mingled together, stir it into all your Bals and Broth, give it a warm on the fire, then Dish up the Bals upon sippits and pour the sauce on it.

To make Mrs. Shellyes Cake.

TAKE a peck of fine flour, and three pound of the best Butter, work your flour and butter very well together, then
take

take ten Eggs, leave out six whites, a pint and a half of Ale-yeast : beat the Eggs and yeast together, and put them to the flour; take six pound of blanched Almonds beat them very well, putting in sometime Rose-water to keep them from Oyling ; adde what spice you please; let this be put to the rest, with a quarter of a pint of Sack, and a little Saffron ; and when you have made all this into paste, cover it warm before the fire, and let it rise for halfe an hour, then put in twelve pound of currants well washed and dried, two pound of Raisins of the Sun stoned and cut small, one pound of sugar; the sooner you put it into the Oven after the fruit is put in, the better.

To make Almond Jumballs.

TAKE a pound of Almonds to half a pound of double refined sugar beaten and Searced, lay your Almonds in water a day before you blanch them, & beat them small with your sugar; and when it is beat very small, put in a handfull of Gum-dragon, it being before over night steeped in Rose-water, and half a white of an Egge beaten to froth, and half a spoonful of Coriander-

riander-seeds as many Fennel & Ani-seeds, mingle these together very well, set them upon a soft fire, till it grow pretty thick, then take it off the fire, and lay it upon a clean Paper, and beat it well with a Rowling pin till it work like a soft paste, and so make them up, and lay them upon Papers oyl'd with Oyl of Almonds, then put them in your oven, & so soon as they be thoroughly risen, take them out before they grow hard.

To make Cracknels.

TAKE half a pound of fine flour dried & searced, as much fine sugar searced, mingled with a spoonful of Coriander-seed bruised, half a quarter of a pound of Butter rubbed in the flour and sugar, then wet it with the yolk of two Eggs, & half a spoonful of white Rose-water, a spoonful or little more of Cream as will wet it; knead the Past till it be soft and limber to rowl well, then rowl it extream thin, and cut them round by little plates; lay them upon buttered Papers, and when they go up into the Oven, prick them, and wash the top with the yolk of an Egg beaten, and made thin with Rose-water or fair water

water; they will give with keeping, therefore before they are eaten, they must be dryed in a warm oven to make them crisp.

To pickle Oysters.

TAKE Oysters and wash them clean in their own Liquor, then let them settle, then strain it, and put your Oysters to it with a little Mace and whole Pepper, as much salt as you please, and a little Wine-vinegar, then set them over the fire, and let them boyle leisurely till they are pretty tender; be sure to skim them still as the scum riseth; when they are enough, take them out till the Pickle be cold, then put them into any pot that will lye close, they will keep best in Caper Barrels, they will keep very well six weeks.

To boyl Cream with Codlings.

TAKE a quart of Cream and boyl it with some Mace and Sugar, and take two yolks of Eggs, and beat them well with a spoonfull of Rose-water
and

and a grain of Ambergreese, then put it into the Cream with a piece of sweet butter as big as a wall nut, and stir it together over the fire untill it be ready to boil, then set it some time to cool, stirring it continually till it be cold; then take a quarter of a pound of quoddlings strained, and put them, into a silver Dish over a few coals till they be almost dry, and being cold, & the Cream also, pour the Cream upon them and let them stand on a soft fire covered an hour, then serve them in.

To make the Lady Albergavers Cheefe.

TO one Cheefe take a gallon of new milk, and a pint of good Cream, and mix them well together, then take a skillet of hot water as much as will make it hotter than it comes from the Cow, then put in a spoonful of Rennet, and stir it well together and cover it, and when it is come, take a wet cloth and lay it on your Cheesemot, and take up the Curd and not break it; and put it into your Mot; and when your Mot is full, lay on the Suiker, and every two hours turn your Cheefe in wet Cloath wrung dry: & lay on a little more wet, at night take as much salt as you can
between

between your Finger and your Thumb, & salt your Cheefe on both sides; let them lye in Presses all night in a wet Cloth; the next day lay them on a Table between a dry cloth, the next day in Grasse, and every other day change your grasse, they will be ready to eat in nine dayes; if you will have them ready sooner cover them with a blanket:

To dress Snails.

TAKE your Snails (they are no way so as in Pottage) and wash them well in many waters, and when you have done put them in a white Earthen Pan, or a very wide dish, and put as much water to them as will cover them, and then set your dish or Pan on some coals, that it may heat by little and little, and the Snails will come out of the shels and so dye; and being dead, take them out, and wash them very well in water and salt twice or thrice over; then put them in a pipkin with water and salt and let them boil a little while in that, so take away the rude slime they have then take them out again and put them in a cullender; then take excellent sallet Oyl

Oyle and beat it a great while upon the fire in a frying Pan, and when it boyles very fast, slice two or three Onions in it and let them fry well, then put the Snails in the Oyl, and Onions, and let them stew together a little, then put the Oyle, Onions, and Snails altogether in an earthen Pipkin of a fit size for your Snails, and put as much warm water to them as will serve to boyl them, and make the Pottage and season them with Salt, and so let them boil three or four hours; then mingle Parsley, Penny-royal, Fennel, Time, and such Herbs, and when they are minced put them in a Morter, and beat them as you do for green-sauce, & put in some crumbs of bread soaked in the Pottage of the Snails, and then dissolve it all in the Mortar, with a little Saffron and Cloves well beaten, and put in as much Pottage into the Morter as will make the Spice and Bread and Herbs like thickning for a Pot, so put them all into the Snails, and let them stew in it, and when you serve them up, you may squeeze into the Pottage a Lemon, and put in a little Vinegar, or if you put in a Clove of Garlick among the Herbs, and beat it with them in the Morter, it will not tast the worse; serve them up in a Dish

Dish with sippets of Bread in the bottom. The Pottage is very nourishing, and they use them that are apt to a Consumption.

To boyl a Rump of Beef after the French Fashion.

TAKE a Rump of Beef, or the little end of the Brisket, and parboil it half an hour, then take it up and put it in a deep dish, then slash it in the side that the gravy may come out, then throw a little Pepper and salt between every cut, then fill up the dish with the best Claret wine, and put to it three or four pieces of large Mace, and set it on the coals close covered, and boyl it above an hour and a half, but turn it often in the mean time, then with a spoon take off the fat and fill it with Claret wine, and slice six Onyons, and a handful of Capers or Broom buds, half a dozen of hard Lettice sliced, three spoonfuls of Wine-vinegar, and as much verjuyce, and then set it a boyling with these things in it till it be tender, and serve it up with brown Bread and Sippits fryed with butter, but be sure there be not too much fat in it when you serve it.

An excellent way of dressing Fish.

TAKE a peice of fresh Salmon, and wash it clean in a little Vinegar and water, & let it lye a while in it, in a great Pipkin with a cover, and put to it six Spoonfuls of water and four of Vinegar, as much of white Wine, a good deal of salt, a bundle of sweet Herbs, a little whole spice, a few Cloves, a little stick of Cinamon, a little Mace, take up all these in a pipkin close & set in a kettle of seething Water, and there let it stew three hours. You may do Carps, Eeles, Trouts, &c. this way, alter the taste to your mind.

To make Fritters of Sheeps Feet.

TAKE your sheeps Feet, slit them and set them a stewing in a silver Dish with a little strong broth & salt, with a stick of Cinamon, two or three Cloves, & a piece of an Orange Pill: when they are stewed, take them from the liquor and lay them upon a Pye-plate cooling: when they are cold, have some good Fritter-batter made with sack, & dip them therein: then have ready to fry

fry them, some excellent clarified Butter very hot in a Pan, and fry them therein; when they are fryed wring in the juyce of three or four Oranges, and toss them once or twice in a Dish, and so serve them to the Table.

*To make dry Salmon Calvert
in the boyling.*

TAKE a gallon of Water, put to it a quart of Wine or Vinegar, Verjuyce of four Beer, and a few sweet herbs and Salt, and let your Liquor boyl extream fast, and hold your Salmon by the Tayl, and dip it in, and let it have a walm, & so dip it in, and out a dozen times, & that will make your Salmon Calvert, and so boil it till it be tender.

To make Bisket Bread.

TAKE a pound of sugar searced very fine, and a pound of flower well dryed, and twelve Eggs, a handful of Carroway-seed, six whites of Eggs, a very little Salt, heat all these together, and keep them with beating till you set them in the Oven, then put them into your Plates or Tin things, and

and take butter and put into a cloth and rub your Plate ; a spoonfull into a plate is enough, and so set them into the Oven, & let your Oven be no hotter than to bake small pyes ; if your flour be not dryed in the Oven before, they will be heavy.

To make an Almond pudding.

TAKE your Almonds when they are blanched, and beat them as many as will serve for your dish, then put to it four or five yolks of Eggs, Rose-water, Nutmeg, Cloves and Mace, a little sugar, and a little salt and Marrow cut into it, and so set it into the Oven, but your Oven must not be hotter than for Bisket bread : and when it is half baked, take the white of an Egg, Rose-water and fine sugar well beaten together and very thick, and do it over with a feather, and set it in again, then stick it over with Almonds, and so send it up.

This you may boyl in a bag as you please, and put in a few crums of bread into it and eat it with butter and sugar without Marrow.

To make an Almond Caudle.

TAKE three pints of Ale, boyl it with Cloves and Mace, and slice bread in it, then have ready beaten a pound of Almonds blanch'd, and strain them out with a pint of white-Wine, and thicken the Ale with it, sweeten it if you please, and be sure you skim the Ale well when it boyls.

To make Almond bread

TAKE Almonds and lay them in water all night, then blanch them and slice them, to every pound of Almonds, put a pound of sugar finely beaten, so mingle them together, then beat the whites of three Eggs to high froth, and mix it well with the Almonds and sugar, then have some plates and strew some flour on them, and lay Wafers on them, and lay your Almonds with the edges upwards, lay them as round as you can, scrape a little Sugar on them, when they are ready to set in the Oven, which must not be so hot as to colour white Paper, and when they are a little baked, take them out, and take them
C from

from the Plates, and set them in again, you must keep them in a stove.

To make Almond Cakes.

TAKE half a pound of Almonds blanch'd in cold water, beat them with some Rosewater till they do not glister, then they will be beaten; if you think fit, lay seven or eight musk Comfits dissolved in Rosewater which must not be above six or seven Spoonfuls for fear of spoiling the colour; when they be thus beaten, put in half a pound of sugar finely sifted, beat them and the Almonds together till they be well mixed, then take the whites of two Eggs and two Spoonfuls of fine flower that hath been dryed in an Oven; beat these well together and pour it to your Almonds; then butter your Plates and dust your Cakes with Sugar and Flour, and when they are a little brown, draw them, and when the Oven is colder set them in again on brown Papers, and they will look whiter.

Master Rudstones Posset.

TAKE a pint of Sack, a quarter of a pint of Ale, three quarters of a pound of sugar, boil all these well together, take two yolks of Eggs & sixteen whites very well beaten, put this to your boyling Sack and slice it very well together till it be thick on the coals; then three pints of Milk or Cream being boiled to a quart, it must stand and cool till the Eggs thicken, put it to your Sack and Eggs, and stir them well together, then cover it with a plate and so serve it

To Boyl a Capon with Ranieles.

TAKE a good young Capon, trusse it and draw it to boil and parboil it a little, then let it lye in fair Water being pikt very clean and white, then boyl it in strong broth while it be enough, but first prepare your Ranieles as followeth; Take a good quantity of Beet-leaves, and boyl them in Water very tender, then take them out, & get all the water very clean out of them, then take six sweet-breads of Veal, and boyl and mince them white, mince them small, and then boil Herbs also, and four or

five Marrow bones, break them and get all the Marrow out of them, and boyl the bigger piece of them in water by it self, and put the other into the minced Herbs, then take half a pound of Raisins of the Sun stoned and mince them small and half a pound of Dates, take the skins off and mince them also, and a quarter of a pound of Pomecitron minced small; then take of Naples-bisket a good quantity, and put all these together on a Charger or a great dish with half a pound of sweet Butter, and work it together with your hands as you do a piece of Past, and season it with a little Nutmeg, Ginger, Cinamon, and Salt, and Permasan Cheese grated, with hard sugar grated also, mingle all together well, and make a paste with the finest flour, six yolks of Eggs, a little Saffron beaten small, half a pound of sweet Butter, a little Salt, with some fair water hot (not boyling) make up your paste, then drive out a long sheet of paste with an eaven Rowling-pin as thin as possibly you can, and lay your ingredients in small heaps, round or long which you please, in the Paste, then cover them with the paste and cut them with a jag asunder, and so make more and more till you have made two hundred or more, then

then have a good broad Pan or Kettle half full of strong Broth, boyling leisurely, and put in your Ransoles, one by one, and let them boyl a quarter of an hour, then take up your Capon, lay it in a great Dish, & put on the Ransoles, and strew on them grated Cheese, Naples-Bisket grated, Cinamon and sugar, then more and more Cinamon and Cheese while you have filled your dish; then put softly on melted Butter with a little strong Broth, your Marrow, Pomecitron, Lemons sliced and serve it up, and put it into the Dish; so Ransoles may be part fryed with sweet but Clarified Butter, either a quarter of them or half as you please; if the butter be not clarified, it will spoil your Ransoles.

To make a Bisque of Carps.

TAKE twelve small Carps, and one great one, all male Carps, draw them and take out all the Melts, fley the twelve small Carps, cut off their heads and take out their tongues and take the fish from the bones of the fley'd Carps, and twelve Oysters, two or three yolks of hard Eggs, mash altogether, season it with Cloves, Mace, and Salt, and make thereof a stiff searce;

add thereto the yolks of four or five Eggs to bind it, fashion that first into balls or Lopings as you please, lay them into a deep dish or Earthen Pan, and put thereto twenty or thirty great Oysters, two or three Anchovies, the Milts and Tongues of your twelve Carps, half a pound of fresh butter, the liquor of your Oysters, the juyce of a Lemon or two; a little white Wine, some of Corbillion wherein your great Carp is boiled, and a whole Onion, so set them a stewing on a soft fire and make a hoop therewith; for the great Carp you must scald him and draw him, and lay him for half an hour with the other Carps Heads in a deep pan with so much white wine Vinegar as will cover and serve to boil him and the other Heads in; put therein Pepper, whole Mace, a race of Ginger, Nutmeg, Salt, sweet Herbs an Oynion or two sliced, a Lemon; when you boyl your Carps, pour your liquor with the spice into the Kettle where in you will boyl him, when it is boyled put in your Carp, let it not boyl too fast for breaking; after the Carp hath boyled a while, put in the head when it is enough, take off the Kettle, and let the Carps and the Heads keep warm in the Liquor till you go to dish them. When you dress your Bisque,
take

take a large silver dish, set it on the fire, lay therein sippets of bread, then put in a ladleful of your Corbillion, then take up your great Carp and lay him in the midst of the dish, then range the twelve heads about the Carp, then lay the searce of the Carp, lay that in, then your Oysters, Milts, and Tongues, then pour on the Liqueur wherein the searce was boyled, wring in the juyce of a Lemon and two Oranges; Garnish your Dish with pickled Barberries, Lemons and Oranges, and serve it very hot to the Table.

To boyl a Pike and Eele together.

TAKE a quart of white-Wine and a pint and a half of white Wine Vinegar, two quarts of water and almost a pint of salt, a handful of Rosemary and Time; the liquor must boil before you put in your fish and Herbs; the Eele with the skins must be put in a quarter of an hour before the Pike, with a little large Mace, and twenty corne of Pepper.

To make an outlandish Dish.

TAKE the Liver of a Hogg, and cut it in smal pieces about the bigness of a span, then take Ani-seed or French-seed, Pepper and salt, and season them therewithall, and lay every piece severally round in the caul of the Hogg, and so roast them on a Bird-spit.

To make a Portugal dish.

TAKE the Guts, Gizards and Liver of two fat Capons, cut away the Galls from the Liver, and make clean the Gizards and put them into a dish of clean water, slit the gut as you do a Calves chaldron, but take off none of the the fat, then lay the guts about an hour in white Wine, as the Guts soak, half boil the Gizards & Livers, then take a long wooden broach, and spit your gizards and liver thereon, but not close one to another, then take and wipe the Guts somewhat dry in a cloth, and season them with salt and beaten Pepper, Cloves, and Mace, then wind the guts upon the wooden broach about the Liver, and Gizards; then tye the wooden broach to spin, and lay
them

them to the fire to roast, and roast them very brown, and baste them not at all till they be enough, then take the gravy of Mutton, the juyce of two or three Oranges, and a grain of Saffron, mix all well together, and with a spoon baste your roast, let it drop into the same dish. Then draw it, and serve it to the Table with the same sauce.

To dress a dish of Artichokes.

TAKE and boil them in a Beef-pot, when they are tender sodden, take off the tops leaving the bottoms with some round about them, then put them into a dish, put some fair water to them; two or three spoonfuls of Sack, a spoonful of Sugar, & so let them boil upon the coals, still pouring on the liquor to give it a good taste, when they have boiled half an hour take the liquor from them, and make ready some cream boiled and thickned with the yolk of an Egg or two, whole Mace, Salt and sugar with some lumps of Marrow, boil it in the cream, when it is boyl d put a good piece of sweet Butter into it, and toast some Toasts, and lay them under your Artichokes, and pour your cream, and Butter on them, Garnish it, &c.

*To dress a Fillet of Veal the
Italian way.*

TAKE a young tender Fillet of Veal, pick away all the skins in the fold of the flesh, after you have picked it out clean so that no skins are left, nor any hard thing; put to it some good white Wine (that is not too sweet) in a bowl and wash it, and crush it well in the wine, do so twice, then strew upon it a powder that is called *Tamara* in *Italy* and so much Salt as will season it well, mingle the Powder well upon the parts of your meat, then pour to it so much white-Wine as will cover it when it is thrust down into a narrow Pan; lay a Trencher on it and a weight to keep it down, let it lye two nights & one day, put little Pepper to it when you lay it in the Sowce, and after it is sowced so long, take it out and put it into a pipkin with some good beef-broth, but you must not take any of the pickle to it, but only Beef-broth that is sweet and not salt; cover it close and set it on the Embers, only put into it with the Broth a few whole Cloves and Mace, and let it stew till it be enough. It will be very tender and of an
excellent

excellent tast; it must be served with the same broth as much as will cover it.

To make the Italian, take Coriander seed two Ounces, Aniseed one ounce, Fennel-seed one ounce, Cloves two ounces, Cinnamon an ounce; these must be beaten into a gross powder, putting into it a little powder of Winter Savory; if you like it, keep this in a Vial glass close stopt for your use.

To dress Soals.

TAKE a Pair of Soals, lard them through with watered fresh Salmon, then lay your Soals on a Table, or Pie-plate, cut your Salmon, lard all of an equal length on each side, and leave the Lard but short, then flour the Soals, and fry them in the best Ale you can get; when they are fried lay them on a warm Pie-Plate, and so serve them to the Table with a Sallet Dish full of Anchovy sauce, and three or four Oranges.

To make Frumity.

TAKE a quart of Cream; a quarter of a pound of French- Barley the whitest you can get, and boil it very tender in
three

three or four several waters, and let it be cold, then put both together, put in it a blade of Mace, a Nutmeg cut in quarters, a race of Ginger cut in three or five pieces, and so let it boil a good while, still stirring and season it with sugar to your taste, then take the yolks of four Eggs and beat them with a little Cream and stir them into it, and so let it boyl a little after the Eggs are in, then have ready blanched and beaten twenty Almonds kept from oyling, with a little Rosewater, then take a boulter strainer, and rub your Almonds with a little of your Furmity through the strainer, but set on the fire no more, and stir in a little Salt and a little sliced Nutmeg, pickt out of the great pieces of it, and put it in a dish, and serve it.

To make Patis, or Cabbage Cream.

