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THOMAS DAWSON

THE GOOD HUSWIFES JEWELL
2 PARTS

LONDON, 1596



ELIZABETH
DAVID

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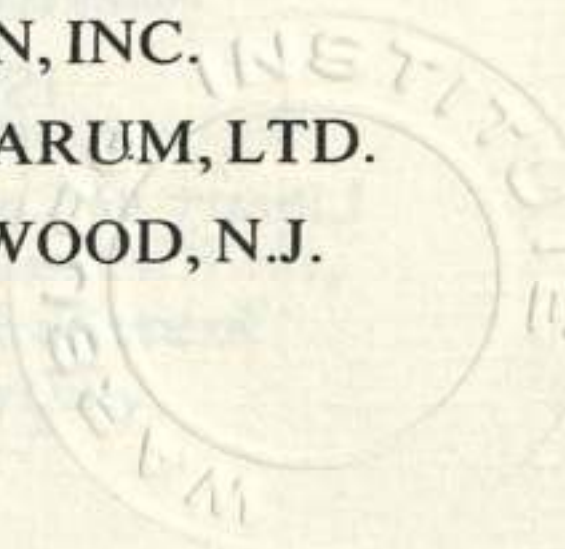
THE GOOD HUSWIFES

JEWELL

2 parts

LONDON, 1596/7

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THE
good hufvwives
Iewell.

Wherein is to be found most excellent and rare Deuises for conceites in Cookery, found out by the practise of Thomas Dawson.

Wherevnto is adioyned sundry approued receits for many soueraine oyles, and the way to distill many precious waters, with diuers approued medicines for many diseases.

Also certain approued points of husbandry, very necessary for all Husbandmen to know.

Newly set foorth with additions. 1596.

Imprinted at London for *Edward White*, dwelling at the litle North doore of *Paules* at the signe of the Gun.

Here followeth the order of meats
how they must be serued at the Table,
with their sauces for flesh daies
at dinner.

The first course.

Portage or stewed broath, boyled meate
or stewed meate, Chickins and Bacon,
powdred Beefe, Pies, Goose, Pigge, Ro-
sted Beefe, roasted Weale, Custard.

The second course.

Roasted Lambe, Roasted Capons, Roasted
Conies, Chickins, Pehennes, Baked We-
nison, Tart.

The first course at Sapper.

A Salet, A Pigges petitoe, Powdred
Beefe sliced. A Shoulder ofutton or a
Breast, veals, Lambe, Custard.

The second course.

Capons roasted, Connies roasted, Chic-
kins roasted, Pigionis roasted, Larkes roasted,
A pye of Pigionis or Chickins, Baked We-
nison, Tart.

The seruice at Dinner.

A dosen of Quails, A dishe of Larkes,
Two pasties of red deare in a dish, Tarts,
Ginger bread, Fritters.

Seruice for fish daies.

Butter, a Sallet with hard Egges, Potage

The order of seruice

of sand Celes and Lamrerns, Red Herring
greene boyled strowed vpon, White Her-
ring, Ling, Haburdine, Mustard, Salte
Salmon minced. Two pasties of fallowe
Deare in a dish, a Custard, a dishe of Lea-
ches.

The second course.

Jelly, Peacocks, Sauce wine and Salt,
two Conies or halfe a dosen Kabe's, sauce
Mustard and Sugar, halfe a dosen of Pigi-
ons, Ballard, Toyle, sauce Mustard and
Mergious, Gules, Stozke, Heronshewe,
Crabbe, Sauce Valentine, Curlew, Bit-
ture, Bustarde, Feasant, Sauce Water
and Salte, with Dryons sliced, halfe a do-
sen Woodcocks, sauce Mustard and Su-
ger: halfe a dosen Teales, sauced as the
Feasantes, a dosen of Quailes, a dishe of
Larkes, two Pasties of red Deare in a dish.
Tarte, Ginger bread, Fritters.