TAKE thirty Ale Pints of new Milk, and set it on the fire in a Kettle till it be scalding hot stirring it oft to keep it from creaming, then put it forth into thirty pans of Earth; as you put it forth, take off the bubbles with a spoon, let it stand till it be cold; then take off the Cream with two such slices as you beat bisket bread with, but
they

they must be very thin and not too broad; then when the Milk is dropped off the Cream, you must lay it upon the Pye-plate, you must scour the Kettle very clean and heat the Milk again, and so four or five times. In the lay of it first lay a stalk in the midst of the Plate, let the rest of the Cream be laid upon that sloping, between every laying you must scrape Sugar and sprinkle Rosewater, and if you will, the powder of Musk, and Ambergreece; in the heating of the Milk be careful of smoak.

To make Pap.

TAKE three quarts of new Milk, set it on the fire in a dry silver dish, or bason; when it begins to boil skim it, then put thereto a handful of flour & yolks of three Eggs, which you must have well mingled together with a ladleful of cold Milk before you put it to the Milk that boyls, and as it boils, stir it all the while till it be enough, and in the boyling, season it with a little Salt, and a little fine beaten Sugar, and so keeping it stirred till it be boiled as thick as you desire, then put it forth into another dish and serve it up.

To make Spanish pap.

TAKE three Spoonfuls of Rice flour, finely beaten and searced, two yolks of Eggs, three Spoonfuls of Sugar, three or four Spoonfuls of Rosewater. Temper these four together; then put them to a pint of Cream, then set it on the fire and keep it stirred till it come to a reasonable thickness, then dish it and serve it up.

To Poach Eggs.

TAKE a dozen of new laid Eggs and flesh of four or five Partridges, or other; mince it so smal as you can season it with a few beaten Cloves, Mace, and Nutmeg. into a Silver Dish, with a Ladlefull or two of the Gravy of Mutton, wherein two or three Anchoves are dissolved; then set it a stewing on a fire of Char-coals; and after it is half stewed, as it boyles break in your Eggs one by one, and as you break them, pour away most part of the whites, and with one end of your Egg-shel, make a place in your dish of meat, and therein put yuor yolks of your Eggs round in order amongst your meat, and so let them stew till your Eggs be enough, then grate in a
little

little Nutmeg, and the juyce of a couple of Oranges; have a care none of the seeds go in, wipe your dish and garnish your dish, with four or five whole Onyons, &c.

A Pottage of Beef Pallats.

TAKE Beef Pallats after they be boyled tender in the Beef Kettle or pot among some other meat, blanch and serve them clean, then cut each Pallat in two, and set them a stewing between two dishes with a piece of leer Bacon, an handful of Champignons, five or six sweet-breads of Veal, a Ladleful or two of strong broth, and as much gravy of Mutton, an Onyon or two, five or six Cloves, and a blade or two of Mace, and a piece of Orange Pills; as your Pallets stew, make ready your dish with the bottoms and tops of two or three Cheat Loaves dryed and moystned with some Gravy of Mutton, and the broth your Pallats stew in, you must have the Marrow of two or three beef-bones stewed in a little broth between two dishes, in great pieces; when your Pallats and Marrow is stewed, and you ready to dish it, take out all the spices, Onyon and

and Bacon and lay it in your Plates, sweet-bread and Champigneons, pour in the Broath they were stew'd in and lay on your pieces of Marrow, wring the juyce of two or three Oranges; and so serve it to the Table very hot.

The Jacobins Pottage.

TAKE the flesh of a washed Capon or Turkey cold, mince it so small as you can, then grate or scrape among the flesh two or three ounces of Parmasants or old Holland Cheese, season it with beaten Cloves, Nutmeg, Mace and Salt; then take the bottoms and tops of four or five new Rowls, dry them before the fire, or in an Oven, then put them into a fair silver Dish, set it upon the fire, wet your bread in a Ladleful of strong broth, and a Ladleful of Gravy of Mutton, then strew on your minced meat all of an equal thickness in each place, then stick twelve or eighteen pieces of Marrow as big as walnuts, and pour on an handfull of pure Gravy of Mutton, then cover your dish close, and as it stews add now & then some Gravy of Mutton thereto, thrust your knife sometimes to the bottom, to keep the bread from sticking to the
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the dish, let it so stew still, till you are ready to dish it away, and when you serve it, if need require, add more gravy of Mutton, wring the juyce of two or three Oranges, wipe your dishes brims, and serve it to the Table in the same dish.

To Salt a Goose.

TAKE a fat Goose and bone him, but leave the breast bone, wipe him with a clean cloath, then salt him one fortnight, then hang him up for one fortnight, or three weeks, then boyl him in running water very tender; and serve him with Bay-leaves.

A way of stewing Chickens or Rabbits.

TAKE two, three or four Chickens, and let them be about the bigness of a Partridge, boil them till they be half boiled enough, then take them off and cut them into little pieces, putting the joynt bone one from another, and let not the meat be minced, but cut into great bits, not so exactly but more or less, the breast bones are not so proper to be put in, but put the meat together with the other bones
upon

(upon which there must also be some meat remaining) into a good quantity of that water or broth wherein the Chickens were boiled, and set it then over a Chaffing-dish of coles between two dishes, that so it may stew on till it be fully enough; but first season it with salt and gross Pepper, & afterwards add Oyl to it, more or less according to the goodness thereof: and a little before you take it from the fire, you must add such a quantity of juyce of Lemons as may best agree with your Taste. This makes an excellent dish of meat which must be served up in the liquor; and though for a need it may be made with butter instead of Oyl, and with Vinegar instead of juyce of Lemons, yet is the other incomparably better for such as are not Enemies to Oyle. The same dish may be made also of Veal, or Partridge, or Rabbits, and indeed the best of them all, is Rabbits, if they be used before *Michaemas*, for afterwards methinks they grow rank; for though they be fatter yet the flesh is more hard and dry.

A Pottage of Capons.

TAKE a couple of young Capons, truss and set them and fill their bellies with Marrow, put them into a Pipkin with a knuckle of Veal, and a neck of Mutton, and a Marrow-bone, and some sweet-bread of Veal; season your broth with Cloves, Mace, and a little Salt, set it to the fire, and let it boil gently till your Capons be enough, but boil them not too much; as your Capons boil, make ready the bottomes and Tops of eight or ten new Rowles, and put them dryed into a fair silver dish wherein you serve the Capons; set it on the fire, & put to your bread two Ladlefuls of broth wherein your Capons are boiled & a ladleful of the Gravy of Mutton, so cover your dish, and let it stand till you dish up your Capons, if need require add now and then a ladleful of broth and Gravy, lest the bread grow dry; when you are ready to serve it, first lay in the Marrow-bone, then the Capons on each side, then fill up your Dish with the Gravy of Mutton, wherein you must wring the juyce of a Lemon or two, then with a spoon take off all the fat that

that swimmeth on the Pottage, then garnish your Capon with the sweet-breads and some Lemons, and so serve it.

To dress Soals another way.

TAKE Soals, fry them half enough, then take Wine seasoned with Salt, grated Ginger, and a little Garlick, let the Wine and seasoning boyl in a Dish, when that boyles and your Soals are half fry'd, take the Soals and put them into the wine, when they are sufficiently stewed, upon their backs lay the two halves open on the one side and on the other, then lay Anchovies finely washed along, and on the sides over again, let them stew till they be ready to be eaten, then take them out, lay them on the dish, pour some of the clear liquor which they stew in upon them, and squeeze an Orange in.

A Carp pye.

TAKE Carps, scald them, take out the great bones, pound the Carps in a stone Morter, pound some of the blood with the flesh, which must be at the discretion of the Cook because it must not be too soft, then lard it with the belly of a very fat Eel, season it, and bake it like red Deer and eat it cold.

This is meat for a Pope.

To boyl Ducks after the French Fashion.

TAKE and lard them and put them upon a spit, and half roast them, then draw them and put them into a Pipkin, and put a quart of Claret-wine into it, and Chestnuts, and a pint of great Oysters, taking the beards from them, and three Onyons minced very smal, some Mace and a little beaten Ginger, a little Time stript, a Crust of a French Rowl grated put into it to thicken it, and so dish it upon sops. This may be diversified, if there be strong broth there need not be so much wine put in, and if there be no Oysters or Chestnuts you may put in Artichoak bottoms, Turnips, Colliflowers, Bacon in thin slices, sweet-breads; &c.

To

To boyl a Goose with Sausages.

TAKE your Goose & salt it two or three days, then truss it to boil; cut Lard as big as the top of your finger, as much as will Lard the flesh of the Breast, season your Lard with Pepper, Mace, and Salt; put it a boiling in Beefbroth if you have any, or water, season your liquor with a little salt, and Pepper grossly beaten an ounce or two, a bundle of Bay-leaves, Rosemary and Time, tyed all together; you must have prepared your Cabbage or Sausages boyled very tender, squeeze all the water from them, then put them into a pipkin, put to them a little strong Broth or Claret-wine, an Onyon or two; season it with Pepper, Salt, and Mace to your taste, fix Anchoves dissolved; put all together, and let them stew a good while on the fire; put a Ladle of thick Butter, a little Vinegar, when your Goose is boyled enough, and your Cabbage on Sippets of bread and the Goose on the top of your Cabbage, and some of the Cabbage on the top of your Goose, serve it up.

To fry Chickens.

TAKE five or six and scald them, and cut them in peices, then fley the skin from them, fry them in butter very brown, then take them out, and put them between two Dishes with the Gravy of Mutton, butter, and an Onyon, six Anchoves, Nutmeg, and salt to your taste, then put sops on your Dish, put fryed Parsley on the top of your Chickens being Dished, and so serve them.

To make a Batalia Pye.

TAKE four tame Pigeons & Trusse them to bake; and take four Oxe-pallates well boyled and blanched, and cut it in little pieces; take six Lamb-stones, and as many good sweet-breads of Veal cut in halves & parboil'd and twenty Cocks-combs boyl'd and blanched, and the bottomes of four Artichoaks, and a pint of Oysters par-boyled and bearded, and the Marrow of three bones, so season all with Mace, Nutmeg and Salt: so put your meat into a Coffin of fine Paste proportionable to your quantity of meat: put half a pound of Butter upon your meat, put a little water in the
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the Pye, before it be set in the Oven, let it stand in the Oven an hour and a half, then take it out, pour out the butter at the top of the Pye, and put it into leer of Gravy, Butter, and Lemons, and serve it up.

To make a Chicken Pye.

TAKE four or five Chickens, cut them in pieces, take two or three sweet-breads parboyl'd and cut the pieces as big as Walnuts; take the Udder of Veal cut in thin slices, or little slices of Bacon, the bottom of Artichoaks boiled, then make your coffin proportionable to your meat, season your meat with Nutmeg, Mace and salt, then some Butter on the top of the Pye, put a little water into it as you put it into the Oven, and let it bake an hour, then put in a leer of butter, Gravy of Mutton, eight Lemons sliced; so serve it.

To make a Pye of a Calves Heads.

TAKE a Calves head, clean it and wash it very well, put it a boyling till it be three quarters boyled, then cut off the flesh
from

from the bones, and cut it in pieces as big as Walnuts, blaunch the Tongue and cut it in slices, take a quart of Oysters parboil'd and bearded, take yolks of twelve Eggs, put some thin slices of Bacon among the meat, and on the top of the meat, when it is in the Pie, cut an Onyon small, and put it in the bottome of your Pie, season it with Pepper, Nutmeg, Mace, and Salt, make your Coffin to your meat, what fashion you please. Let it bake an hour and an half, put Butter on the bottome and on the top of your Pye before you close it, put a little water in before you put it into the oven, when you draw it out take off the Lid and put away all the fat on the top and put in a lcer of thick butter, Gravy of Mutton, a Lemon pared and sliced, with two or three Anchoves dissolved. So stew these together, and cut your lid in handsome pieces, and lay it round the Pye, so serve it.

To make Cream with Snow.

TAKE three Pints of Cream, and the whites of seven or eight Eggs, and strain them together, and a little Rose-water, and as much Sugar as will sweeten

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ten it, then take a stick as big as a child's arm, cleave one end of it a cross, & widen your pieces with your finger, beat your Cream with this stick, or else with a bundle of Reeds tyed together, and rowl between your hand standing upright in your Cream, now as the Snow ariseth take it up with a spoon in a cullender that the thin may run out, and when you have sufficient of this Snow, take the Cream that is left, and seeth it in the skillet, and put thereto whole Cloves, sticks of Cinamon, a little Ginger bruised, and seeth it till it be thick, then strain it, and when it is cold put it into your Dish, and lay your Snow upon it.

To make minced Pies.

TAKE a large Neats tongue, shred it very well, three pound and a half of Suet very well shred, Currans three pound, half an ounce of beaten Cloves and Mace, season it with Salt when you think't fit, half a preserved Orange, or instead of it Orange pills, a quarter of a pound of sugar, a little Lemon pill sliced very thin, put all these together very well, put to it two spoonfuls of Verjuyce, and a quarter of a Pint of Sack, &c.

To dry Neats Tongues.

TAKE Bay Salt beaten very fine, and Salt-Peter of each a like, and rub your tongues very well with that, and cover all over with it; and as it waists put on more, and when they are very hard and stiff they are enough, then rowl them in Bran, and dry them before a soft fire, and before you boyl them, let them lie one night in pump water, and boil them in the same sort of water.

To make Jelly of Harts-horn.

TAKS six ounces of Harts-horn, three ounces of Ivory both finely Carped, boil it in two quarts of water in a pipkin close covered, and when it is three parts wasted, you may try it with a spoon if it will be jelly, you may know by the sticking to your Lips, then strain it through a jelly bag; season it with Rose-water, juyce of Lemons and double refined Sugar, each according to your taste, then boil all together two or three

walmes, so put in the glass and keep for your use.

To make Chickens fat in four or five dayes.

TAKE a pint of French Wheat, and a pint of Wheat-flour, half a pound of Sugar make it up into a stiff paste, and rowl it into little rowls, wet them in warm milk, and so Cram them, and they will be fat in four or five dayes, if you please you may sow them up behind one or two of the last days.

To make Angelot.

TAKE a gallon of Stroakings, and a pint of Cream as it comes from the Cow, and put it together with a little Rennet; when you fill turn up the midst side of the cheese-fat, fill them a little at once, and let it stand all that day and the next, then turn them, and let them stand till they will slip out of the Fat, salt them on both sides, and when the Coats begin to come on them, neither wipe nor scrape them, for the thicker the Coat is the better.

A Persian Dish.

TAKE the fleshy part of a Leg of Mutton stript from the fat, and sinews, beat that well in a Morter with Pepper and salt, and a little Onyon or Garlick water by it self, or with herbs, according to your taste, then make it up in flat Cakes, and let them be kept twelve hours between two dishes before you use them, then fry them with butter in a frying-pan, and serve them with the same butter, and you will find it a dish of savoury meat.

*To roast a shoulder of Mutton
in Blood.*

WHEN your Sheep is killed save the blood, and spread the Caule all open upon a Table, that is wet, that it may not stick to it; as soon as you have fley'd your sheep, cut off a shoulder, and having Tyme picked, shred and cut it small into some of your blood, stop your shoulder with it inside, and out-side, and into every hole with a spoon put some of the Blood;

after you have put in the Tyme, then lay your Shoulder of Mutton upon the caul and wrap that about it, then lay it in a tray, and pour all the rest of the blood upon it; so let it ly all night, if it be in winter, you may let it lye twenty four hours, then roast it.

*To roast a Leg of Mutton to be
eaten cold.*

FIRST take so much Lard as you think sufficient to lard your leg of Mutton withall, cut your lard in gross long Lardors; season the lard very deep with beaten Cloves, Pepper, Nutmeg, and Mace, and Bay-salt beaten fine and dryed, then take parsley, Tyme, Marjoram, Onyon, and the out rinde of an Orange, shred all these very small, and mix them with the lard, then lard your leg of Mutton therewith, if any of the Herbs and Spice remain, put them on the leg of Mutton, then take a silver dish, lay two sticks cross the dish to keep the Mutton from sopping in the gravy and fat that goes from it, lay the leg of Mutton upon the sticks, and set it into an hot Oven, there let it roast, turn it once but baste it not at all, when it is enough and
very

very tender, take it forth but serve it not till it be thoroughly cold; when you serve it, put in a saucer or two of Mustard, and Sugar and two or three Lemons whole in the same Dish.

To roast Oysters.

TAKE the greatest Oysters you can get, and as you open them, put them into a Dish with their own liquor, then take them out of the dish and put them into another, and pour the liquor to them, but be sure no gravel get amongst them; then set them covered on the fire, and scald them in a little of their own liquor, and when they are cold, draw eight or ten lards through each Oyster; season your lard first with Cloves, Nutmeg beaten very small, Pepper; then take two wooden Lard spits, and spit your Oysters thereon, then tie them to another spit, and roast them. In the roasting baste them with Anchovy sauce, made with some of the Oyster liquor, and let them drip into the same dish where the Anchovy sauce is, when they be enough, bread them with the crust of a roul, grated on them; and when they be brown draw them off, then take the sauce wherewith

you basted your Oyſters, and blow off the fat, then put the ſame to the Oyſters, wring in it the juyce of a Lemon, ſo ſerve it.

To make a Sack Poſſet.

TAKE a quart of Cream and boil it very well with Sugar, Mace and Nutmeg, take half a pint of Sack, and as much Ale, and boil them well together with ſome ſugar, then put your Cream into your Baſon to your Sack, then heat a Pewter diſh very hot, and cover your Baſon with it, and ſet it by the fires ſide, and let it ſtand there two or three hours before you eat it.

Another Sack-Poſſet.

TAKE eight Eggs, yolks and whites, and beat them well together, ſtrain them into a quart of Cream, ſeaſon them with Nutmeg and ſugar, put to them a pint of Sack, ſtir them all together, and put them into you Baſon, and ſet them in the Oven no hotter than for a Cuſtard, let it ſtand two hours.

*To make a Sack-Posset without
Milk or Cream.*

TAKE eighteen Eggs, whites and all, taking out the treads, let them be beaten very well, take a pint of Sack and a quart of boyled, and scum it, then put in three quarters of a pound of Sugar and a little Nutmeg, let it boil a little together, then take it off the fire stirring the Eggs still, put into them two or three Ladle-fuls of drink, then mingle all together and set it on the fire, and keep it stirring till you find it thick, then serve it up.

To make a Stump Pye.

TAKE a leg of Mutton, one pound and an half of the best suet, mince both small together, then season it with a quarter of a pound of sugar, and a small quantity of salt, and a little Cloves & Mace,

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then

then take a good handful of Parsley, half as much Tyme, and mince them very small and mingle them with the rest; then take six new laid Eggs, break them into the meat and work it well together, and put it into the Past; then upon the Top put Raisins, Currans & Dates a good quantity, cover and bake it, when it is baked, and when it is very hot, put into it a quarter of a pint of white Wine Vinegar, and strew sugar upon it, and so serve it.

To make Mrs. Leeds Cheese Cakes.

TAKE six quarts of Milk and renn it pretty cold, and when it is tender come, drain from it your Whey in a strainer, then hang it up till all the Whey be dropt from it, then press it, change it into dry cloaths till it wet the cloth no longer, then beat it in a stone Morter till it be like butter, then strain it through a thin strainer, mingle it with a pound and a half of Butter with your hands, take one pound of Almonds, & heat them with Rosewater till they are like your curd then mingle them with the yolks of twenty Eggs, & a quart of Cream, two great Nutmegs, one pound and a half of Sugar; when your Coffins are ready and
going

going to be set in the Oven, then mingle them together : let your Oven be made hot enough for a Pigeon Pye, and let a stone stand up till the scorching be past, then set them in, half an hour will bake them well, your Coffins must be made with Milk and butter as stiff as for other paste, then you must set them into a pretty hot Oven, & fill them full of Bran, and when they are hardened, take them out, and with a wing brush out the bran, they must be pricked.

To make Tarts called Taffaty Tarts.

First wet your paste with butter and cold Water, and rowl it very thin, also then lay them in layes and between every lay of Apple strew some sugar, and some Lemon pill cut very small, if you please put some Fennel-seed to them: then put them into a stoak hot Oven, and let them stand an hour in or more; then take them out, and take Rosewater and butter beaten together, and wash them over with the same, and strew fine sugar upon them; then put them into the Oven again, let them stand a little while and take them out.

To make fresh Cheese.

TAKE three Pints of raw Cream, and sweeten it well with Sugar, and set it over the fire, let it boil a while, then put in some Damask Rosewater, keep it still stirring lest it burn to, and when you see it thickned and turned, take it from the fire and wash the strainer and Cheese fat with Rosewater, then rowl it to and fro in the Strainer to drain the Whey from the curd, then take up the Curd with a spoon and put it into the Fat, let it stand till it be cold, then put it into the Cheese-dish with some of the whey, and so serve it up.

To make Sugar Cakes or Jumbals.

TAKE two pound of Flower, dry it and season it very fine, then take a pound of Loaf-Sugar, and beat it very fine, and searce it, mingle your Flour and Sugar very well, then take a pound and an half of sweet Butter, and wash out the Salt, and
break

break it into bits with your flour and sugar, then take four new laid Eggs, and four or five spoonfuls of Sack, and four spoonfuls of Cream; beat all these together, then put them into your Flour, and knead them to a Paste, and make them into what fashion you please, and lay them upon Paper or Plates, and put them into the Oven, and be careful of them, for a very little thing bakes them.

For Fumbals you must only add the whites of two or three Eggs.

To bask a shoulder of Mutton.

TAKE a Shoulder of Mutton and slice it very thin, till you have almost nothing but the bone, then put to the meat some Claret-wine, a great Onion, some Gravy of mutton, six Anchovies, an handful of Capers, the tops of a little Tyme, mince them very well together, then take nine or ten Eggs, the juyce of one or two Lemons to make

to make it tart, and make leer of them, then put the meat all in a frying-pan over the fire till it be very hot; then put in the leer of Eggs and soak all together over the fire till it be very thick; then boyl your bone, and put it on the top of your meat being dished. Garnish your dish with Lemons, serve it up.

*To dress Flounders or Playce with
Garlik and Mustard.*

TAKE Flounders very new, and cut all the Fins and Tailcs, then take out the guts & wipe them very clean, they must not be at all washt, then with your knife scotch them on both sides very grossly; then take the tops of Tyme and cut them very small, and take a little Salt, Mace, and Nutmeg, and mingle the Tyme and them together, and season the Flounders; then lay them on the Gridiron and bast them with Oyl or butter, let not the fire be too hot, when that side next the fire is brown, turn it, and when you turn it, bast it on both sides till you have broyl'd them brown, when they are enough make your sauce with Mustard two or three Spoonfuls according to

to discretion, fix Anchoves dissolved very well, about half a pound of Butter drawn up with Garlick Vinegar, or bruised Garlick in other Vinegar; rub the bottome of your dish with Garlick. So put your sauce to them, and serve them, you may fry them if you please.

A Turkish Dish.

TAKE fat Beef or Mutton cut in thin slices, wash it well, put it into a pot that hath a close cover, then put into it a good quantity of clean pickt Rice, skim it very well; then put into it a quantity of whole pepper, two or three whole Onyons; let all this boyl very well, then take out the Onyons and dish it in sippits, the thicker it is the better.

To dress a Pike.

CUT him in pieces, and strew upon him Salt and scalding Vinegar, boyl him in water and white Wine, when he is boiling put in sweet Herbs, Onyon, Garlick, Ginger, Nutmeg, and Salt; when he is boyled take him out of the Liquor, and let him drain, in the mean time beat
Butter

Butter and Anchoves together, and pour it on the Fish, squeezing a little Orange and Lemon upon it.

To dress Oysters.

TAKE Oysters and open them; and save the liquor, and when you have opened so many as you please, add to this liquor some white Wine, wherein you must wash your Oysters one by one very clean, and lay them in another dish; then strain to them that mixed wine and liquor wherein they were washed, adding a little more wine to them with an Onyon divided with some salt and Pepper, so done, cover the dish and stew them till they be more than half done; then take them and the liquor, and pour it into a frying-pan, wherein they must fry a pretty while, then put into them a good piece of sweet butter, and fry then therein so much longer, in the mean time you must have beaten the yolks of some Eggs, as four or five to a quart of Oysters; these Eggs must be beaten with some Vinegar, wherein you must put some minced Parsley, & Nutmeg finely scraped, & put therein the Oysters in the Pan, which must
still

still be kept stirring, lest the Liquor make the Eggs curdle, let this all have a good walm on the fire, and serve it up.

To dress Flounders.

FLey off the black skin, and scour the Fish over on that side with a knife, lay them in a dish, and pour on them some Vinegar, and strew good store of Salt, let them lye for half an hour; in the mean time set on the fire some water with a little white Wine, Garlick and sweet herbs, as you please, putting into it the Vinegar and Salt wherein they lay, when it boyls put in the biggest fish, then the next till all be in; when they are boyled take them out and drain them very well, then draw some sweet butter thick, and mix with it some Anchoves shred smal, which being dissolved in the Butter, pour it on the Fish, strewing a little sliced Nutmeg, and minced Oranges and Barberries.

To dress Snails.

TAKE Snails and put them in a kettle of water, and let them boil a little, then take them out, and shake them out of the shells into a Bason; then take some salt and scour them very well and wash them in warm water, untill you find the slime clean gone from them; then put them into a cullender and let them drain well; then mince some sweet herbs, & put them into a dish with a little Pepper and Sallet-oyl together, then let them stand an hour or two; then wash the shells very well and dry them and put into every shell a Snail, and fill up the shell with Sallet-oyl and herbs, then set them on a gridiron upon a soft fire, and so let them stew a little while, and dish them up warm and serve them up.

To dress Pickle Fish.

WASH them well while they are in the shell in salt water, put them into a kettle over the fire without water; and stir them till they are open, then take them out
of

of their shells, and wash them in hot water and salt, then take some of their own Liquor that they have made in the Kettle, a little white Wine, Butter, Vinegar, Spice, Parsley; let all these boil together and when it is boiled, take the yolks of three or four Eggs and put into the Broth. Scollops may be dressed on this manner, or boyied like Oysters with Oyl or juyce of Lemons.

To fricate Beef Pallats.

TAKE Beef Pallats, after they be boyied very tender, blanch and pare them clean, season them with fine beaten Cloves, Nutmeg, Pepper, Salt, and some grated bread; then have some Butter in a Frying-pan, put your Pallats therein and so fricate them till they be brown on both sides, then take them forth and put on a dish, and put thereto some gravy of Mutton, wherein two or three Anchoves are dissolved, grate in your sauce a little Nutmeg, wring in the juyce of a Lemon, so serve them.

A Spanish Olio.

TAKE a piece of Bacon not very fat, but sweet and safe from being rusty, a piece of fresh Beef, a couple of Hogs Ears, and four feet if they can be had, and if not, some quantity of Sheeps feet (Calves feet are not proper) a Joynt of Mutton, the Leg, Rack or Loyn, a Hen, half a dozen Pigeons, a bundle of Parsley, Leeks and Mint, a Clove of Garlick when you will, a small quantity of Pepper, Cloves and Saffron, so mingled that not one of them overrule, the Pepper and Cloves must be beaten as fine as possibly may be, and the Saffron must be first dried, and then crumbled in powder, and dissolved apart in two or three spoonfuls of Broth, but both the Spices and the saffron may be kept apart till immediately before they be used, which must not be till within a quarter of an hour before the Olio be taken off from the fire; a pottle of hard dry pease, when they have first steeped in water some dayes, a pint of boyled Chesnuts: Particular care must be had that the pot wherein the Olio is made, be very sweet; Earthen I think is the best, and judgment is to be had carefully

carefully both in the size of the Pot, and in the quantity of the water at the first, that so the Broth may grow afterwards to be neither too much nor too little, nor too gross, nor too thin; the meat must be long in boiling, but the fire not too fierce, the Bacon, the Beef, the Pease, the Chesnuts, the Hogs Ears, may be put in at the first. I am utterly against those confused Olios, into which men put almost all kinds of meats and Roots, & especially against putting of Oyl, for it corrupts the Broth instead of adding goodness to it. To do well, the Broth is rather to be drunk out of a Porringer, than to be eaten with a spoon, though you add some small slices of bread to it, you will like it the worse. The sauce for your meat must be as much fine sugar beaten small to powder, with a little Mustard, as can be made to drink the Sugar up, and you will find it to be excellent; but if you make it not faithfully and just according to this prescript, but shall neither put Mace, or Rosemary, or Tyme, to the herbs, as the manner is of some, it will prove very much the worse.

To make Metheglin.

TAKE all sorts of Herbs that are good & wholesome, as Balm, Mint, Fennel, Rosemary, Angelica, wild Tyme, Isop, Burnet, Egrimony, and such other, as you think fit; some field Herbs, but you must not put in too many, but espically Rosemary or any strong Herbs, less than half an handfull will serve of every sort, you must boil your herbs, and strain them, and let the liquor stand till the next day and settle them, take off the clearest liquor two gallons and a half to one gallon of Honey, and that porportion as much as you will make, and let it boyl an hour, and in the boyling skim it very clean, then set it a cooling as you do Beer, when it is cold take some very good Ale Barm, and put into the bottome of the Tub a little and a little, as they do Beer, keeping back the the thick settling that lieth in the bottome of the vessel that it is cooled in, & when it is all put together, cover it with a cloth, and let it work very neer three dayes, and when you mean to put it up, skim off all the yeast clean, put it up into the Vessel, but

but you must not stop your vessel very close in three or four dayes, but let it have all the vent you can, for it will work and when it is close stopped, you must look very often to it and have a peg in the top to give it vent when you hear it make a noise, as it will do, or else it will break the Vessel, sometime I make a bag, and put in good store of Ginger sliced, some Cloves and Cinnamon, and boyl it in, and other times I put it into the Barrell and never boyl it, it is both ways good, but Nutmeg and Mace do not well to my tast.

To make a Sallet of Smelts.

TAKE half an hundred of Smelts, the biggest you can get, draw them and cut off their heads, put them into a Pipkin with a pint of white Wine, and a pint of white Wine-vinegar, an Onyon shred, a couple of Lemons, a race of Ginger, three or four blades of Mace, a Nutmeg sliced, whole Pepper, a little Salt, cover them, and let them stand twenty four hours; if you will keep them three or four dayes, let not your Pickle be too strong of the Vinegar, when you will serve them, take them out one by one,

one, scrape and open them as you do Anchovies, but throw away the bone, lay them close one by one round a silver Dish, you must have the very outmost rind of a Lemon, or Orange so small as grated bread & the Parsley, then mix your Lemon pill, Orange and Parsley together with a little finely beaten Pepper, and strew this upon the dish of smelts with the meat of a Lemon minced very small, also then pour on excellent Sallet-Oyl, and wring in the juyce of two Lemons, but be sure none of the Lemon-seed be left in the sallet, so serve it.

To roast a Fillet of Beef.

TAKE a Fillet of Beef, which is the tenderest part of the Beast, and lyeth only in the inward part of the Surloyn next to the Chyne, cut it as big as you can, then broach it on a broach not too big, and be carefull you broach it not thorow the best of the meat, roast it leisurly and baste it with sweet butter: Set a dish under it to save the Gravy while the Beef is roasting, prepare the Sauce for it, chop good store of Parsley with a few sweet herbs shred small

small, and the yolks of three or four Eggs, and mince among them the pill of an Orange, and a little Onyon, then boil this mixture, putting into it sweet Butter, Vinegar and Gravy, a spoonful of strong Broth, when it is well boyled, put it into your Beef, and serve it very warm, sometimes a little grosse Pepper or Ginger into your sauce, or a pill of an Orange or Lemon.

*To make a Sallet of a cold Hen
or a Capon.*

TAKE the breast of an Hen or Capon, and slice it as thin as you can in steaks, put therein Vinegar and a little sugar, as you think fit; then take six Anchoves, and an handful of Capers, a little long, grosse or a Carrigon, and mince them together, but not too small, strew them on the Sallet, garnish it with Lemons, Oranges or Barberries, so serve it up with a little salt.

To stew Mushromes.

TAKE them fresh gathered and cut off the hard end of the stalk, & as you pill them throw them into a Dish of white wine,
E after

after they have lain half an hour or there-upon, drain them from the Wine, and put them between two silver Dishes, then set them on a soft fire without any liquor, and when they have stewed a while, pour away the liquor which comes from them which will be very black, then put your Mushromes into another clean dish with a sprig or two of Tyme, an Onyon whole, four or five Cornes of whole Pepper, two or three Cloves, a bit of an Orange, a little salt, a bit of sweet butter and some pure Gravy of Mutton, cover them, and set them on a gentle fire, so let them stew softly till they be enough, and very tender; when you dish them blow off all the fat from them, & take out the Tyme, Spice and Orange, then wring in the juyce of a Lemon, and grate a little Nutmeg among the Mushromes, tesse them two or three times, put them in a clean dish, and serve them hot to the Table.

*The Lord Conway, his Lordships Receipt
for the making of Amber
Puddings.*

First take the guts of a young Hog, and wash them very clean, and then take two pound of the best Hogs fat, and a pound and a half of the best Jurden Almonds, the which being blancht, take one half of them & beat them very small, & the other half reserve whole unbeaten, then take a pound and a half of fine Sugar, and four white loaves, & grate the loaves over the former composition, and mingle them well together in a Bason, having so done put to it half an ounce of Ambergreece, the which must be scraped very small over the said composition, take half a quarter of an ounce of Levant Musk, and bruise it in a marble Mortar, with a quarter of a pint of Orange-flour water, then mingle these all very well together, and having so done, fill the said Guts therewith. This Receipt was given his Lordship by an Italian for a great rarity, and has been found so to be by those Ladies of honour, to whom his Lordship has imparted the said Reception.

To make a Partridge Tart.

TAKE the flesh of four or five Partridges minced very small, with the same weight of Beef marrow as you have Partridge flesh, with two ounces of Oranges & green Citron minced together as small as your meat, season it with Cloves, and Mace, and Nutmeg, and a little salt and sugar, mix all together, and bake it in puff-paste; when it is baked open it, and put in half a grain of Musk or Amber brayed in a Mortar or dish, and with a spoonful of Rosewater and the juyce of three or four Oranges, when you put all these therein, stir the meat and cover it again, and serve it to the Table.

To keep Venison all the year.

TAKE the Haunch and parboyl it a while, then season it with two Nutmegs, a spoonful of Pepper, and a good quantity of salt, mingle them all together, then put two spoonfuls of white Wine-vinegar, and having made the Venison full of holes, as you do when you lard it, when it is larded put in the Venison

son at the holes the Spice and Vinegar, and season it therewith, then put part into the Pot with the fat side downwards, cover it with two pound of Butter, then close it up close with course paste, when you take it out of the oven take away the Paste, and lay a round trencher with a weight on the top of it to keep it down, till it be cold, then take off the trencher, and lay the butter flat upon the Venison, then cover it close with strong white Pepper, if your pot be narrow at the bottome it is the better, for it must be turned upon a plate, and stuck with Bay-leaves when you please to eat it.

To bake Brawnne.

TAKE two Buttocks and hang them up two or three dayes, then take them down and dip them into hot-water, and pluck of the skin, dry them very well with a clean Cloth, when you have so done, take Lard, cut it in pieces as big as your little finger, and season it very well with Pepper, Cloves, Mace, Nutmeg, and Salt, put each of them into an earthen Pot, put in a pint of Claret-wine, a pound of Mutton Suet. So close it with paste,

let the Oven be well heated, and so bake them, you must give them time for the baking according to the bigness of the Haunches and the thickness of the Pots, they commonly allot seven hours for the baking of them; let them stand three days, then take off their Covers, and pour away all the liquor, then have clarified butter, and fill up both the Pots to keep it for the use, it will very well keep two or three months.

To roast a Pike.

TAKE a Pike, scour off the slime, take out the entrails, lard it with the backs of Pickled Herrings, you must have a sharp Bodkin to make the holes, no larding-pins will go thorow, then take some great Oysters, Claret-wine, season it with Pepper, Salt and Nutmeg, stuff the belly of the Pike with these Oysters, intermix with them Rosemary, Tyme, winter savory, sweet Marjoram, a little Onyon & Garlick, sow these in the belly of the Pike, prepare two sticks about the breadth of a Lath, these two sticks and the spit must be as broad as the Pike being tyed on the spit, tye the Pike on, winding pack-thraed about the Pike along, but there must be tyed by the Pack-thraed
all

all along the side of the Pike which is not defended by the Spit, and Laths, Rosemary and Bays, baste the Pike with Butter & Claret-wine, with some Anchoves dissolved in it, when it is wasted, rip up the belly of the pike and the Oysters will be the same, but the herbs which are whole must be taken out.

To sauce Eeles.

TAKE two or three Great Eels, rub them in salt, draw out the guts, wash them very clean, cut them athwart on both sides found deep, and cut them again crosse way, then cut them thorow in such pieces as you think fit, and put them into a dish with a pint of Wine Vinegar, and an handfull of Salt, have a kettle over the fire with fair water, and a bundle of sweet Herbs, two or three great Onyons, some Mace, a few Cloves, you must let these lye in Wine Vinegar, and salt, and put them into boyling liquor, there let them boil according to Cookery, when enough, take out the Eeles, and drain them from the liquor, when they are cold take a pint of white Wine, boyl it up with Saffron to colour the Wine, then take out some of the liquor or put it in an earthen

earthen pan, take out the Onyons & all the herbs, only let the Cloves and Mace remain, you must beat the Saffron to powder or else it will not colour.

To make Sausages without skins.

TAKE a leg of young Pork, two pound of Beef-suet, two handfuls of Sage, two loaves of white bread, salt and pepper to your taste, half the Pork and half the suet must be very well beaten in a stone mortar, the rest cut very small, be sure to cut out all Greilles and Lenets in the Pork, when you have mixed these all together, knead them into a stiff paste with the yolks of two or three Eggs, so roul them into Sausages.

To dress a Pike.

TAKE a male Pike, rub his skin off whilst he lives with bay-salt, having well cleared the outside, lay him in a larg dish or tray, open him so as you break not his gall, cut him according to the size of the fish in two or three pieces, from the head to the tail must be slit, this done, they are to be laid as flat as you can in a great dish or tray, pour upon it half a pint of white-wine-vinegar, more or lesse, according to the size of
of

of the fish, then strew upon the inside of the fish white salt plentifully, Bay-salt beaten very small is better, whilst this is a doing, let a Skillet with a sufficient quantity of Rhenish Wine, or good white Wine, be put over the fire with the Wine, Salt, Ginger, Nutmeg, an Onyon, four or five Cloves of Garlik, a bunch of sweet herbs, viz. Sweet marjoram, Rosemary, pill of half a Lemon, let these boyl to the height, put in the Pike with the Vinegar, in such manner as not to quench or allay, if possible, the heat of the Liquor, put the thickest piece first, that will ask most boyling, and the Vinegar last of all; while the Pike boils take two quarters of a pound of Anchoves, one quarter of very good Butter, a saucer of the liquor your Pike was boyled in, dissolved Anchoves. Note that the liquor, Sauce, the Spice and the other ingredients must follow the proportion of the Pike; if your sauce be too strong of the Anchoves, add more fair water to it. Note also, the liquor wherein this Pike was dressed, is better to boyl a second Pike therein, than it was at the first.

To dresse Eeles.

CUT two or three Eeles into pieces of a convenient length, set them end-ways in a pot of Earth, put in a spoonful or two of water, and to them put some Herbs and Sagechopt small, some Garlick, Pepper and Salt, so let them be baked in an Oven.

To boyl a Pudding after the French Fashion.

TAKE a Turkey that is very fat, and being pulled and drest, lard him with long pieces of lard, first wholed in seasoning of Salt, Pepper, Nutmeg, Cloves and Mace, then take one piece of lard whole in the seasoning, put it into the belly with a sprigge of Rosemary and Bayes, sew it very close in a clean cloth, and let it lie all night covered with white Wine; let it be put into a pot with the same Liquor and no more, let it be close stopped, then hang it over a very soft & gentle fire, there to continue

tinue six hours in a simpering boile, when it is cold take it out of the cloth, not before, put it in a Pie-plate, and stick it full of Rosemary and Bays, so serve it up with Mustard and Sugar, they are wont to lay it on a Napkin folded square, and lay it cornerwise.