Seruice for Fish daies.

Butter, a Sallet with hard Egges, po-
tage of sand Celes, and Lamperns, Red
Herring, greene boyled strowed vpon,
white Herring, Ling, Haburdine, sauce
Mustard, Salte Salmon minced, sauce
Mustard and Mergious, and a little sugar,
Powdzed Tunger, Shadde, Mackrell,
sauce

At the table.

Sauce vineger:

Whytting: Sauce, with the Luer & Mustard. Blayce: Sauce. Sozell, oz Wine, and salt oz mustard, oz Vergious.

Thorneback: sauce, Luer and mustard, Pepper and salt strowed vpon, after it is bzused. Fresh Cod: Sauce: greene sauce.

Dace, Gullet, Geles vpon soppes. Roche vpon soppes. Perch. Pike in Pike sauce. Trowte vpon soppes. Tench in Gelly oz Sozell. Custard.

The second course.

Flounders oz Flokes pyke sauce. Fresh Salmon. Fresh Conger, Bzette, Turbut, Halybut. Sauce vineger.

Bzeame vpon soppes. Carpe vpon soppes. Soles oz any other Fishes fried. Kossed Cele: Sauce the dzipping. Kossed Lamperns. Kossed Porpos. Fresh Sturgion. sauce Valentine.

Crewis, Crab, Shrimps. sauce vineger.

Baked Lampray, Tarte, figges, Apples, almondes blaunched, Cheese, Kayns, peares.

FINIS.

A Booke.

To boile Larkes.



Take sweet Bread, & strain it into a pipkin. and set it on the fire, and put in a peece of Butter, and skym it as cleane as yee can, and put in spennedge, & endiue, and cut it a little, and so let it boyle, and put in Pepper, Cloves and Mace, Cynamon and Ginger, and a little bergious, and when you serue them vp, lay soppes in the dish.

To boile Conies.

Take a Cony and perboile it a little, then take a good handful of persely and a few sweet hearbs, and the yolks of 4. hard egges chop them all together, then put in pepper, and a few Currans, and fill the Conies bellie ful of Butter, then prick her head betweene her hinder legges and break her not, and put her into a faire earthen pot with mutton broth, and the rest of the stufte roll it vp round and put it in withall, and so boyle them well together, and serue it with soppes.

To

of Cookerie.

To boyle a Cony.

You must boyle your Cony, and strayne your sweete bzeade into a Pipkin, and put in your meate, skumme it as cleane as you can, and put in a good deale of Endiue, and cut it a little, and a good peece of Butter, and all kinde of spices, and a little bergious, and so serue it on soppes.

To boile Chickens.

First you shall take Chickens and boyle them with grapes and with a racke of Mutton together and let the racke of mutton boyle before the Chickins one houre and a halfe, and then make a bunch of herbs with Rosemarie, Tyme, Sawoy and Asope, and also Margerum, and binde them fast together, put them in the pot, and when you see your time put in your Chickyns with Parsellie in their bellies and a little sweet butter, bergious, and pepper, & when you haue so done, boyle your grapes in a little pipkin by themselves with some of the broth of the Chickins, but take heede you boyle not them too much, noz yet too lytle, and then take the yolkes of sixe egges and straine them with a little broth of the pot, and when they are strayned put them in the pipkin to the grapes and stirre them and

A Booke

loffes of bread, with a little bergious, and
to serue it on soppes.

To boile steakes betweene two dishes.

Y Du must put Parselye and Currants,
and Butter and bergious, two or thre
yolkes of egges, and Pepper, Cloues and
Mace, and so let them boile together, and
serue them vpon soppes.

To boile a neates tongue.

IN primis, in sayre Water and salt, then
peele it, and cut it in the middle, and then
boile it in red wine, & fill him full of cloues,
and a little suger, and then wash it with a
little sweete bzoth, to doe away the sent of
the Wine, and you must make a little red
Basket with red wine and pzuines boyled
together, then strayne it, and strayne a litle
mustard in a fine clout together, & so serue it.