To make a Fricake.

TAKE three Chickens, and pull off the skins, and cut them into little pieces, then put them into water with two or three Onyons and a bunch of Parsley, and when it hath stewed a little, put in some Salt and Pepper, and a pint of white Wine, so let them stew till they be enough, then take some Verjuyce and Nutmegs, and three or four yolk of Eggs, beat them well together, and when you take off the Chickens, put them into a frying-pan altogether with some Butter, scald it well over the fire, and serve it in.

To make a Dish called Olives.

TAKE a Fillet of Veal, and the Flesh from the bones, and the fat and skin from either, cut it into very thin slices, beat them with the back of your knife, lay them abroad on a dish, season them with Nutmeg, Pepper, Salt and Sugar, chop half a pound of Beef-suet very small, and strew upon the top of the meat, then take a good handful of herbs, as Parsley, Tyme, Winter savory, Sorril, and Spinage, chop them very small, and strew over it, and four Eggs with the whites, mingle these all well together with your hands, then roul it up peice by peice, put it upon the spit, roasting it an hour and half, and if it grow dry baste it with a little sweet butter, the sauce is Verjuce or Claret-wine with the gravy of the meat & sugar, take a whole Onyon and stew it on a chafin dish of coals, and when it tastes of the Onyon, pour the liquor from it on the meat, setting it a while on the coals, and serve it in.

To make an Olive pye.

THIS you may take in a Pie, putting Raisins of the Sun stoned and some Currans in every Olive, first strowing upon the meat the whites and yolks of two boyled Eggs shred very small, make your Olives round, and put them into puff-paste, when it is half baked put in a good quantity of Verjuyce or Claret-wine sweetned with sugar, putting it in again till it be thorow baked.

The Countess of Rutlands Receipt of making the rare Banbury Cake, which was so much praised at her Daughters (the Right Honourable the Lady Chaworths) Wedding.

Imprimis.

TAKE a peck of fine flour, and half an Ounce of larg Mace, half an Ounce of Nutmegs, and half an ounce of Cinamon, your Cinamon and Nutmegs must be sifted through a Searce, two pounds of Butter, half a score of Eggs, put out four of the whites of them,
some

something above a pint of good Ale-yeast, beat your Eggs very well and strain them with your yeast, and a little warm water into your Flour, and stir them together, then put your butter cold in little Lumps: The water you knead withall must be scalding hot, if you will make it good paste, the which having done, lay the paste to rise in a warm cloth, a quarter of an hour, or thereupon; then put in ten pounds of Currans, and a little Musk and Ambergreece dissolved in Rosewater, your Currans must be made very dry, or else they will make your Cake heavy, strew as much sugar finely beaten amongst the Currans as you shall think the water hath taken away the sweetness from them; break your Paste into little pieces, into a Kimmel or such like thing, and lay a layer of Paste broken into little pieces, and a layer of Currans, untill your Currans are all put in, mingle the Paste and the Currans very well, but take heed of breaking the Currans, you must take out a piece of Paste after it hath risen in a warm cloth before you put in the Currans to cover the top, and the bottome, you must roul the Cover something thin, and the bottome likewise, and wet it with Rosewater, and close them at the bottome
of

of the side, or the middle which you like best, prick the top and the sides with a small long pin, when your Cake is ready to go into the Oven, cut it in the midst of the side round about with a knife an inch deep, if your Cake be of a peck of Meal, it must stand two hours in the Oven, your oven must be as hot as for Manchet.

An excellent Syllabub.

FILL your Syllabub-pot with Syder (for that is the best for a Syllabub) and good store of Sugar and a little Nutmeg; stir it well together, put in as much thick Cream by two or three spoonfuls at a time, as hard as you can, as though you milk it in, then stir it together exceeding softly once about, and let it stand two hours at least ere it is eaten, for the standing makes the Curd.

To

To souce a Pig.

TAKE a fair large Pig and cut off his Head, then slit him through the midst, then take forth his bones, then lay him in warm water one night, then collar him up like Brawn, then boil him tender in fair water, and when he is boyled put him in an earthen pot or pan into water and salt, for that will make him white, and season the flesh, for you must not put salt in the boyling, for that will make it black, then take a quart of the same Broth, and a quart of white Wine, boil them together to make some drink for it, put into it two or three Bay-leaves, when it is cold uncloath the Pig, and put it into the same drink, and it will continue a quarter of a year. It is a necessary dish in any Gentlemans house; when you serve it in, serve it with green Fennil as you do Sturgeon with Vinegar in Saucers.

To make a Virginia Trout.

TAKE Pickled Herrings, cut off their Heads, and lay the bodies two dayes and nights in water, then wash them well
then

then season them with Mace, Cinamon, Cloves, Pepper, and a little red Saunders, then lay them close in a pot with a little Onyon strewed small upon them, and cast between every layer, when you have thus done, put in a pint of Claret-wine to them. & cover them with a double paper tyed on the pot, and set them in the Oven with Household-bread. They are to be eaten cold.

To make a fat Lamb of a Pig.

TAKE a fat Pig and scald him, and cut off his head, slit him and trusse him up like a Lamb, then being slit through the middle, and flawed then parboyl him a little, then draw him with Parsley as you do a Lamb, then roast it and dridge it, and serve it up with Butter, Pepper and Sugar.

To make Rice pancakes.

TAKE a pound of Rice, and boyl it in three quarts of water till it be very tender, then put it into a pot covered close, and that will make a Jelly, then take a quart of Cream or new Milk,
put

put in scalding hot to the Rice, then take twenty Eggs, three quarters of a pound of melted butter, a little salt, stir all these well together, put as much flour to them as will make them hold frying, they must be fried with butter, they must be made over night, best.

Mrs. Dukes Cake.

TAKE a quarter of a peck of the finest flour, a pint of Cream, ten yolks of Eggs well beaten, three quarters of a pound of Butter gently melted, pour on the Flour a little Ale-yeast, a quarter of a pint of Rose-water, with some Musk, and Ambergreece dissolved in it, season all with a penny worth of Mace & Cloves, a little Nutmeg finely beaten, Currans one pound and an half, Raisins of the Sun stoned and shred small one pound, Almonds blanched and beaten half a pound, beat them with Rose-water to keep them from Oyling : Sugar beaten very small half a pound ; first mingle them, knead all these together, then let them lie a full hour in the Dough together, then the oven being made ready, make up your Cake, let not the Oven be too hot, nor shut up the mouth of it too close, but
stir

stir the Cake now & then that it may bake all alike, let it not stand a full hour in the Oven. Against you draw it have some Rose-water and sugar finely beaten and well mixed together to wash the upper side of it, then set it in the Oven to dry, when you draw it out it will shew like Ice.

*To make fine Pancakes fryed without
Butter or Lard.*

TAKE a pint of cream, six new-laid Eggs, beat them very well, put in a quarter of a pound of Sugar, one Nutmeg or beaten Mace, which you please, as much flour as will thicken them almost as thick as for ordinary Pancakes, your pan must be clean wiped with a cloth, when it is reasonably hot, put in your butter or thick or thin as you please, to fry them.

To pot Venison.

TAKE an haunch of Venison not hunted, and bone it, then take three ounces of Pepper beaten, twelve Nutmegs with an handful of Salt, and mince them together with Wine vinegar, then wet your Venison with Wine-vinegar, and season
it

it, then with a knife make holes on the lean sides of the Haunch, and stuff it as you would stuff Beef with Parsley, then put it into the pot with the fat side downward, then clarifie three pound of Butter, and put it thereon, and paste upon the Pot, and let it stand in the Oven five or six hours, then take it out, and with a vent press it down to the bottome of the Pot, and let it stand till it be cold, then take the Gravy off the top of the pot and melt it, and boyl it half away and more, then put it in again with the butter on the top of the pot.

To make Marchpane: to Ice him &c.

TAKE two pound of Almonds blanched, and beaten in a stone Mortar till they begin to come to a fine paste, and take a pound of sifted sugar, and put it in the Mortar with the Almonds, and so leave it till it come to a perfect paste, putting in now and then a spoonful of Rose-water to keep them from Oyling; when you have beaten them to a perfect paste, cover the Marchpane in a sheet, as big as a Charger, and set an edge about
as

as you do about a Tart and a bottome of Wafers under him; thus bake it in an oven or Baking-pan, when you see your March-pane is hard and dry, take it out and Ice him with Rosewater and Sugar, being made as thick as Batter for Fritters; so spread it on him with a wing-feather, so put it into the Oven again; and when you see it rise high, then take it out and garnish it with some pretty conceits, made of part of the same stuff, stick long Comfits upright in him, so serve it.

To make Jelly the best manner.

TAKE a leg of Veal, and pare away the fat as clean as you can, wash it thoroughly, let it lye soaking a quarter of an hour or more, provided you first break the bones, then take four Calves feet, scald off the hair in boyling water, then slit them in two and put them to your Veal, let them boyl over the fire in a brass pot with two gallons of water or more according to the proportion of your Veal, scum it very clean and often; so let it boyl till it comes to three pints or a little more, then strain it thorow a clean strainer into a Bason,

Bason, and so let it stand till it be through cold and well jellied, then cut it in pieces with a knife, and pare the top and the bottom of them, put it into a skillet, take two ounces of Cinamon broken very small with your hand, three Nutmegs sliced, one race of Ginger, a large Mace or two, a little quantity of salt, one spoonful of Wine-vinegar, or Rose-vinegar, one pound and three quarters of sugar, a pint of Rennish wine, or white Wine, and the whites of fifteen Eggs well beaten; put all these to the Jelly, then set it on the fire, and let it seeth two or three walmes, ever stirring it as it seeths, then take a very clean Jelly-bag, wash the bottome of it in a little Rose-water, and wring it so hard that there remain none behind, put a branch of Rosemary in the bottome of the bag, hang it up before the fire over a Bason; and pour the Jelly-bag into the Bason, provided in any case you stir not the bag, then take the Jelly in the Bason & put it into your bag again, let it run the second time, and it will be very much the clearer; so you may put it into your Gally-pots or Glasses which you please, and set them a cooling on Bay-salt and when it is cold and stiffe you may use it at your pleasure, if you will have the Jelly
of

of a red colour, use it as before, only instead of Rennish Wine use Claret.

To make poor Knights.

CUT two penny loaves in round slices, dip them in half a pint of Cream, or fair water, then lay them abroad in a dish, and beat three Eggs and grated Nutmegs and sugar, beat them with the Cream, then melt some Butter in a Frying-pan, and wet the sides of the Toasts and lay them in on the wet side, then pour in the rest upon them, and so fry them, serve them in with Rose water, sugar and butter.

To make Shrewsbury Cakes.

TAKE two pound of flour dryed in the Oven, and weighed after it is dryed, then put to it one pound of Butter, that must be laid an hour or two in Rosewater, so done, pour the water from the butter, and put the Butter to the flour with the yolks and whites of five Eggs, two races of Ginger, and three quarters of a pound of sugar, a little salt, grate your spice, and it will

will be the better, knead all these together till you may roul the paste, then roul it forth with the top of a Bowle, then prick them with a pin made of wood, or if you have a Comb that hath not been used, that will do them quickly, & is best to that purpose, so bake them upon Pie-plates, but not too much in the Oven, for the heat of the Plates will dry them very much, after they come forth of the Oven you may cut them without the bowles of what bigness or what fashion you please.

To bake Beef like red Deer to be eaten cold.

TAKE a Buttock of Beef, cut it the long wayes with the grain, beat it well with a Rouling pin, then broyl it upon the coals, a little after it is cold draw it through with Lard, then lay in some white Wine-vinegar Pepper, Salt, Cloves, Mace and Bay-leaves, then let it lie three or four dayes, then bake it in Rye-paste, and when it is cold fill it up with Butter, after a fortnight it will be eaten.

To make Puffs.

TAKE a pint of Cheese curds and drain them dry, bruise them small with the hand, put in two handfuls of flour, a little Sugar, three or four yolks of Eggs, a little Nutmeg and Salt, mingle these together and make them little, like eyes, fry them in fresh butter, serve them up with fresh butter and sugar.

To make a hash of Chickens.

TAKE six Chickens, quarter them, cover them almost with water & season them with pepper and salt, and a good handful of minced parsley, and a little white wine, when they are boyled enough, put six Eggs, only the yolks, put to them a little Nutmeg and Vinegar, give them a little walm or two with the Chickens, pour them all together into a dish and serve them in, when you put on the Eggs, add a good piece of butter.

To make an Almond Caudle.

TAKE three pints of Ale, boyle it with Cloves, Mace, and sliced bread into it, then have ready beaten a pound of blan-
F ched

ched Almonds stamped in a mortar, with a little white Wine, then strain them out with a pint of white Wine, thicken your Ale with it, sweeten it as you please, and before you skim the Ale when it boyles.

To make scalding Cheese towards the latter end of May.

TAKE your Evening Milk and put it into boules or earthen pans, then in the morning fleet off the cream in a bowl by it self, put the fleet milk into a tub with the morning milk, then put in the nights Cream & stir it together, and heat the milk, and put in the rennet; as for ordinary new milk Cheese, it is to be made thick: when the Cheese is come, gather the Curd into the Cheese-cloath, and set the whey on the fire till it be seething hot: put the Cheese in a Cloth into a killar that hath a waste in the bottom, and pour in the hot Whey, then let out that and put in more till your Curd feel hard, then break the Curd with your hands as small as you can, and put an handfull of salt to it; then put it into the Fat, turn it at noon and at night, and next day put it into a Trough where Cheese is salted every day, and turn it as long as any will

will enter, then lay it on a Table or Shelf all Summer; if you will have it mellow to eat within a year, it must be laid in Hay in the Spring; if to keep two years, let it dry on a Shelf out of the wind all the next Summer, and in winter lay them in Hay a while, or lay them close one to another; I seldome lay any in Hay, I turn and rub them with a rotten cloth, especially when they are old, once a week lest they rot.

To pickle Purslaine.

TAKE Purslaine stalks and all, boil them tender in fair water, then lay them drying upon Linnen cloaths, then being dried, put them into the Galley-pots, and cover them with Wine-vinegar mixed with Salt, and not make the Pickle so strong as for Cucumbers.

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FINIS.

A Queens Delight

A
QUEENS
Delight;

OR,
The Art of Preserving,
Conserving and
Candying.

As also
A right Knowledge of making
Perfumes, and Distilling the
most Excellent Waters.

Never before Published.

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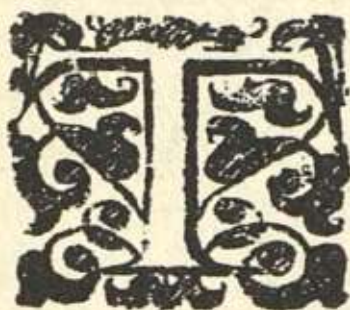


A
QUEENS
DELIGHT.

O F

*Conserve, and Preserves, Candy-
 ing and Distilling Waters.*

To preserve white Pear Plums, or green.



Take the Plums, and cut the
 stalk off, and wipe them,
 then take the just weight of
 them in Sugar, then put
 them in a skillet of water,
 and let them stand in and
 scald, being close covered till they be
 tender, they must not seeth, when they
 be soft lay them in a Dish, and cover
 them with a cloth, and stew some of

the Sugar in the glass bottom, and put in the Plums, strewing the sugar over till all be in, then let them stand all night, the next day put them in a pan, and let them boil a pace, keeping them clean scummed, & when your Plums look clear, your syrup will gelly, and they are enough. If your Plums be ripe, peel off the skins before you put them in the glass; they will be the better and clearer a great deal to dry, if you will take the Plums white; if green, do them with the rinds on.

To preserve Grapes.

TAke Grapes when they be almost through ripe, and cut the stalks off, and stone them in the side, and as fast as you can stone them strew Sugar on them; you must take to every pound of Grapes three quarters of a pound of Sugar, then take some of the lower Grapes; and wring the juyce of them, and put to every pound of Grapes two spoonfuls of juyce, then set them on the fire, and still lift up the pan and shake it round, for fear of burning to, then set them on again, & when the Sugar is melted, boil them as fast as you can possible, and when they look very clear, and the

the syrup is somewhat thick , they are enough.

To preserve Quinces white.

TAKE a pair and coar them, and to every pound of your equal weights in Sugar and Quince, take a wine pint of water; put them together, and boil them as fast as you can uncovered; and this way you may also preserve Pippins white as you do Quinces.

To preserve Respafs.

TAKE a pound of Respafs, a pound of fine Sugar, a quarter of a pint of the juyce of Respafs, strew the Sugar under and above the Respafs, sprinkle the juyce all on them, set them on a clear fire, let them boil as soft as is possible, till the syrup will gelly, then take them off, let them stand till they be cold, then put them in a glass. After this manner is the best way.

To preserve Pippins.

TAKE fair Pippins, and boil them in fair water till they be somewhat tender, then take them out, and peel off the skins and put them into a fair earthen pot, and cover them till they be cold, then make the syrup with fair water and Sugar, seeth it, and scum it very clean, then being almost cold, put in your Pippins, so boil them softly together, put in as much rind of Oranges as you think will tast them, if you have no Oranges take whole Cinamon and Cloves, so boil them high enough to keep them all the year.

To preserve fruits green.

TAKE Pippins, Apricocks, Pear-Plums, or Peaches when they be green, scald them in hot water, and peel them or scrape them, put them into another water not so hot as the first, then boil them very tender, take the weight of them in Sugar, put to it as much water as will make a syrup to cover them; then boil them something leisurely, and take them up, then boil the syrup till it be somewhat thick, that it will
batten

batten on a dish side, and when they are cold, put them together.

*To preserve Oranges and Lemons
the best way.*

TAKE and boil them as for paste, then take as much sugar as they weigh, and put to it as much water as will cover them by making a syrrup, then boil them very leisurely till they be clear, then take them up and boil the syrrup till it batten on the dish side, and when they are cold put them up, &c.

An approved Conserve for a Cough or Consumption of the Lungs.

TAKE a pound of Elecampane Roots, draw out the pith, and boil them in two waters till they be soft, when it is cold put to it the like quantity of the pap of roasted Pippins, and three times their weight of brown sugarcandy beaten to powder, stamp these in a Mortar to a Conserve, whereof take every morning fasting as much as a Walnut for a week or fortnight together, and afterwards but three times a week. *Approved.*

To make conserve of any of these Fruits.

WHen you have boiled your paste as followeth ready to fashion on the Pie-plate, put it up into Gallipots, and never dry it, and this is all the difference between Conservees. And so you may make Conservees of any Fruits, this is for all hard Fruits, as Quinces, Pippins, Oranges and Lemons.

To dry any Fruits after they are preserved, to or Candy them.

TAke Pippins, Pears or Plums, and wash them out in warm water from the syrup they are preserved in, strew them over with searfed Sugar, as you would do flower upon fish to fry them; set them in a broad earthen Pan, that they may lie one by one; then set them in a warm Oven or Stove to dry. If you will candy them withall, you must strew on Sugar three or four times in the drying.

To

*To preserve Artichocks young, green Walnuts
and Lemons, and the Elecampane-Roots,
or any bitter thing.*

TAKE any of these, and boil them tender, and shift them in their boyling six or seven times to take away their bitterness out of one hot water into another, then put a quart of Salt unto them, then take them up and dry them with a fair cloth, then put them into as much clarified Sugar as will cover them, then let them boil a walm or two, and so let them stand soaking in the Sugar till the next morning, then take them up and boil the Sugar a little higher by it self, and when they are cold put them up.

Let your green Walnuts be prickt full of holes with a great pin, and let them not be long in one water, for that will make them look black; being boiled tender, stick two or three Cloves in each of them.