To boile a capon.

Put the Capon into the powder beefe pot,
and when you thinke it almost tender,
take a little potie and put therein halfe wa-
ter and halfe wine, marie, currants, Dates,
whole mace, bergice, pepper, & a litle time.

The boyling of a capon.

Setth the Capon it selfe in water and salt
and nothing else, and to make the bzoth
Viz.

Viz. Take strong broth made with beete or mutton broth, so that it be strong broth, and put into it, rosemarie, parsellie & tyme, with iii. leaues of sage, this let seeth in it a good while, and then put into it small raysons and a fewe whole mace. A quarter of an houre befoze it be readie to bee taken from the fire, haue readie sodden foure oz b. egges boyled harde, take nothing out but the yolks streyne the egges with a little of the same broth and bergice, haue a litle marie cut in small peeces and an apple pared, and cutte in small peeces, and if that time of yeare do serue, take the best of lettice, cutting off the toppes to the white and best, and take a fewe pꝛunes with two oz thꝛée dates.

Thus let it seeth a quarter of an hour or moze, and when it is ready to take vp, haue your dish with soppes readie, and the water well strained out of the capon, and then season the broth with a little pepper, then take it and dish it and scrapz vpon it a litle suger laying the pꝛunes round about the dish side.

To boile a Capon with Orenge
and Lemmons.

Take Orenge or Lemmons pilled,
and cutte them the long way, and if you
can keepe your cloues whole and put them
into

A Booke

into your best broth of Mutton or Capon with pynes or currants and thyes or fowze Dates, and when these haue beene well sodden put whole pepper great mace, a good peece of suger, some rose water, and eyther white or claret wine, and let al these seeth together a while, & so serue it vpon soppes with your capon.

To boile a capon in white broth
with almondes.

TAke your Capon with marie bones and set them on the fire, and when they be cleane skummed take the fattest of the broth, and put it in a little pot with a good deale of marie, pynes, raisons, dates whole maces, & a pinte of white wine, then blanch your almondes and strain them, with them thicken your potte & let it seeth a good while and when it is enough serue it vpon soppes with your capon.

To boile a Capon in white broth.

TAke a good Capon and scalde him and trusse him and when he is faire washed put him in your pot, and take a good marie bone too, or if you haue no marie bone take a necke of Mutton and when your Capon is halfe boyled take a pottle of the vppermost of your broth and put it into a sayze posnet,

posnet, then take two handfulls of fine Currans, and big Dates cut every one of them in foure peeces, and four oz fine whole mace, foure spoonfulls of Bergious, and so much suger as an egge, a little Time, and a little persely, and a little Margerum, and if you haue no Margerum, then one small sprig of rosemary, bind all your hearbes fast together, and when you haue cleane washed them, put to the saide hearbes Suger, currans, mace, and bergice into your posnet, and a grated Nutmegge, and let them boyle altogether, and when it is almost enough, haue a small handfull of almondes blanchd and beaten, and strained with a little of the same liquoz, and put that into your bzoth a good quarter of an houre before you take it vp, and that will make it white, you must also put in some good peeces of marie, and let not the marie and the dates seeth aboute halfe an houre, you must take a good handfull of pꝛunes, and tie them in cleane clothes, & seeth them in the bzoth where the Capon is, when you take vp your capon to serue it in, lay a few sippets in the bottome of your platter, and lay a few pꝛunes and Warberyes both about the bynne of the platter, and also vpon the capon,

A Booke

Capon, you may boyle chickens in the like
sort.

To make boyled meates for dinner.

Take the ribbes of a necke of Button,
and stufte it with Margerum, sauery,
time, persely chopped small currants,
with the yolkes of two egges, pepper & salt,
then put it into a posnet with faire water,
oz else with the liquoz of some meate, with
vineger, pepper, and salt, and a little butter,
and so serue it.