Set your Elecampane-Roots, being clean scraped, and shifted in their boilings a dozen times, then dry them in a fair cloth, and so boil them as is above written, take half so much more than it doth weigh, because it is bitter, &c.

To preserve Quinces white or red.

TAKE the Quinces, and coar them, and pare them, those that you will have white, put them into a pail of water two or three hours, then take as much Sugar as they weigh, put to it as much water as will make a Syrup to cover them, then boil your Syrup a little while, then put your Quinces in, and boil them as fast as you can, till they be tender and clear, then take them up, and boil the Syrup a little higher by it self, and being cold put them up. And if you will have them red, put them raw into Sugar, and boil them leisurely close covered till they be red and put them not into cold water.

To preserve Grapes.

TAKE the Clusters, and stone them as you do Barberries, then take a little more Sugar than they weigh, put to it as much Apple water as will make a Syrup to cover them, then boil them as you do Cherries as fast as you can, till the Syrup
be

be thick and being cold pot it, thus may you preserve Barberries or English Currans, or any kind of Berries.

*To preserve Pippins, Apricoks, Pear-Plums
and Peaches when they are ripe.*

TAKE Pippins and pare them, bore a hole through them, & put them into a Pail of water, then take as much Sugar as they do weigh, and put to it as much water as will make a Syrup to cover them, and boil them as fast as you can, so that you keep them from breaking, until they be tender, that you may prick a Rush through them: let them be a soaking till they be almost cold, then put them up.

Your Apricoks and Peaches must be stoned & pared, but the Pear-Plums must not be stoned nor pared. Then take a little more Sugar than they weigh, then take as much Apple water and Sugar as will make a Syrup for them, then boil them as you do your Pippins, and Pot them as you do the Pippins likewise, &c.

*To preserve Pippins, Apricocks, Pear-Plums,
or Peaches green.*

TAKE your Pippins green and quoddle them in fair water, but let the water boil first before you put them in, & you must shift them in two hot waters before they will be tender, then pull off the skin from them, and so case them in so much clarified Sugar as will cover them, and so boil them as fast as you can, keeping them from breaking, then take them up, and boil the syrup until it be as thick as for Quiddony; then pot them, and pour the syrup into them before they be cold.

Take your Apricocks and Pear-Plums and boil them tender, then take as much Sugar as they do weigh, and take as much water as will make the syrup, take your green Peaches before they be stoned and thrust a pin through them, and then make a strong water of ashes, and cast them into the hot standing lye to take off the fur from them, then wash them in three or four waters warm, so then put them into so much clarified Sugar as will candy them; so boil them, and put them up, &c.

To dry Pippins, or Pears without Sugar.

TAKE Pippins or Pears and prick them full of holes with a bodkin, & lay them in sweet wort three or four dayes, then lay them on a sieves bottom, till they be dry in an Oven, but a drying heat. This you may do to any tender Plum.

To make Syrup of Clove-gilly flowers.

TAKE a quart of water, half a bushel of Flowers, cut off the whites, and with a sieve sift away the seeds, bruise them a little; let your water be boiled, and a little cold again, then put in your Flowers, and let them stand close covered twenty four hours; you may put in but half the flowers at a time, the strength will come out the better; to that liquor put in four pound of Sugar, let it lye in all night, next day boil it in a Gallipot, set it in a pot of water, and there let it boil till all the Sugar be melted and the syrup be pretty thick, then take it out, and let it stand in that till it be through cold, then glasse it.

To make Syrup of Hysop for Colds.

TAKE a handful of Hysop, of Figs, Raisins, Dates, of each an ounce, of Colli-pint half an handful, French Barley one ounce, boil therein three pints of fair water to a quart, strain it and clarifie it with two whites of Eggs, then put in two pound of fine sugar, and boil it to a syrup.

To make Orange Water.

TAKE a pottle of the best Maligo Sack, and put in as many of the peels of Oranges as will go in, cut the white clean off, let them steep twenty four hours; still them in a glass still, and let the water run into the Receiver upon fine Sugar-candy; you may still it in an ordinary Still.

To dry Cherries.

TAKE a pound of sugar, dissolve it in thin fair water, when it is boiled a little while, put in your Cherries after they are stoned, four pound to one pound of Sugar, let them lye in the Sugar three dayes, then take them out of the syrup and lay them on sieves

sieves one by one, and set them before the Sun upon stools, turn them every day, else they will mould; when they look of a dark red colour, and are dry then put them up, And so you may do any manner of Fruit. In the Sun is the best drying of them, put into the syrup some juyce of Rasps.

To make juyce of Liquorish.

TAKE English Liquorish, and stamp it very clean, bruise it with a hammer, and cut it in peices; to a pound of Liquorish thus bruised, put a quart of Hyssop water, let them soak together in an earthen pot a day and a night, then pull the Liquorish into small pieces, and lay it in soak again two dayes more; then strain out the Liquorish, and boil the liquor a good while. Stir it often; then put in half a pound of Sugar-candy, or Loaf-sugar finely beaten, four grains of Musk, as much Ambergreece, bruise them small with a little Sugar; then boil them together till it be good & thick, still have care you burn it not; then put it out in glass plates, and make it into round rolls, and set it in a drying place till it be stiff, that you may work it into rolls to be cut as big as Barley corns, and so lay them
on

on a place again : If it be needful strew on the place again a little Sugar to prevent thickning; so dry them still if there be need and if they should be too dry, the heat of the fire will soften them again.

A Perfume for Cloths, Glover.

TAKE of Linet two grains, of Musk three, of Ambergreece four, and the oyl of Bems a pretty quantity; grinde them all upon a Marble stone fit for that purpose; then with a brush or sponge rake them over, and it will sweeten them very well; your Gloves or Jerkins must first be washed in red Rose-water, and when they are almost dry, stretch them forth smooth, and lay on the Perfumes.

To make Almond Bisket.

TAKE the whites of four new laid Eggs, and two yolks, then beat it well for an hour together, then have in readines a quarter of a pound of the best Almonds blanched in cold water, & beat them very small with Bole-wart, for fear of Oyling; then have a pound of the best Loaf-sugar finely beaten, beat that in the Eggs a while, then

then put in your Almonds, and five or six spoonfuls of the finest flower, and so bake them together upon Paper plates, you may have a little fine Sugar in a piece of tiffany to dust them over as they be in the Oven, so bake them as you do Bisket.

To dry Apricocks.

First stone them, then weigh them, take the weight of them in double refined Sugar, make the syrup with so much water as will wet them, and boil it up so high, that a drop being droped on a Plate it will slip clean off, when it is cold, put in your Apricocks being pared, whilst your Syrup is hot, but it must not be taken off the fire before you put them in, then turn them in the syrup often, then let them stand 3 quarters of an hour; then take them out of the syrup, and tie them up in Tiffanies, one in a tiffany or more, as they be in bigness, and whilst you are tying them up, set the syrup on the fire to heat, but not to boil, then put your Apricocks into the syrup, and set them on a quick fire, and let them boil, as fast as you can, skim them clean, and when they look clear take them from the fire, and let them lie in the syrup till the next day, then set them on the fire to heat, but not to boil; then

then set them by till the next day, and lay them upon a clean Sieve to drain, and when they are well drained, take them out of the Tiffanies, and so dry them in a Stove, or better in the Sun with Glasses over them, to keep them from the dust.

To make Quinces for Pies.

WIpe the Quinces, and put them into a little vessel of swall Beer when it hath done working; stop them close that no air can get in, and this will keep them fair all the year and good.

The best way to break sweet Powder.

TAke of Orrice one pound, Calamus a quarter of a pound, Benjamin one half pound, Storax half a pound, Civet a quarter of an ounce, Cloves a quarter of a pound, Musk one half ounce, Oyl of Orange flowers one ounce, Lignum Aloes one ounce, Rosewood a quarter
of

of a pound, Ambergreece a quarter of an ounces. To every pound of Roses put a pound of powder; the bag must be of Taffity, or else the powder will run through.

To make excellent Perfumes.

TAKE a quarter of a pound of Damask Rose-buds cut clean from the Whites, stamp them very small, put to them a good spoonful of Damask Rosewater, so let them stand close stooped all night, then take one ounce and a quarter of Benjamin finely beaten, and also searsed, (if you will) twenty grains of Civit, and ten grains of Musk; mingle them well together, then make it up in little Cakes between Rose leaves, and dry them between sheets of Paper.

To make a very good Pomatum.

TAKE the fat of a young Dog one pound, it must be killed well, that the blood

To make Conserve of Roses boiled.

TAKE a quart of red Rose-water, a quart of fair water, boil in the Water a pound of red Rose-leaves, the whites cut off, the leaves must be boiled very tender; then take three pound of Sugar, and put to it a pound at a time, and let it boil a little between every pound, so put it up in your pots.

To make Conserves of Roses unboiled.

TAKE a pound of red Rose-leaves, the whites cut off, stamp them very fine, take a pound of Sugar, and beat in with the Roses, and put it in a pot, and cover it with leather, and set it in a cool place.

To make a very good Pomatum.

TAKE the Fat of a young Dog one pound, it must be killed well that the blood

blood settle not into the fat, then let the outer skin be taken off before it be opened, lest any of the hair come to the fat, then take all the fat from the inside, and as soon as you take it off sling it into Conduit water; and if you see the second skin be clear, peel it and water it with the other: be sure it cools not out of the water: you must not let any of the flesh remain on it, for then the Pomatum will not keep. To one pound of this fat take two pound of Lambs caule, and put it to the other in the water and when you see it is cold, drain it from the water in a Napkin, and break it in little peices with your fingers, and take out all the little veins; then take eight ounces of Oyl of Tartar, and put in that first, stirring it well together, then put it into a Gallon of Conduit water, and let it stand till night; shift this with so much Oyl and Water, morning and evening seven dayes together, and be sure you shift it constantly; and the day before you mean to melt it wring it hard by a little at a time, and be sure the Oyl and water be all out of it, wring the water well out of it with a Napkin every time you shift it; then
put

put in three pints of Rose-water; let it stand close covered twelve hours, then wring out that, and put it in a pint of fresh Rose-water into a high Gallipot with the *Fæces*; then tie it close up, and set it in a pot of water, and let it boil two hours then take it out, and strain it into an earthen Pan, let it stand till it be cold; then cut a hole in it, and let out the water, then scrape away the bottom, and dry it with a cloth, and dry the pan; melt it in a Chafing-dish of Coales, or in the Gallipots; beat it so long till it look very white and shining; then with your hand fling it in fine Cakes upon white paper, and let it lye till it be cold, then put it into Gallipots. This will be very good for two or three years.

To make Rasin Wine.

TAKE two pound of Raisins of the Sun shred, a pound of good powdered Sugar, the juice of two Lemons, one pill, put these into an earthen Pot with a top, then take two gallons of water, let it boil half an hour, then take it hot from the fire, and put it into the pot, and
cover

cover it close for three or four dayes, stirring it twice a day, being strained put it into bottles, and stop it more close, in a fortnight or three weeks it may be drunk; you may put in Clove Gilly flowers, or Cowslips, as the time of the year is when you make it; and when you have drawn this from the Raisins, and bottled it up, heat two quarts of water more, put it to the ingredients, and let it stand as aforesaid. This will be good, but smaller than the other, the water must be boiled as the other.

To make Raspberry Wine.

TAKE a Gallon of good Rhenish Wine, put into it as much Raspberries very ripe as will make it strong, put it in an earthen pot, and let it stand two dayes, then pour your Wine from your Raspberries, and put into every bottle two ounces of Sugar, stop it up and keep it by you.

The best way to preserve Cherries.

TAKE the best Cherries you can get, and cut the stalks something short, then for
every

every pound of these Cherries take two pound of other Cherries, and put them of their stalks and stones, put to them ten spoonfulls of fair water, and then set them on the fire to boil very fast till you see that the colour of the syrup be like pale Claret wine, then take it off the fire, and drain them from the Cherries into a Pan to preserve in. Take to every pound of Cherries a quarter of Sugar, of which take half, and dissolve it with the Cherry water drained from the Cherries, and keep them boiling very fast till they will gelly in a spoon, and as you see the syrup thin, take off the Sugar that you kept finely beaten, and put it to the Cherries in the boiling, the faster they boil, the better they will be preserved, and let them stand in a Pan till they be almost cold.

A Tincture of Ambergreece.

TAKE Ambergreece one ounce, Musk two drams, spirit of Wine half a pint, or as much as will cover the ingredients two or three fingers breadth, put all into a glass, stop it close with a Cork and Bladder; set it in Horse dung ten or twelve

twelve days, then pour off gently the Spirit of Wine, and keep it in a Glass close stoppt, then put more spirit of Wine on the Ambergreece, and do as before, then pour it off, after all this the Ambergreece will serve for ordinary uses. A drop of this will perfume any thing, and in Cordials it is very good.

To make Usquebath the best way.

TAKE two quarts of the best *Aqua vitæ*, four ounces of scraped liquorish, and half a pound of sliced Raisins of the Sun, Anniseeds four ounces, Dates and Figs, of each half a pound, sliced Nutmeg, Cinnamon, Ginger, of each half an ounce, put these to the *Aqua vitæ*, stop it very close, and set it in a cold place ten dayes, stirring it twice a day with a stick, then strain and sweeten it with Sugarcandy; after it is strained, let it stand till it be clear, then put into the glass Musk and Ambergreece; two grains is sufficient for this quantity.

To preserve Cherries with a quarter of their weights in Sugar.

TAKE four pound of Cherries, one
B pound

pound of Sugar, beat your Sugar and strew a little in the bottom of your skillett, then pull off the stalk and stones of your Cherries, and cut them cross the bottom with a knife; let the juyce of the Cherries run upon the Sugar; for there must be no other liquor but the juyce of the Cherries; cover your Cherries over with one half of your Sugar, boil them very quick, when they are half boiled, put in the remainder of your sugar, when they are almost enough, put in the rest of the sugar; you must let them boil till they part in sunder like Marmalade, stirring them continually; so put them up hot into your Marmalade glasses.

To make Gelly of Pippins.

TAKE Pippins, and pare them, and quarter them, and put as much water to them as will cover them, and let them boil till all the vertue of the Pippins are out; then strain them, and take to a pint of that liquor a pound of Sugar, and cut long threads of Orange peels, and boil in it, then take a Lemon, and pare and slice it
very

very thin, and boil it in your liquor a little thin, take them out, and lay them in the bottom of your glass, and when it is boiled to a gelly, pour it on the Lemons in the glass. You must boil the Oranges in two or three waters before you boil it in the gelly.

To make Apricock Cakes.

TAKE the fairest Apricocks you can get, and parboil them very tender, then take off the Pulp and their weight of Sugar, and boil the Sugar and Apricocks together very fast, stir them ever lest they burn to, and when you can see the bottom of the Skillet it is enough; then put them into Cards sowed round, and dust them with fine Sugar, and when they are cold stone them, then turn them, and fill them up with some more of the same stuff; but you must let them stand for three or four dayes before you turn them off the first place; and when you find they begin to candy, take them out of the Cards, dust them with Sugar again; so do ever when you turn them.

To preserve Barberries the best way.

First stone them and weigh them, half a pound of sugar to half a pound of them, then pair them and slice them into that liquor, take the weight of it in sugar; then take as many Rasberries as will colour it, and strain them into the liquor, then put in the sugar, boil it as fast as you can, then skim it till it be very clear, then put in your Barberries, and that sugar you weighed, and so let them boil till the skin be fully risen up, then take them off, and skin them very clean, and put them up.

To make Lozenges of Red Roses.

Boil your sugar to sugar again, then put in your Red Roses being finely beaten and made moist with the juyce of a Lemmon, let it not boil after the Roses are in but pour it upon a Pyeplate, and cut it into what form you please.

To make Chips of Quinces.

FIRST scald them very well, then slice them into a Dish, and pour a Candy Syrup to them scalding hot, and let them stand all night, then lay them on plates, and searse sugar on them, and turn them every day, and scrape more sugar on them till they be dry. If you would have them look clear, heat them in syrup, but not to boil.

To make Sugar of Wormwood, Mint, Anni-seed, or any other of that kinde.

TAKE double refined Sugar, and do but wet it in fair water, or Rose-water and boil it to a Candy, when it is almost boiled take it off, and stir it till it be cold; then drop in three or four drops of the Oyls of whatsoever you will make, and stir it well; then drop it on a board, being before fitted with Sugar.

To make Syrup of Lemons or Citrons.

PARE off all the rindes, then slice your Lemmons very thin, and lay a lare of
B 3 sugar

Sugar finely beaten, and a lare of Lemons in a silver Bason till you have filled it, or as much as you mean to make, & so let it stand all night ; the next day pour off the liquor that runs from it into a glass through a Tiffany strainer. Be sure you put sugar enough to them at the first, and it will keep a year good, if it be set up well.

To make Jamals of Apricocks or Quinces.

TAKE Apricocks or Quinces, and quoddle them tender, then take their Pulp and dry it in a dish over a Chafing-dish of coals, and set it in a Stove for a day or two; then beat it in a stone Morter, putting in as much Sugar as will make a stiff paste ; then colour it with Saunders, Cochinele or blew Starch, and make it up in what colour you please, rowl them with battle-doors into long pieces, and tye them up in knots, and so dry them.

To make Cherry-water.

TAKE nine pound of Cherries, pull out the stones and stalks, break them with
your

you hand, and put them into nine pints of Claret Wine, take nine ounces of Cinnamon, and three Nutmegs, bruise them, and put them into this, then take of Rosemary and Balm, of each half a handful, of sweet Marjoram a quarter of a handful; put all these with the asorenamed into an earthen pot well leaded; so let them stand to infuse twenty four hours; so distil it in a Limbeck, keeping the strongest water by it self, put some sugar finely beaten into your glasses. If your first water be too strong, put some of the second to it as you use it. If you please you may tye some Musk and Ambergreefe, in a rag, and hang it by a thread in your glass.

To make Orange Cakes.

TAKE Oranges and pare them as thin as you can, then take out the meats clean, and put them in water; let them lye about an hour, shift the water, and boil them very tender in three or four waters, then put them up, and dry them on a cloath: mince them as small as you can, then put them into a dish, and squeeze all the juyce of the meat into them, and

let them stand till the next day, take to every pound of these a pound and a quarter of double refined Sugar. Boil it with a spoonful of water at the bottom to keep it from burning till it be Sugar again; then put in your Oranges and let them stand and dry on the fire, but not boil; then put them on glass plates, and put them in a stove, the next day make them into Cakes, and so fry them as fast as you can.

To preserve Oranges the French way.

TAKE twelve of the fairest Oranges and best coloured, and if you can get them with smooth skins they are the better, and lay them in Conduit water, six dayes and nights, shifting them into fresh water morning and evening; then boil them very tender, and with a knife pare them very thin, rub them with salt, when you have so done, core them with a coring Iron, taking out the meat and seeds; then rub them with a dry cloth till they be clean, add to every pound of Oranges a pound and half of Sugar, and to a pound of sugar a pint of water; then mingle your sugar and water well together in a large skillet or pan; beat the whites of three Eggs,

Eggs and put that into it, then set it on the fire, and let it boil till it rises; and strain it through a Napkin; then set it on the fire again, and let it boil till the Syrup be thick, then put in your Oranges, and make them seethe as fast as you can, now and then putting in a piece of fine loaf Sugar the bigness of a Walnut, when they have boiled near an hour, put into them a pint of Apple water; then boil them apace, and add half a pint of white Wine, this should be put in before the Apple-water, when your Oranges are very clear, & your Syrup is so thick that it will gelly, (which you may know by setting some to cool in a spoon) when they are ready to be taken off from the fire; then put in the juyce of eight Lemons warm into them, then put them into an earthen pan, and so let them stand till they be cold, then put every Orange in a several glass or pot; if you do but six Oranges at a time it is the better.

To preserve green Plums.

THe greatest Wheaten Plum is the best, which will be ripe in the midst of

July, gather them about that time, or latter, as they grow in bigness, but you must not suffer them to turn yellow, for then they never be of good colour; being gathered, lay them in water for the space of twelve hours, and when you gather them, wipe them with a clean linnen cloth, and cut off a little of the stalks of every one, then set two skillets of water on the fire, and when one is scalding hot put in your Plums, and take them from the fire, and cover them, and let them rest for the space of a quarter of an hour; then take them up, and when your other skillet of water doth boil, put them into it; let them but stay in it a very little while, and so let the other skillet of water, wherein they were first boiled, be set to the fire again, and make it to boil, and put in your Plums as before, and then you shall see them rivet over, and yet your Plums very whole; then while they be hot, you must with your knife scrape away the riveting; then take to every pound of Plums a pound and two ounces of Sugar finely beaten, then set a pan with a little fair water on the fire, and when it boils, put in your Plums, and let them settle half a quarter of an hour till you see the colour wax green, then set them

them off the fire a quarter of an hour, and take a handful of Sugar that is weighed, and strow it in the bottom of the pan wherein you will preserve, and so put in your Plums one by one, drawing the liquor from them, and cast the rest of your Sugar on them; then set the pan on a moderate fire, letting them boil continually but very softly, and in three quarters of an hour they will be ready, as you may perceive by the greenness of your Plums, and thickness of your syrup, which if they be boiled enough, will gelly when it is cold; then take up your Plums, and put them into a Gallipot, but boil your Syrup a little longer, then strain it into some vessel, and being blood-warm, pour it upon your plums, but stop not the pot before they be cold. Note also you must preserve them in such a pan, as they may lye one by another, and turn of themselves; and when they have been five or six days in the syrup, that the syrup grow thin, you may boil it again with a little Sugar, but put it not to your Plums till they be cold. They must have three scaldings, and one boiling.

To dry Plums.

TAKE three quarters of a pound of Sugar to a pound of black Pear-plums, or Damfins, slit the Plums in the crest, lay a lay of Sugar with a lay of Plums, and let them stand all night; if you stone the Plums, fill up the place with sugar, then boil them gently till they be very tender, without breaking the skins, take them into an earthen or silver dish, and boil your syrup afterwards for a gelly, then pour it on your Plums scalding hot, and let them stand two or three dayes, then let them be put to the Oven after you draw your bread, so often untill your syrup be dryed up, and when you think they are almost dry, lay them in a sieve, and pour some scalding water on them, which will run through the sieve, and set them in an Oven afterwards to dry.

To preserve Cherries the best way, bigger than they grow naturally, &c.

TAKE a pound of the smallest Cherries, and boil them tender in a pint of fair water,

water, then strain the liquor from the substance, then take two pound of good Cherries, and put them into a preserving-pan with a lay of Cherries, and a lay of sugar: then pour the syrup of the other Cherries about them, and so let them boil as fast as you can with a quick fire, that the syrup may boil over them, and when your syrup is thick and of good colour, then take them up, and let them stand a cooling by partitions one from another, and being cold you may pot them up.

To preserve Damfins, red Plums or black.

TAKE your Plums newly gathered, and take a little more sugar than they do weigh, then put to it as much water as will cover them; then boil your fyrup a little while, and so let it cool, then put in your Damfins or Plums, then boil them leasurely in a pot of seething water till they be tender, then being almost cold pot them up.

To dry Pippins or Pears.

TAKE your Pippins, Pears, Apricocks,
pare

pare them, and lay them in a broad earthen pan one by one, and so rowl them in searfed Sugar as you flower fried fish; put them in an Oven as hot as for manchet, and so take them out, and turn them as long as the Oven is hot; when the Oven is of a drying heat, lay them upon a Paper, and dry them on the bottom of a Sieve; so you may do the least Plum that is.

To dry Pippins or Pears another way.

TAKE Pippins or Pears, and lay them in an earthen Pan one by one, and when they be baked plump and not broken, then take them out, and lay them upon a Paper, then lay them on a Sieves bottom, and dry them as you did before.

To dry Apricocks tender.

Take the ripest of the Apricoks, pare them, put them into a silver or earthen skillet, and to a pound of Apricocks put three quarters of a pound of Sugar, set your Apricocks over your fire; stirring them till they come to a pulp, and set
the

the Sugar in another skillet by boiling it up to a good height, then take all the Apricocks, and stir them round till they be well mingled, then let it stand till it be something cold and thick, then put it into cards, being cut of the fashion of an Apricock, and laid upon glass plates; fill the Cards half full, then set them in your stove, but when you find they are so dry that they are ready to turn, then provide as much of your pulp as you had before, and so put to every one a stove, when they are turned, (which you must have laid before) & pour the rest of the Pulp upon them, so set them into your stove, turning them till they be dry.

To dry Plums.

TAKE a pound of Sugar to a pound of Plums, pare them, scald your Plums, then lay your Plums upon a sieve till the water be drained from them, boil your Sugar to a Candy height, and then put your Plums in whilst your syrup is hot, so warm them every morning for a week, then take them out, and put them into your stove and dry them.

To dry Apricocks.

TAKE your Apricocks, pare and stone them, then weigh half a pound of sugar to a pound of Apricocks, then take half that sugar, and make a thin syrup, and when it boileth, put in the Apricocks; then scald them in that syrup; then take them off the fire, and let them stand all night in that syrup, in the morning take them out of that syrup, and make another syrup with the other half of the sugar, then put them in, and preserve them till they look clear; but be sure you do not do them so much as those you keep preserved without drying; then take them out of that syrup, and lay them on a piece of Plate till they be cold; then take a skillet of fair water, and when the water boils take your Apricocks one after another in a spoon, and dip them in the water first on one side, and then on the other; not letting them go out of the spoon: you must do it very quick, then put them on a piece of plate, and dry them in a Stove, turning them every day; you must be sure that your Stove or Cup-board

board where you dry them, the heat of it be renewed three times a day with a temperate drying heat untill they be something dry, then afterwards turn once as you see cause.

Conserves of Violets the Italian manner.

TAKE the leaves of blue Violets separated from their stalks and greens, beat them very well in a stone Mortar, with twice their weight of Sugar, and reserve them for your use in a glass vessel.

The Vertue.

The heat of Choller it doth mitigate extinguisheth thirst, asswageth the belly, and helpeth the Throat of hot hurts, sharp droppings and driness, and procureth rest: It will keep one year.

Conserves of red Roses the Italian manner.

TAKE fresh red Roses not quite ripe, beat them in a stone Mortar, mix them with double their weight of Sugar, and put them in a glass close stopped, being not full, let them remain before you use them three months, stirring of them once a day.

The

The Vertues.

The Stomach, Heart, and Bowels it cooleth, and hindreth vapours, the spitting of blood and corruption for the most part (being cold) it helpeth. It will keep many years.

Conserve of Borage Flowers after the Italian manner.

TAKE fresh Borage flowers cleansed well from their heads four ounces, fine sugar twelve ounces, beat them well together in a stone Mortar, and keep them in a vessel well placed.

The vertues are the same with Bugloss flowers.

Conserve of Rosemary flowers after the Italian manner.

TAKE new Rosemary Flowers one pound, of white sugar one pound; so beat them together in a Marble Mortar with a wooden Pestle, keep it in a galli-pot, or vessel of earth well glassed, or in one of hard stone. It may be preserved for one year or two.

The Vertues.

It comforteth the heart, the stomach, the brain, and all the nervous part of the Body.

Conserve of Betony after the Italian way.

BETony new and tender one pound, the best sugar three pound, beat them very small in a stone Mortar, let the sugar be boiled with two pound of Betony-water to the consistence of a syrup, at length mix them together by little and little over a small fire, and make a Conserve, which keep in a glass.

The Vertues.

It helpeth the cold pains of the head, purgeth the stomach and womb: it helpeth stoniness of the Reins, and furthereth Conception.

Conserve of Sage.

TAKE new flowers of Sage one pound, sugar one pound; so beat them together very small in a Marble Mortar, put them in a vessel well glassed and
stopped,

steeped, set them in the Sun, stir them daily; it will last one year.

The Vertues.

It is good in all cold hurts of the brain, it refresheth the Stomach, it openeth obstructions and takes away superfluous and hurtfull humours from the stomach.

Conserve of flowers of Lavender.

TAKE the flowers being new, so many as you please, and beat them with three times their weight of white Sugar, after the same manner as Rosemary flowers; they will keep one year.

The Vertues.

The Brain, the Stomach, Liver, Spleen, and Womb it maketh warm, and is good in the Suffocation of the Womb, hardness of the spleen and for the Apoplexy.

Conserve of Marjoram.

THE Conserve is prepared as Betony, it keepeth a year.

The Vertues.

It is good against the coldness, moistness

ness of the Brain, and Stomach, and it
strengtheneth the Vital spirits,

Conserve of Peony after the Italian way.

IN the Spring take of the Flowers fresh
half a pound, Sugar one pound, beat
them together in a good stone Mortar, then
put them in a glass, and set them in the
sun for three months, stirring them daily
with a wooden Spathula.

The Vertues.

It is good against the Falling-sickness,
and giddiness in the head, it cleanseth the
Reins and Bladder.



Touching Candies, as
followeth.

To Candy Rosemary-flowers in the Sun.

TAKE Gum-Dragon, and steep it in
Rose-water, then take the Rose-
mary,

mary flowers, good coloured, and well pickt, and wet them in the water that your Gum dragon is steeped in, then take them out, and lay them upon a paper, and strew fine Sugar over them; this do in the hot sun, turning them, and strewing Sugar on them, till they are candied, and so keep them for your use.

To make Sugar of Roses.

TAKE the deepest coloured red Roses, pick them, cut off the white bottoms, and dry your red leaves in an Oven, till they be as dry as possible, then beat them to powder and searse them, then take half a pound of Sugar beaten fine, put it into your pan with as much fair water as will wet it; then set it in a chaffing-dish of coals, and let it boil till it be sugar again, then put as much powder of Roses as will make it look very red stir them well together, and when it is almost cold, put it into pails, and when it is thoroughly cold, take them off, and put them in boxes.

*To Candy Pippins, Pears, Apricocks
or Plums.*

TAKE of these fruits being pared, and strew sugar upon them, as you do flower upon frying fish; then lay them on a board in a Pewter dish, so put them into an Oven as hot as for Manchet; as the liquor comes from them, pour forth, turn them, and strew more Sugar on them, and sprinkle Rosewater on them, thus turning and sugaring of them three or four times, till they be almost dry, then lay them on a Lettice Wire, or one the bottom of a sieve in a warm Oven, after the bread is drawn out, till they be full dry: so you may keep them all the year.

To Candy or clear Rockandy flowers.

TAKE spices, and boil them in a syrup of Sugar, then put in the flowers, boil them till they be stiff, when you spread them on a Paper, lay them on round Wires in an earthen pan, then take as much hard Sugar as will fill your pan, and as much water as will melt the sugar,

gar, that is half a pint to every pound ; then beat a dozen spoonfuls of fair water, and the white of an Egg in a bason, with a birchen rod till it come to a Froth, when your sugar is melted and boiled, put the froth of the Egg in the hot syrup, and as it riseth , drop in a little cold water ; so let it boil a little while, then scum it, then boil it to a Candy height, that is, when you may draw it in small threads between your finger and your thumb : then pour forth all your syrup that will run from it in your pan, then set it a drying one hour or two, which done pick up the wiers, and take off the flowers, and lay them on papers, and so dry them.

To Candy Spanish Flowers.

TAKE the Blossoms of divers sorts of flowers, and make a syrup of water and sugar, and boil it very thick, then put in your Blossoms, and stir them in their boiling, till it turn to sugar again, then stir them with the back of a spoon, till the Sugar fall from it ; so may you keep them for Sallets all the year.

To Candy Grapes, Cherries or Barberries.

TAKE of these fruits, and strew fine sifted sugar on them, as you do flower on frying fish, lay them on a lattice of wiew in a deep earthen pan, and put them into an Oven as hot as for Manchet; then take them out, and turn them and sugar them again, and sprinkle a little Rose-water on them, pour the syrup forth as it comes from them, thus turning and sugaring them till they be almost dry, then take them out of the earthen pan, and lay them on a lattice of wire, upon two billets of wood in a warm Oven, after the bread is drawn, till they be dry and well candied.

To Candy Suckets of Oranges, Lemons, Citrons, and Angelica.

TAKE, and boil them in fair water tender, and shift them in three boilings, six or seven times, to take away their bitternefs, then put them into as much Sugar as will cover them, and so let them boil a walm or two, then take them out, and dry them in a warm Oven

as hot as Manchet, and being dry boil the Sugar to a Candy height, and so cast your Oranges into the hot Sugar, and take them out again suddenly, and then lay them upon a lattice of Wyer or the bottom of a Sieve in a warm Oven after the bread is drawn, still warming the Oven till it be dry, and they will be well candied.

To Candy the Orange Roots.

TAKE the Orange Roots being well and tenderly boiled, petch them and peel them, and wash them out of two or three waters; then dry them well with a fair cloth; then pot them together two or three in a knot, then put them into as much clarified Sugar as will cover them, and so let them boil leisurely, turning them well until you see the Sugar drunk up into the Root; then shake them in the Bason to sunder the knits; and when they wax dry, take them up suddenly, and lay them on sheets of white Paper, and so dry them before the fire an hour or two, and they will be candied.

Candy Orange Peels after the Italian way.

TAKE Orange Peels so often steeped in cold water, as you think convenient for their bitterness, then dry them gently, and candy them with some convenient syrup made with Sugar; some that are more grown, take away that spongius white under the yellow peels, others do both together.

The Vertues.

They corroborate the Stomach and Heart.

To Candy Citrons after the Spanish way.

TAKE Citron Peels so large as you please the inner part being taken away, let them be steeped in a clear lye of water and ashes for nine dayes, and shift them the fifth day, afterward wash them in fair water, till the bitterness be taken away, and that they grow sweet, then let them be boiled in fair water till they grow soft, the watry part being taken away, let them be steeped in a vessel of stone twenty four hours, with a Julip, made of white Sugar

and three parts water; after let them be boiled upon a gentle fire, to candiness of Penidies or Paste; being taken out of that, let them be put into a glass vessel, one by one, with the julip of Roses made somewhat hard or with sugar; some do add Amber and Musk to them.

The Vertues.

It comforteth the Stomach and Heart, it helpeth concoction.

Candied Cherries, the Italian way.

TAKE Cherries before they are full ripe, the stones taken out, put clarified sugar boiled to a height, then pour it on them.

Chicory Roots candied the Italian way.

TAKE Chicory new and green, the outward Bark being taken away, then before they be candied, let them be cut in several parts, and gently boiled, that no bitterness may remain, then set them in the air placed severally, and put sugar to them boiled to a height.

Touch-



Touching Marmalets, and Quiddony, as followeth.

To make Marmalet of Damfins.

TAKE two quarts of Damfins that be through ripe, and pare off the skin of three pints of them, then put them into an earthen Pipkin, those with the skins undermost; then set the Pipkin into a pot of seething water, and let the water seethe apace untill the Damfins be tender. Cover the Pipkin close, that no water gets into them, and when they are tender, put them out into an earthen pan, and take out all the stones and skins, and weigh them, and take the weight with hard sugar, then break the sugar fine, and put it into the Damfins, then set it on the fire, and make it boil apace till it will come

from the bottome of the skillet, then take it up, and put it into a glasse but scum it clear in the boiling.

To make white Marmalet of Quinces.

TAKE unpared Quinces, and boil them whole in fair water, peel them and take all the pap from the core, to every pound thereof add three quarters of a pound of Sugar, boil it well till it comes well from the pans bottom, then put it into boxes.

To make Marmalet of any tender Plum.

TAKE your Plums, & boil them between two dishes on a Chafing dish of coals, then strain it, and take as much Sugar as the Pulp doth weigh, and put to it as much Rose-water, and fair water as will melt it, that is, half a pint of water to a pound of Sugar, and so boil it to a Candy height, then put the pulp into hot sugar, with the pap of a roasted apple. In like manner you must put roasted apples to make Past Royal of it, or else it will be tough in the drying.

To make Orange Marmalet.

TAKE Oranges, pare them as thin as you can; boil them in four several waters, let them be very soft before you take them out, then take two quarts of Spring-water, put thereto twenty Pippins pared, quartered, and coared, let them boil till all the vertue be out, take heed they do not lose the colour; then strain them, put to every pint of water a pound of sugar, boil it almost to a Candy-height, then take out all the meat out of the Oranges, slice the peel in long slits as thin as you can, then put in your peel with the juyce of two Lemmons, and one half Orange, then boil it to a Candy.

*To make Quiddony of Pippins of Ruby,
or any Amber colour.*

TAKE Pippins, and cut them in quarters, and pare them, and boil them with as much fair water as will cover them, till they be tender, and sunk into the water, then strain all the liquor from the Pulp, then take a pint of that liquor, and half a

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pound

pound of Sugar, and boil it till it be a quaking gelly on the back of a spoon ; so then pour it on your moulds, being taken out of fair water ; then being cold turn them on a wet trencher, and so slide them into the boxes, and if you would have it ruddy colour, then boil it leasurely close covered, till it be as red as Claret Wine, so may you conceive, the difference is in the boiling of it ; remember to boil your Quinces in Apple-water as you do your Plums.

To make Quiddony of all kind of Plums.

TAKE your Apple-water, and boil the Plums in it till it be red as Claret Wine, and when you have made it strong of the Plums , put to every pint half a pound of Sugar, and so boil it till a drop of it hang on the back of a spoon like a quaking gelly. If you will have it of an Amber colour, then boil it with a quick fire, that is all the difference of the colouring of it.

*To make Marmalet of Oranges, or
Orange Cakes, &c.*

TAKE the yellowest and fairest Oranges, and water them three days, shifting the water twice a day, pare them as thin as you possible can, boil them in a water changed five or six times, until the bitterness of the Orange be boiled out; those that you preserve must be cut in halves, but those for Marmalet must be boiled whole, let them be very tender, and slice them very thin on a Trencher, taking out the seeds and long strings, and with a Knife make it as fine as the Pap of an Apple; then weigh your Pap of Oranges, and to a pound of it, take a pound and a half of sugar; then you must have Pippins boiled ready in a skillet of fair water, and take the pap of them made fine on a Trencher, and the strings taken out, (but take not half so much Pippins as Oranges) then take the weight of it in sugar, and mix it both together in a Silver or Earthen Dish; and set it on the coals to dry the water out of it, (as you

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do

do with Quince Marmalet) when your sugar is Candy height, put in your stuff, and boil it till you think it stiff enough, stirring it continually : if you please you may put a little Musk in it.



Touching Pastrey and Pasties.

To make Sugar Cakes.

TAKE three pound of the finest Wheat Flower, one pound of fine Sugar, Cloves, and Mace of each one ounce finely searsed, two pound of butter, a little Rose-water, knead and mould this very well together, melt your butter as you put it in; then mould it with your hand forth upon a board, cut them round with a glass, then lay them on papers, and set them in an Oven, be sure your Oven be not too hot, so

so let them stand till they be coloured enough.

To make clear Cakes of Plums.

TAKE Plums of any sorts, Raspis are the best, put them in a stone Jug, into a pot of seething water, and when they are dissolved, strain them together through a fair cloth, and take to a pint of that a pound of sugar, put to as much color as will melt it, and boil to a Candy height; boil the liquor likewise in another Posnet, then put them seething hot together, and so boil a little while stirring them together, then put them into glasses, and set them in an Oven or Stove in a drying heat, let them stand so two or three weeks, and never be cold, removing them from one warm place to another, they will turn in a week; beware you set them not too hot, for they will be tough; so every day turn them till they be dry; they will be very clear.

To make Paste of Oranges and Lemons.

TAKE your Oranges well coloured, boil them tender in water, changing them
fix

six or seven times in the boiling, put into the first water one handful of Salt, and then beat them in a wooden bowl with a wooden Pestle, and then strain them through a piece of Cushion Canvas, then take somewhat more than the weight of them in Sugar, then boil it, dry and fashion it as you please.

To make Raspberry Cakes.