To boyle meates for supper.

Take beale and put it into a posnet with
carret roots cut in long peeces, the boile
it and put thereto a handfull of prunes and
crummes of Bread, then season it with pep-
per, salt and vineger.

To boyle a legge of Mutton with
a Pudding.

First with a knife raise the skinne round
about till you come to the ioynts, & when
you haue perboiled the meate, shzed it fine
with suett oz marie, Persely, Margerum,
and penyriall, then season it with pepper,
and salt, cloues, mace, and cinamon, and
take the yolkes of ix. oz x. egges, and myn-
gle with your meate a good handfull of cur-
rants, and a fewe minced, dates and put the
meate

meate into the skinne of the legge of mutton and close it with pickes, and so boyle it with the broth that you boyle the Capon, and let it seeth the space of two houres.

To boile pigges feete and petitoes.

TAke and boyle them in a pint of bergice & bastard, take foure Dates minced with a fewe small raysons, then take a little time and chop it small and season it with a little synamon and ginger and a quantity of bergice.

To make a mortis.

TAke almondes and blanche them, and beate them in a moztar, and boyle a Chickin, and take al the flesh of him, and beate it, and streine them together, with milke and water, and so put them into a pot, and put in Sugar, and stirre them still, and when it hath boyled a good while, take it of, and set it a cooling in a payle of water, and straine it againe with Rose water into a dish.

To boyle a Lambes head and purtenance.

Straine your broth into a pipkin, and set it on the fire, and put in butter, and skimme it as cleane as you can, and put in your meate, and put in endiue, and
cut

A Booke

cut it a little, and straine a little yeast, and put into it, and currans and p:unes, and put in all maner of spices, and so serue it vpon soppes.

To boyle Quailes.

Firste, put them into a Pot with sweete broth, and set them on the fire, then take a Carret roote, and cut him in p:eces, and put into the potte, then take perselye with swæte hearbes, and chop them a little, and put them into the potte, then take Synammon, Ginger, Nutmegges, and Pepper, and put in a little Mergice, and so season it. with salt, serue them vpon soppes, and garnish them with fruit.

To make stewed Steakes.

Take a peece of Dutton, and cutte it in p:eces, and washe it very cleane, and put it into a faire potte with Ale, or with halfe Wine, then make it boyle, and skumme it cleyne, and put into your pot a faggot of Rosemary and Thyme, then take some Parsely picked fine, and some onyons cut round, and let them all boyle together, then take p:unes, & raisons, dates, and currans, and let it boyle altogether, and season it with Synammon and Ginger, Nutmeggs, two or thre Cloues, and Salt, and so serue it on

it on soppes and garnish it with truite.

To stewe Calues feete.

TAke calues feet faire blanched and cut them in the half, & when they be moze then halfe boyled, put to them great raisons, mutton broth, a little saffron, and swæte butter, pepper, suger, and some sweet hearbes finely minced, boyle calues feet, sheepes feete, or lambes feete with Mutton broth, swæte hearbes and Dnyons chopped fine, Butter and Pepper, and when they boyle, take the yelke of an egge and straine it with bergice, so serue it.

To stewe a Mallard.

TAke your Mallard and seethe him in faire water, with a good marie bone, and in cabbadge wort, or cabbadge lettice, or both, or some persnep rootes, & carrot rootes. and when all these be well sodden, put in Prunes, put in Prunes enough, and three dates, and season him with salte, cloues and mace, and a little suger & peper, and then serue it forth with sippets, and put the marie vpon them, and the whole mace, lay on the sippets, and the dates quartered, and the prunes, and the rootes cut in round slyces, and lay the vpon the sippets also, and the cabbadge leaues lay vpon the Mallard.

A Booke

To make Aloes.