TAKE Raspberries, and put them into a Gallipot, cover them close, and set them into a skillet of water, and let them boil till they are all to mash, then rub them through a strainer of Cushion Canvas, put the liquor into a silver bason, and set it upon a very quick fire; and put into it one handful or two of whole Raspberries, according to the quantity of your liquor; and as you shall like to have seeds in your paste: Thus let it boyl very fast till it be thick; and continually stir, lest it burn; then take two silver dishes that are of a weight, and put them into your scales, in the one put the Raspis stufte, and in the other double refined Sugar finely beaten,

beaten, as much as the weight of Raspis stuff; then put as much water to the sugar as will melt it, set it upon the fire, and let it boil till it be very high candied, then take it from the fire, and put your Raspis stuff into it; and when your Sugar and Rasberries are very well mixt together, and the sugar well melted from about the dish, (which if it will not do from the fire, set it on again) but let it not boil in any case; when it is pretty cool, lay it by spoonfuls in places, and put it into your stuff, keeping temperate fire to it twice a day till it be candied that will turn them, joyn two of the pieces together, to make the cakes the thicker.

To make Paste of Genoa Citrons.

TAKE Citrons, & boil them in their skins, then scrape all the pulp from the core, strain it through a piece of Cushion Canvas, take twice the weight of the pulp in Sugar, put to it twice as much water as will melt it that is half a pint to every pound of Sugar, boil it to a Candy height; dry the Pulp upon a Chafing-dish of Coales, then put
the

the syrup and the Pulp hot together, boil it with stirring until it will lye upon a Pye-plate, set it in a warm stone Oven upon two billets of wood, from the heat of the Oven, all one night, in the morning turn it, and set it in the like heat again, so turn it every day till it be dry.

To make a French Tart.

TAKE a quarter of Almonds or thereabouts, and peel them, then beat them in a mortar, take the white of the breast of a cold Capon, and take so much Lard as twice the quantity of the Capon, and so much Butter, or rather more, and half a Marrow-bone, and if the bone be little then all the Marrow, with the juyce of one Lemon; beat them all together in a Mortar very well, then put in one half pound of loaf sugar grated, then take a good piece of Citron, cut it in small pieces, and half a quarter of Pistanius, mingle all these together, take some flour, and the yolks of two or three Eggs, and some sweet Butter, and work it with cold water.

To make Cakes of Pear Plums.

TAKE a pound of the clear, or the Pulp, a pound of Sugar, and boil it to a Sugar again, then break it as small as you can, and put in the clear, when your Sugar is melted in it, and almost cold, put it in glass plates, and set them into your stove as fast as you can, with coals under them, and so twice a day whilst they be dry enough to cut; if you make them of the clear, you must make paste of Apples to lay upon them, you must scald them, and beat them very well, and so use them as you do your Plums, and then you may put them into what fashion you please.

To make Cakes, viz.

TAKE a pound of Sugar finely beaten, four yolks of Eggs, two whites, one half pound of Butter washt in Rose-water, six spoonfuls of sweet Cream warmed, one pound of Currans well pickt, as much flower as will make it up, mingle them well together, make them into Cakes, bake them in an Oven; almost

most as hot as for Manchet, half an hour will bake them.

To make a Cake the way of the Royal Princess, the Lady Elizabeth, daughter to King Charles the first.

TAKE half a peck of Flower, half a pint of Rose-water, a pint of Ale-yeast, a pint of Cream, boil it, a pound and an half of Butter, six Eggs, (leave out the whites) four pound of Currans, one half pound of Sugar, one Nutmeg, and a little Salt, work it very well, and let it stand half an hour by the fire, and then work it again, and then make it up, and let it stand an hour and a half, in the Oven; let not your Oven be too hot.

To make Paste of Apricocks.

TAKE your Apricock, & pare them, and stone them, then boil them tender betwixt two dishes on a Chafing-dish of coals; then being cold, lay it forth on a white sheet of paper; then take as much sugar as it doth weigh, & boil it to a candy height, with
as

as much Rose-water and fair water as will melt the sugar ; then put the pulp into the Sugar, and so let it boil till it be as thick as for Marmalet, now and then stirring of it ; then fashion it upon a Pye-plate like to half Apricocks, and the next day close the half Apricocks to the other, and when they are dry, they will be as cleer as Amber, and eat much better than Apricocks it self.

*To make Paste of Pippins like leaves, and
some like Plums, with their stones,
and Stalks in them.*

TAKE Pippins pared and coared, and cut in pieces, and boiled tender, so strain them, and take as much Sugar as the Pulp doth weigh, and boil it to a Candy height with as much Rose-water and fair water as will melt it, then put the pulp into the hot sugar, and let it boil until it be as thick as Marmalet ; then fashion it on a Pye-plate, like Oaken leaves, and some like half Plums, the next day close the half Plums together ; and if you please you may put the stones and stalks in them, and dry them in an Oven, and if you will have them

them look green, make the paste when Pippins are green; and if you would have them look red, put a little Conserves of Barberries in the Paste, and if you will keep any of it all the year, you must make it as thin as Tart stuff, and put it into Gallipots.

To make Paste of Elecampane roots, an excellent remedy for the Cough of the Lungs.

TAKE the youngest Elecampane roots, and boil them reasonably tender; then pith them and peel them; and so beat it in a Mortar, then take twice as much sugar as the Pulp doth weigh, and so boil it to a Candy height, with as much Rose-water as will melt it; then put the pulp into the Sugar with the pap of a roasted-apple, then let it boil till it be thick, then drop it on a Pye-plate, and so dry it in an Oven till it be dry.

To make Paste of flowers of the colour of Marble, tasting of natural flowers.

TAKE every sort of pleasing Flowers, as Violets, Cowslips, Gilly-flowers, Roses or Marigolds, and beat them in

a Mortar, each flower by it self with sugar, till the sugar become the colour of the flower, then put a litle Gum Dragon steep in water into it, and beat it into a perfect paste; and when you have half a dozen colours, every flower will take of his nature, then rowl the paste therein, and lay one piece upon another, in mingling sort, so rowl your Paste in small rowls, as big and as long as your finger, then cut it off the bigness of a small Nut, overthwart, and so rowl them thin, that you may see a knife through them, so dry them before the fire till they be dry.

To make Paste of Rasberries or English Currans.

TAKE any of the Frails, and boil them tender on a Chafing-dish of coals betwixt two dishes and strain them, with the pap of a roasted Apple; then take as much sugar as the Pulp doth weigh, and boil to a Candy height with as much Rose-water as will melt it; then put the Pulp into the hot Sugar, and let it boil leisurely till you see it is as thick as Marmaliet, then fashion it on a Pie-plate, and
put

put it into the Oven with two billets of wood, that the place touch not the bottom, and so let them dry leasurely till they be dry.

To make Naples Bisket.

TAKE of the same stuff the Mackaroons are made of, and put to it an ounce of pine-apple-seeds in a quarter of a pound of stuff, for that is all the difference between the Mackaroons and the Naples Bisket.

To make Italian Biskets.

TAKE a quarter of a pound of searsed sugar, and beat it in an Alabaster mortar with the white of an Egg, and a little Gum Dragon steeped in Rose-water, to bring it to a perfect paste, then mould it up with a little Anniseed and a grain of Musk; then make it up like Dutch-bread, and bake it on a Pie-plate in a warm Oven till they rise somewhat high and white, take them out, but handle them not till they be thoroughly dry and cold.

To make Prince Biskets.

TAKE a pound of searfed sugar, and a pound of fine flower, eight Eggs with two of the reddest yolks taken out, and so beat together one whole hour, then take you Coffins, and indoice them over with Butter very thin, then put an ounce of Anniseeds finely dusted, and when you are ready to fill your Coffins, put in the Anniseeds and so bake it in an Oven as hot as for Manchet.

To make Marchpane to Ice and Gild, and garnish it according to Art.

TAKE Almonds, and blanch them out of seething water, and beat them till they come to a fine paste in a stone Mortar, then take fine searfed sugar, and so beat it altogether till it come to a pefect paste, putting in now and then a spoonful of Rose-water, to keep it from oyling; then cover your Marchpane with a sheet of paper as big as a Charger, then cut it round by that Charger, and set an edge about it as about a Tart, then bottom it with Wafers, then bake it in an Oven, or in a Baking-pan, and,

and when it is hard and dry, take it out of the Oven, and ice it with Rosewater and Sugar, and the white of an Egg, being as thick as butter, and spread it over thin with two or three feathers; and then put it into the Oven again, and when you see it rise high and white, take it out again and garnish it with some pretty conceit, and stick some long Comfits upright in it, so gild it, then strow Biskets and Carrawayes on it. If your Marchpane be Oyly in beating, then put to it as much Rose-water as will make it almost as thin as to ice.

Lozenges.

TAKE Blossoms of Flowers, and beat them in a bowl-dish, and put them in as much clarified Sugar as may come to the colour of the cover, then boile them with stirring, till it is come to Sugar again; then beat it fine, and searse it, and so work it up to paste with a little Gum Dragon, steep it in Rose-water, then print it with your mould, and being dry, keep it up.

To make Walnuts artificial.

TAKE searfed Sugar, and Cinnamon, of quantity a like, work it up with a little Gum Dragon, steep it in Rose-water, and print it in a mould made like a Walnut-shell, then take white Sugar Plates, print it in a mold made like a Walnut kernel, so when they are both dry, close them up together with a little Gum Dragon betwixt, and they will dry as they lie.

To make Collops like Bacon of Marchpane.

TAKE some of your Marchpane Paste, and work it in red Saunders till it be red; then rowl a broad sheet of white Paste, and a sheet of red Paste, three of the white, and four of the red, and so one upon another in mingled sorts, every red between, then cut it overthwart, till it look like Collops of Bacon, then dry it.

To make artificial Fruits.

TAKE a Mould made of Alablaster, three yolks, and tye two pieces together, and lay

lay them in water an hour, and take as much sugar as will fill up your mold, and boil it in a *Manus Christi*, then pour it into your mould suddenly, and clap on the lid, round it about with your hand, and it will be whole and yellow, then colour it with what colour you please, half red, or half yellow, and you may yellow it with a little Saffron steep in water.



Touching Preserves and Pomanders.

To make an excellent perfume to burn between two Rose leaves.

TAKE an ounce of Juniper, an ounce of Storax, half a dozen drops of the water of Cloves, six grains of Musk, a little Gum Dragon steep in water, and beat all

all this to paste, then roll it in little pieces as big as you please, then put them betwixt two Rose-leaves, and so dry them in a dish in an Oven, and being so dried, they will will burn with a most pleasant smell.

To make Pomander.

TAKE an ounce of Benjamin, an ounce of Storax, and an ounce of Laudanum, heat a Mortar very hot, and beat all these Gums to a perfect paste; in beating of it, put in six grains of Musk, four grains of Civet; when you have beaten all this to a fine paste with you hands with Rose-water, rowl it round betwixt your hands, and make holes in the heads, and so string them while they be hot.

To make an Ipswich Water.

TAKE a pound of fine white Castle-soap shave it thin in a pint of Rosewater, and let it stand two or three days; then pour all the water from it, and put to it half a pint of freshwater; and so let it stand one whole day, then pour out that, and put half

a pint more, and let it stand a night more then put to it half an ounce of powder called sweet Marjoram, a quarter of an ounce of the powder of Winter-Savory, two or three drops of the Oyl of Spike, and the Oyl of Cloves, three grains of Musk, and as much Ambergreese; work all these together in a fair Mortar, with the powder of an Almond Cake dryed, and beaten as small as fine flour, so rowl it round in your hands in Rose-water.

To make a sweet Smell.

TAKE the Masse of a sweet Apple-tree, being gethered betwixt the two Lady-dayes, and put to it a quarter of Damask Rose-water, & dry it in a dish in an Oven; wet in drying two or three times with Rose-water, then put to it an ounce of Benjamin, an ounce of Storax Calamin-tæ: these Gums being beaten to powder, with a few leaves of Roses, then you may put what cost of Smells you will bestow, as much Civet or Ambergreese, and beat it altogether in a Pomander or a Brace-let



Touching Wine.

To make Hypocras.

TAke four Gallons of Claret Wine, eight ounces of Cinnamon, three Oranges, of Ginger, Cloves, and Nutmegs a small quantity, Sugar six pound, three sprigs of Rosemary, bruise all the spices somewhat small, and so put them into the Wine, and keep them close stopped, and often shaken together a day or two, then let it run through a gelly bag twice or thrice with a quart of new Milk.

The Lady Thornburghs Syrup of Elders.

TAke Elder-berries when they be red, bruise them in a stone Mortar, strain the juyce, and boil it to a consumption of almost half, scum it very clear, take it

off the fire whilest it is hot, put in sugar to the thickness of a syrup; put it no more on the fire, when it is cold, put it into Glasses, not filling them to the top, for it will work like Beer.

This cleanseth the stomach and spleen, and taketh away all obstructions of the Liver, by taking the quantity of a spoonful in a morning, and fasting a short time after it.

To make gelly of Raspis the best way.

TAKE the Raspis, and set them over the fire in a Posnet, and gather out the thin juyce, the bottom of the skillet being cooled with fair water, and strain it with a fine strainer, and when you have as much as you will, then weigh it with Sugar, and boil them till they come to a Gelly, which you may perceive by drawing your finger on the back of the spoon.

To dry Fox Skins.

TAKE your shee Fox Skins, nail them upon a board as strait as you can, then brush them as clean as you can, then take
Aqua

Aqua Fortis, and put into it a six pence, and still put in more as long as it will dissolve it, then wash your skin over with this water, and set it to dry in the sun; and when it is dry, wash it over with the spirits of wine; this must be done in hottest time of Summer.



Choice Secrets made known.

To make true Majistery of Pearl.

Dissolve two or three ounces of fine seed Pearl in distilled Vinegar, & when it is perfectly dissolved, and all taken up, pour the Vinegar into a clean glass Bason; then drop some few drops of Oyl of Tartar upon it, & it will cast

D 3 down

down the Pearl into fine Powder, then pour the Vinegar clean off softly, then put to the Pearl clear Conduit or Spring water; pour that off, and do so often untill the taste of the Vinegar and Tartar be clean gone, then dry the powder of Pearl upon warm embers, and keep it for your use.

How to make Hair grow.

TAKE half a pound of Aqua Mellis in the Spring time of the year, warm a little of it every Morning when you rise in a Sawcer, and tie a little sponge to a fine box comb, and dip it in the water, and therewith moisten the roots of the Hair in combing it, and it will grow long, thick, and curled in a very short time.

To write Letters of Secret, that they cannot be read without the directions following.

TAKE fine Allum, beat it small, and put a reasonable quantity of it into water, then write with the said water.

The work cannot be read, but by sleeping your paper in fair running water.

You

You may likewise write with Vinegar, or the juyce of Lemon or Onion; if you would read the same, you must hold it before the fire.

How to keep Wine from sowing.

TYe a piece of very salt Bacon on the inside of your barrel, so as it touch not the Wine, which will preserve Wine from sowing.

To take out spots of Grease or Oyl.

TAke bones of sheeps feet, burn them almost to ashes, then bruise them to powder, and put of it on the spot, and lay it in the sun when it shineth hottest, when the powder becomes black, lay on fresh in the place till it fetch out the spots, which will be done in a very short time.

To make hair grow black, though any colour.

TAke a little Aqua Fortis, put therein a groat or sixpence, as to the quantity of the aforesaid water, then set both to dissolve before the fire, then dip a

small sponge in the said water, and wet your beard or hair therewith; but touch not the skin.

King Edwards perfume.

TAke twelve spoonfuls of right red Rose-water, the weight of six pence in fine powder of Sugar, and boil it on hot Embers and Coles softly, and the house will smell as though it were full of Roses; but you must burn the sweet Cypress wood before, to take away the gross air.

Queen Elizabeths Perfume.

TAke eight spoonfuls of Compound water, the weight of two pence in fine powder of Sugar, and boil it on hot Embers and Coals, softly, and half an ounce of sweet Marjoram dried in the Sun, the weight of two pence of the powder of Benjamin. This Perfume is very sweet, and good for the time.

Mr. Ferene of the New Exchange, Perfumer to the Queen, his rare Dentifrice, so much approved of at Court.

FIRST take eight ounces of Ireos roots, also four ounces of Pomistone, and eight ounces of Cutle-bone, also eight ounces of Corral, and a pound of Brick if you desire to make them red; but he did oftener make them white, and then instead of the Brick did take a pound of fine Alabaster; all this being thoroughly beaten, and sifted through a fine sarse, the powder is then ready prepared to make up in a paste, which must be done as follows.

To make the said Powder into Paste.

TAKE a little Gum Dragant, and lay it in steep twelve hours, in Orange flower water, or Damask Rosewater, and when it is dissolved, take the sweet Gum, and grind it on a Marble stone with the aforesaid powder, and mixing some crums of white bread, it will come into a Paste, the which you may inake Dentifrices, of what shape or fashion you please, but rolls is the most commodious for your use.

The Receipt of the Lady Kents powder, presented by her Ladyship to the Queen.

TAKE white Amber, Crabs eyes, red Coral, Harts-horn and Pearl, all prepared several, of each a like proportion, tear and mingle them, then take Harts-horn gelly, that hath some Saffron put into a bag, dissolve into it while the gelly is warm, then let the gelly cool, and therewith make a paste of the powders, which being made up into little balls, you must dry gently by the fire side. Pearl is prepared by dissolving it with the juyce of Lemons, Amber prepared by beating it to powder; so also Crabs-eyes and Coral, Harts-horn prepared by burning it in the fire, and taking the shires of it especially, the pith wholly rejected.

A Cordial Water of Sir Walter Raleigh.

TAKE a gallon of Strawberries, and put them into a pint of *Aqua vitæ*, let them stand so four or five days, strain them gently out, and sweeten the water as you please with fine Sugar; or else with perfume.

The Lady Malets Cordial Water.

TAKE a pound of fine Sugar beaten and put to it a quart of running water, pour it three or four times through a bag; then put a pint of Damask Rose-water, which you must always pour still through the bag, then four penniworth of Angelica water, four pence in Clove-water, four pence of Rosa Solis, one pint of Cinnamon-water, or three pints and a half of *Aqua vitæ*, as you find it in taste; put all these together three or four times through the bag or strainer, and then take half an ounce of good Muskallis and cut them grossly, & put them into a glass, and fill them with the water, &c.

A Sovereign Water of Dr. Stephens, which he long times used, wherewith he did many Cures; he kept it secretly till a little before his death, and then he gave it to the Lord Arch-bishop of Canterbury in writing, being as followeth, viz.

TAKE a Gallon of good Gascoine Wine, and take Ginger, Gallingle, Cinamon, Nutmegs,

Nutmegs, Cloves, Grains, Anniseeds, Fenil-feed, of every of them a dram, then take Caraway-feed, of red Mints, Roses, Thime, Pellitory of the Wall, Rosemary, wild Thime, Camomil, the leaves if you cannot get the flowers, of small Lavander, of each a handful, then bray the Spices small, and bray the Herbs, and put all into the Wine, and let it stand so twelve hours, stirring divers times, then still it in a Limbeck, and keep the first water, for it is best, then put the second water by it self, for it is good, but not of such vertues, &c.

The Vertues of this water.

It comforts the Spirits Vital, and helps all inward Diseases that come of cold, it is good against the shaking of the Pallie; it cures the contraction of the Sinews, helps the conception of Women if they be Barren, it kills the Worms in the Belly and Stomach; it cures the cold Drop sic, and helps the Stone in the Bladder, and in the Reins of the back; it helps shortly the stinking breath, and whosoever useth this Water morning and evening, (and not too often) it preserveth him in good liking, and will make him seem young very long, and
com-

Comforteth nature marvellously; with this water did *Dr. Stephens* preserve his life, till extream age would not let him go or stand; and he continued five years, when all the Physicians judged he would not live a year longer, nor did he use any other Medicine but this, &c.

A Plague Water to be taken one spoonful every four hours with one sweat every time.

TAKE Scabious, Betony, Pimpernel, and Turmentine-roots, of each a pound, steep these all night in three gallons of strong Beer, and distil them all in a Limbeck, and when you use it, take a spoonful thereof every four hours, and sweat well after it, draw two quarts of water, if your Beer be strong, and mingle them both together.