TAke a legge of beale or mutton, and slice it in thin slices, and lay them in a platter, and cast on salte, and put thereon the yolkes of tenne Egges, and a great sozte of small raisons and dates finely minced, then take vineger, and a little saffron, clours and mace, and a little Pepper, and mingle it together, and poure it all about it, and then al to worke it together, and when it is thoroughly seasoned, put it on a spit, and set platters vnderneath it, and baste it with butter, and then make a sauce with Vineger, and ginger, and suger, and lay the aloes vpon it and so serue it in.

To make Fritters of Spinnedge.

TAKE a good deale of Spinnedge, and washe it cleane, then boyle it in faire water, and when it is boyled, then take it forth and let the water runne from it, then chop it with the backe of a knife, and then put in some egges and grated Bread, and season it with suger, sinamon, ginger, and pepper, Dates minced fine, and currans, and rowle them like a ball, and dippe them in Butter made of Ale and flower.

A Fritter to be made in a
Moulde.

TAke

of Cookerie.

TAke Ore white and mince it fine, then take Dates and mince them fine, then take Currans, Egges, white grated bread and season it with suger, synaman, and ginger, cloues, mace and saffron, and stirre it well together, then driue a thicke Cake of paste, and lay in the moulde, and fill it with the stusse, and lay another cake of past upon it, then iogge it about, and so fry it.

To boyle Pigeons in blacke
broth.

First roste them a litle, then put them into an earthen pot, with a little quantity of sweete Broth, then take Onions, and slice them, and set them on the Coles with some butter to take away the sent of them, put them into the Pigeons, and leyze it with a tosse of bread, drakone with Vineger, then put some sweete hearbes halfe cut, and synamon and Ginger, and grosse Pepper, and let them boyle, and season them with salte, serue them vpon soppes, and garnish them with fruit.

To sinere a Conie.

TAke the Liuers and boyle them, and choppe it, and sweet hearbs, apples, and the yolkes of hard egges, and choppe them altogether, and currans, suger, synaman,

A Booke

ginger and perselye, and fill the Conny full hereof, then put her into the swete broth, and put in swete Butter, then choppe the yolks of hard egges, synamon, ginger, Sugar, and cast it on the Conny when you serue it vp, season it with salte, serue it on soppes, and garnish it with fruite.

To boyle a Mallard with Cabbage.

TAke some cabbage, and prick and wash them cleane, and perboyle them in faire water, then put them into a Collender, and let the water runne from them cleane, then put them into a faire Earthen Pot, and as much swete Broth as will couer the cabbage, and swete Butter, then take your Mallard and roste it halfe enough, and saue the dripping of him, then cut him in the side, and put the mallard into the cabbage, and put into it all your dripping, then let it stew an houre, and season it with salte, and serue it vpon soppes.

To boyle a Ducke with Turneps.

TAke her first, and put her into a pottle with stewed broth, then take perselye, and swete hearbs, and chop them, and perboyle the rootes very well in an other pot, then

of Cookerie.

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then put vnto them sweet butter, Cynamon, Gynger, grosse Pepper and whole Mace, and so season it with salt, and serue it vpon soppes.

To make white Estings.

TAke great Ofemeale, and lay in milke to steepe, then put in the yolkes of some Egges, and take Dre whyte and mince it small, then season it with suger, cynamon, ginger, cloues, mace, and saffron, and salt, and so fill them.

To make blacke puddings.

TAke great ofmeale and lay it in milke to steepe, then take sheepes bloud and put to it, and take Dre white and mince into it, then take a fewe sweet hearbes and two or thre leeke blades, and choppe them very small, and then put into it the yolkes of some egges, and season it with Cynamon, ginger, cloues, Mace, pepper and salt, and so fill them.

To make strong broth for sicke men.

TAke a pound of almonds and blanche them, and beat them in a mortar very fine, then take the brynes of a capon and beat with it, then put into it a litle crea, and make it to drawe through a strayner,

A BOOKE.

then set it on the fire in a dish . and season it with rose water and suger, and stirre it.