Poppy water.

TAKE four pound of the flower of Poppies well pickt and sifted, steep them all night in three Gallons of Ale that is strong, and still it in a Limbeck; you may

may draw two quarts, the one will be strong and the other will be small, &c.

*A Water for a Consumption, or for a
Brain that is weak.*

TAKE Cream (or new milk) and Claret-wine, of each three pints, of Violet-flowers, Bugloss and Borage-flowers, of each a spoonful, Comfrey, Knot-grass, and Plantane of these half a handful, three or four Pome-waters sliced, a stick of Liquorish, some Pompion seeds and strings; put to this a Cock that hath been chased and beaten before he was killed, dress it as to boil, and parboil it until there be no blood in it; then put them in a pot, and set them over your Limbeck, and the soft fire; draw out a pottle of water, then put your water in a Pipkin over a Charcoal fire, and boil it a while, dissolve therein six ounces of white Sugar-candy, & two penny weight of Saffron: when it is cold strain it into a glass, & let the Patient drink three or four spoonfuls three or four times a day blood-warm; your Cock must be cut into small pieces, & the bones broken, and in case the flowers and herbs are hard to come by, a spoonful of their stilled waters are to be used.

Another

Another of the same.

TAKE a pottle of good Milk, one pint of Muscadine, half a pint of red Rose-water, a penny manchet sliced thin, two handfuls of Raisins of the sun stoned, a quarter of a pound of fine sugar, sixteen Eggs beaten; mix all these together, then distill them in a common still with a soft fire, then let the Patient drink three or four Spoonfuls at a time blood warm, being sweetned with *Manus Christi* made with Corral and Pearl; when your things are all in the still, strew four ounces of Cinamon beaten; this water is good to put into broath, &c.

A good Stomach Water.

TAKE a quart of *Aqua Composita*, or *Aqua vitæ*, (the smaller) and put into it one handful of Cowslip flowers, a good handful of Rosemary flowers, sweet Marjoram, a little Pellitory of the Wall, a little Betony and Balm, of each a little handful, Cinamon half an ounce, Nutmegs a dram, Anniseeds, Coriander seeds, Caroway seeds, Gromel

Gromel seeds, Juniper berries, of each a dram, bruise the spice and seed, and put them into *Aqua Composita*, or *Aqua vitæ*, with your Herbs together, and put into them a pound of very fine sugar, stir them well together, and put them into a glass, and let it stand in the sun nine days, and stir it every day; two or three Dates, and a little race of Ginger sliced into it will make it the better, especially against wind, &c.

A Bag of purging Ale.

TAKE of Agrimony, Speedwell, Liverwort, Scurvy-grass, Water-creffes, of each a handful, of Monks Rhubarb, and red Madder, of each half a pound, of Horseradishes three ounces, Liquorish two ounces, Sassafrage four ounces, Sena seven ounces, sweet Fennil-seeds two drams, Nutmegs four; pick and wash your Herbs and Roots, and bruise them in a Mortar, and put them in a bag made of a Bolter, & so hang them in three gallons of middle Ale, and let it work in the Ale, and after three days you may drink it as you see occasion, &c.

The

*The Ale of Health and Strength, by
Viscount St. Albans.*

TAKE Sassafras wood half an ounce, Sarsaparilla three ounces, white Saunders one ounce, Chamapition an ounce, China-root half an ounce, Mace a quarter of an ounce, cut the wood as thin as may be with a knife into small peices, and bruise them in a Mortar ; put to them these sorts of Herbs, (*viz.*) Cowslip flowers, Roman-wormwood, of each a handful, of Sage, Rosemary, Betony, Mugwort, Balm and Sweet-marjoram, of each half a handful, of Hops ; boil all these in six gallons of Ale till it come to four, then put the wood and hearbs into six gallons of Ale of the second wort, and boil it till it come to four, let it run from the dregs, and put your Ale together, and tun it as you do other purging Ale, &c.

A Water excellent good against the Plague.

TAKE three pints of Malmsey, or Muscadine, of Sage and Rue, of each
one

one handfull, boil them together gently to one pint, then strain it and set it on the fire again, and put to it one penniworth of Long Pepper, Ginger four drams, Nutmegs two drams, all beaten together, then let it boil a little, take it off the fire, and while it is very hot, dissolve therein six penniworth of Mithridate, and three penniworth of Venice Treacle, and when it is almost cold put to it a pint of strong Angelica water, or so much *Aqua vitæ*, and so keep it in a glass close stopped.

A Cordial Cherry-water.

TAKE a pottle of *Aqua vitæ*, two ounces of ripe Cherries stoned, Sugar one pound, twenty four Cloves, one stick of Cinnamon, three spoonfulls of aniseeds bruised, let these stand in the *Aqua vitæ* fifteen days, and when the water hath fully drawn out the tincture, pour it off into another glass for your use, which keep close stopped, the Spice and the Cherries you may keep, for they are very good for winde in the Stomach.

The Lord Spencers Cherry-water.

TAKE a pottle of new Sack, four pound of through ripe Cherries stoned, put them into an earthen pot, to which put an ounce of Cinnamon, Saffron unbruised one dram, tops of Balm, Rosemary or their flowers, of each one handful, let them stand close covered twenty four hours, now and then stirring them; then put them into a cold Still, to which put of beaten Amber two drams, Corianderseed one ounce, Alkermes one dram, and distill it leisurely, and when it is fully distilled, put to it twenty grains of Musk. This is an excellent Cordial, good for Faintings and Swoundings, for the Crudities of the Stomach, Winde and Swelling of the Bowels, and divers other evil Symptoms in the Body of Men and Women.

The Herbs to be distilled for Usquebath.

TAKE Agrimony, Fumitory, Betony, Bugloss, Wormwood, Harts-tongue, Carduus Benedictus, Rosemary, Angelica,

lica, Tormentil, of each of these for every gallon of Ale one handful, Anniseed, and Liquorish well bruised half a pound, still these together, and when it is stilled, you must infuse Cinamon, Nutmeg, Mace, Liquorish, Dates, and Rasins of the Sun, and sugar what quantity you please. The infusion must be till the colour please you.

Dr. Kings way to make Mead.

TAKE five quarts and a pint of water, and warm it, then put one quart of Honey to every gallon of Liquor, one Lemon, and a quarter of an ounce of Nutmegs; it must boil till the scum rise black, that you will have it quickly ready to drink, squeeze into it a Lemon when you tun it. It must be cold before you tun it up.

To make Syrup of Rasberries.

TAKE nine quarts of Rasberries, clean pickt, and gathered in a dry day, and put to them four quarts of good Sack, into an earthen pot, then paste it up very close, and set it in a Cellar for ten days,

days, then distill it in a Glass or Rosestill, then take more Sack and put in Rasberries to it, then when it hath taken out all the colour of the Raspis, strain it out and put in some fine Sugar to your taste, and set it on the fire, keeping it continually stirring till the scum doth rise; then take it off the fire, let it not boil, skim it very clean, and when it is cold put it to your distilled Raspis; colour it no more than to make it a pale Claret Wine. This put into bottles or Glasses stopt very close.

To make Lemon Water.

TAKE twelve of the fairest Lemons, slice them, and put them into two pints of White wine, and put to them Cinamon two drams, Gallingle two drams, of Roseleaves, Borage and Bugloss flowers, of each one handful, of yellow Saunders one dram; steep all these together twelve hours; then distill them gently in a Glass still untill you have distilled one pint and an half of the Water, and then adde to it three ounces of Sugar; one grain of Ambergreese, and you will have a most pleasing

sing cleansing Cordial water for many uses.

To make Gilly-flower Wine.

TAke two ounces of dried Gilly-flowers, and put them into a pottle of Sack, and beat three ounces of Sugar-candy, or fine Sugar and grind some Ambergreece, and put it in the bottle and shake it oft, then run it through a gelly bag, and give it for a great Cordial after a weeks standing or more. You may make Lavander as you do this.

The Lady Spotswood Stomach Water.

TAke white Wine one pottle, Rosemary and Cowslip flowers, of each one handful, as much Betony leaves, Cinamon and Cloves grossly beaten, of both one ounce; steep all these three dayes, stirring it often; then put to it Mithridate four ounces, and stir it together, and distil it in an ordinary still.

Water

*Water of Time for the Passion of
the Heart.*

TAKE a quart of white Wine, and a pint of Sack, steep in it as much broad Thyme as it will wet, put to it of Galingale and Calamus Aromaticus, of each one ounce, Cloves, Mace, Ginger, and grains of Paradise two drams, steep these all night, the next morning distil it in an ordinary still, drink it warm with Sugar.

A Receipt to make damnable Hum.

TAKE Species de Gemmis, Aromaticum Rosatum, Diarrhodon Abbatis, Lætificans Galeni, of each four drams, Loaf-sugar beaten to powder half a pound, small *Aqua Vitæ* three Pints, strong Angelica water one pint; mix all these together, and when you have drunk it to the Dregs, you may fill it up again with the same quantity of water. The same powders will serve twice, and after twice using it, it must be made new again.

An admirable Water for sore Eyes.

TAKE *Lapis Tutia*; Aloes Hepatica, fine hard sugar, of each three drams, beat them very small, and put them into a Glass of three pints, to which put red Rose-water and white Wine, of each one pint; set the Glass in the Sun, in the Month of *July*, for the whole Month, shaking it twice in a day for all that while; then use it as followeth, put one drop thereof into the Eye in the evening, when the party is in bed, and one drop in the morning an hour before the Patient riseth: Continue the use of it till the Eyes be well. The older the Water, the better it is. Most approved.

*A Snail Water for weak Children,
and old People.*

TAKE a pottle of Snails, and wash them well in two or three waters, and then in small Beer, bruise them shells and all, then put them into a gallon of red Cows Milk, red Rose leaves dried, the whites cut off, Rosemary, sweet Marjoram, of each
one

one handfull, and so distil them in a cold still, and let it drop upon powder of white Sugar candy in the receiver; drink of it first and last, and at four a clock in the afternoon, a wine-glass full at a time.

Clary Water for the Back, Stomach, &c.

TAKE three gallons of midling Beer, put it in a great brass Pot of four gallons, and put to it ten handfulls of Clary gathered in a dry day, Raisins of the Sun stoned three pounds, Anniseeds, and Liquorish, of each four ounces, the whites and shells of twenty four eggs, or half so many, if there be not so much need, beat the shells small, and mix them with the whites; put to the bottoms of three white loaves, put into the Receiver one pound of white sugar-candy, or so much fine loaf sugar beaten small, and distill it through a Limbeck, keep it close, and be seldom without it; for it reviveth very much the stomach and heart, strengtheneth the back, procureth appetite and digestion, driveth away Melancholly, sadness and heaviness of the heart, &c.

Dr. Montfords Cordial Water.

TAKE Angelica leaves twelve handfuls, six leaves of Carduus Benedictus, Balm & Sage, of each five handfuls, the seeds of Angelica and sweet Fennil, of each five ounces bruised, scraped and bruised Liquorish twelve ounces, Aromaticum Rosatum, Diamoscus dulcis, of each six drams; the Herbs being cut small, the seeds and Liquorish bruised, infuse them into two gallons of Canary Sack for twenty four hours, then distill it with a gentle fire, and draw off onely five pints of the spirits, which mix with one pound of the best Sugar dissolved into a Syrup in half a pint of pure red Rose-water.

Aqua Mirabilis, Sir Kenelm Digby's way.

TAKE Cubebs, Gallingle, Cardamus, Melliot flowers, Cloves, Mace, Ginger Cinamon, of each one dram braited small, juyce of Celandine one pint, juyce of Spearmint half a pint, juyce of Balm half a pint, sugar one pound, flower of Cowslips, Rosemary

mary, Borage, Bugloss, Marigolds, of each two drams, the best Sack three pints, strong Angelica water one pint, red Rose-water half a pint, bruise the Spices and flowers, & steep them in the Sack & Juyces one night, the next morning distill it in an ordinary Limbeck or glass still, and first lay Hearts-tongue leaves in the bottom of the Still.

The Vertues of the precedent Water.

This Water preserveth the Lungs without grievances, and helpeth them; being wounded, it suffereth the blood not to putrifie, but multiplieth the same; this water suffereth not the heart to burn, nor melancholly, nor the Spleen to be lifted up above nature; it expelleth the Rheum, preserveth the Stomach, conserveh Youth, and procureth a good colour, it preserveth Memory, it destroyeth the palsie; if this be given to one a dying, a spoonfull of it reviveth him; in the summer use one spoonful a week fasting, in the winter two spoonfuls.

A Water for fainting of the Heart.

TAke Bugloss and red Rose-water
E 2 of

of each one pint, Milk half a pint, Anni-seeds and Cinamon grossly bruised, of each half an ounce, Maiden-hair two handfuls, Harts-tongue one handful, both shred, mix all together, and distill it in an ordinary still, drink of it morning and evening With a little sugar.

A Surfeit Water.

TAKE half a bushel of red Corn Poppy, put it into a large dish, cover it with brown Paper, and lay another dish upon it, set it in an Oven after brown bread is baked divers times till it be dry, which put into a pottle of good *Aquavita*, to which put Raisins of the sun stoned half a pound, six figs sliced, three Nutmegs sliced, two flakes of Mace bruised, two races of Ginger sliced, one stick of Cinamon bruised, Liquorish sliced one ounce, Aniseed, Fennil-seed, and Cardamums bruised, of each one dram; put all these into a broad glass body, and lay first some Poppy in the bottom, then some of the other Ingredients, then Poppy again, and so untill the Glass be full; then

then put in the *Aqua vitæ*, and let it infuse till it be strong of the spices, and very red with the Poppy, close covered, of which take two or three spoonfuls upon a surfeit, and when all the liquor is spent, put more *Aqua vitæ* to it, and it will have the same effect the second time, but no more after.

Dr. Butlers Cordial Water against Melancholly, &c. most approved.

TAKE the flowers of Cowslips, Marigolds, Pinks, Clove-gilly-flowers, single stock gilly-flowers, of each four handfuls, the flowers of Rosemary, and Damask Roses, of each three handfuls, Borage and Bugloss flowers, and Balin leaves, of each two handfuls; put them in a quart of Canary Wine into a great Bottle or Jug close stopped, with a Cork, sometimes stirring the flowers and wine together, adding to them Anniseeds bruised one dram, two Nutmegs sliced, *English* Saffron two pennyworth; after some time of infusion, distill them in a cold Still with a hot fire, hanging at the Nose of the Still

Ambergreece and Musk, of each one grain; then to the distilled water put White Sugarcandy finely beaten six ounces, and put the glass wherein they are into hot water for one hour. Take of this water at one time three spoonfuls thrice a week, or when you are ill, it cureth all melancholly fumes, and infinitely comforts the spirits.

*The admirable and most famous
Snail Water.*

TAKE a peck of garden shell snails, wash them well in small beer, and put them in a hot Oven till they have done making a noise, then take them out, and wipe them well from the green froth that is upon them, and bruise them shells and all in a stone Mortar, then take a quart of earth worms, scower them with salt, slit them & wash them well with water from their filth, and in a stone Motar beat them to pieces, then lay in the bottom of your distilled pot Angelica two handfuls, and two handfuls of Celandine upon them, to which put two quarts of Rosemary flowers, Bears foot, Agrimony, red Dock Roots, Bark

Bark of Barberries, Betony, Wood sorrel, of each two handfuls, Rue one handful; then lay the Snails and worms on the top of the Herbs and Flowers, then pour on three Gallons of the strongest Ale, and let it stand all night, in the morning put in three ounces of Cloves beaten, six penniworth of beaten Saffron and on the top of them six ounces of shaved Harts-horn, then set on the Limbeck, and close it with paste, and so receive the water by pints, which will be nine in all, the first is the strongest, whereof take in the morning two spoonfuls in four spoonfuls of small Beer, and the like in the afternoon; you must keep a good Diet and use moderate exercise to warm the blood.

This Water is good against all Obstructions whatsoever. It cureth a Consumption and Drop sic, the stopping of the Stomach and Liver. It may be distilled with milk for weak people and children, with Harts-tongue and Elecampane.

A singular Mint water.

TAKE a still full of Mints, put Balm, and Penniroyal, of each one good handful, steep them in Sack, or Lees of Sack twenty four hours, stop it close, and stir it now and then : Distill it in an ordinary Still with a very quick fire, and keep the Still with wet cloaths, put into the receiver as much sugar as will sweeten it, and so double distill it.

*Distillings.*

*A most Excellent Aqua Cœlestis taught by
Mr. Philips Apothecary.*

TAKE of Cinamon one dram, Ginger half a dram, the three sorts of Saunders, of each of them three quarters of an ounce, Mace and cubebs, of each of them one dram, Cardamon

damon the bigger and lesser, of each three drams, Setwall-roots half an ounce, Anniseed, Fennil-seed Basil-seed, of each two drams, Angelica roots, Gillyflowers, Thyme, Calamint, Liquorish, Calamus, Masterwort, Pennyroyal, Mint, Mother of Thyme, Marjoram, of each two drams, red Rose-seed, the flowers of Sage and Betony, of each a dram and a half, Cloves, Galin-gal, Nutmegs, of each two drams, the flowers of Stechados, Rosemary, Borage and Bugloss flowers, of each a dram and half, Citron Rindes three drams; bruise them all, and put in these Cordial Powders, Diamber Aromaticum, Diamasculum, Diachoden, the Spices made with Pearl, of each three drams; infuse all these in twelve pints of *Aqua vitæ*; in a glass, close stopped for fifteen dayes, often shaking it, then let it be put into a Limbeck close stopped, and let it be distilled gently; when you have done, hang in a cloth, two drams of Musk, half a dram of Amber-greese, and ten or twelve grains of gold, and so receive it to your use.

*Hypocras taught by Dr. Twine for Wind in
the Stomach*

Take Pepper, Grains, Ginger, of each half an ounce, Cinnamon, Cloves, Nutmegs, Mace, of each one ounce grossly beaten, Rosemary, Agrimony, both shred of each a few crops, red Rose leaves a pretty quantity, as an indifferent gripe, a pound of Sugar beaten; lay these to steep in a gallon of good Rhenish or white-Wine in a close vessel, stirring it two or three times a day the space of three or four dayes together, then strain it through an Hypocras strainer, and drink a draught of it before meat half an hour, and sometimes after to help digestion.

*Marigold flowers distilled, good for the
pain of the Head.*

Take Marigold flowers, and distill them, then take a fine cloth and wet in the aforesaid distilled water, and so lay it to the forehead of the Patient, and being so applied, let him sleep if he can; this with Gods help will cease the pain.

A Water good for Sun burning.

TAKE Water drawn off the Vine dropping, the flowers of white Thorn, Bean-flowers, Water Lilly-flowers, Garden Lilly-flowers, Elder-flowers, and Tansie-flowers, Althea-flowers, the whites of Eggs, French Barley.

The Lady Giffords cordial Water.

TAKE four quarts of *Aqua vitæ*, Borrage and Poppy-water, of each a pint, two pounds of Sugarcandy, one pound of figs sliced, one pound of Raisins of the Sun stoned, two handfuls of red Roses clipped and dried, one handful of red Mint, half a handful of Rosemary, as much of Hyfop, a few Cloves; put all these in a great double Glass close stopped, and set it in the sun three months, and so use it.

A water for one pensive and very sick, to comfort the Heart very excellent.

TAKE a good spoonful of *Manus Christi*, beaten very small into powder, then take a quarter of a pound of very fine sugar, and beat it small, and six spoonfuls of Cinamon water, and put to it, and ten spoonfuls of red Rose-water; mingle all these together, and put them in a dish; and set them over a soft fire five or six walms, and so let it be put into a glass, and let the party drink thereof a spoonful or two, as he shall see cause.

To perfume Water.

TAKE Malmsey or any kind of sweet water; then take Lavender, Spike, sweet Marjoram, Balm, Orange peels, Thyme, Basil, Cloves, Bay leaves, Woodbine flowers, red and white Roses, and still them all together.

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