To boile a Breame.

TAke white wine and put it into a pot, and let it seeth, then take your breame and cut hym in the midst, and put him in, then take an Onion and chop it small, then take nutmegs beaten , cinamon and ginger, whole mace, and a pound of butter, and let it boile altogether , and so season it with salt, serue it vppon soppes, and garnish it with fruite.

To boile Muskles.

TAke water and yest, and a good dish of butter, and Onions chopt, and a lyttle pepper, & when it hath boyled a litle while, then see that your Muskles bee cleane washed, then put them into the broth shell and all, and when they be boiled wel, then serue them both and all.

To boile Stock fish.

TAke Stock fish when it is well watered, and picke out all the baste cleane from the fish, then put it into a pipkin, and put in no more water then shall couer it, and set it on the fire , and as soone as it beginneth to boyle on the one side, then turne the other side to the fire, and as soone as it beginneth to

to boile on the other side, take it off, and put it into a Colender, and let the water runne out from it, but put in salt in the boyling of it, then take a little faire water and sweete butter, and let it boyle in a dish untill it bee something thick, then powze it on the stock fish and serue it.

To make bake meates.

TAKE a legge of Lambe, and cut out all the flesh, and saue the sayne whole, then mince it fine and white with it, then put in grated bzead, and some egges white and all, and some Dates and Currantes, then season it with some Pepper, Cynamon Ginger, and some Nutmegges and Carrawaies, and a little creame, and temper it altogether, then put it into the legge of the Lambe againe, and let it bake a little before you put it into your Pye, and when you haue put it into your Pye, then put in a little of the Pudding about it, and when it is almost baked, then put in veriuice, suger and sweet butter, and so serue it.

Another bake meate.

TAKE a leg of beale, and cut it in slices, and beat e it with the back of a knife, then take time, margeram and peni- riall, sauerie, and perselye, and one Oni-

A Booke

on, and chop them altogether verie small, then bzeake in some egges whites and all, and put in your hearbes and season it with pepper, nutmegs and salt, and a litle suger, then stirre them altogether, and then lap them vp like allowes, and cast a fewc currants and dates, and butter amongst them.

An other bake meate.

TAke two pounde of White and a litle beale, and mince it together, then take a litle peniriell, sauerie and margerum, and vnset Leekes, and chop them fine, and put in some egges and some creame, then stirre it all well together, and season it with pepper, nutmegs and salt, then put it into the pye, and cut the lid, and let it bake till it be dzy, then serue it.

To make Marie pies.

MAke fine pass, and put in the white of one egge and suger, and when they are made in little coffins set them into the Oven vpon a paper a litle while then take them out and put in marie, and then close them vp and pricke them, and set them in again, and when they are broken serue them with blanch powder strowed vpon them.

To

To boile pie meate.

TAke a legge of mutton, and mince it very fine with sevet and seeth it in a litle pan or an earthen pot with butter, and season it with cloves, mace, great raysons, and pines, and salt, and serue it in a dish, and if you will, put in some iuyce of Oranges and lay halfe an orange vpon it.

To make fine Cakes.

TAke fine flowze and good Damaske water you must haue no other liquesur but that, then take sweet butter, two or three yolkes of egges and a good quantity of Sugar, and a fewe cloves, and mace, as your Cookes mouth shall serue him, and a lyttle saffron, and a little Gods good about a spon full if you put in too much they shall arise, cutte them in squares lyke vnto trenchers, and picke them well, and let your ouen be well swept and lay them vppon papers and so set them into the ouen. Do not burne them if they be thise or foure dayes olds they bee the better.

To make fine cracknels.

TAke fine flower and a good quantitie of egges as many as wil supply the flowze. then take as muche sugar as will sweeten the past, and if you wil not bee at the cost to raise

A Booke

rayse it with egges, and put thereto sweete water, Cynamon and a good quantitie of Nutmegges and mace, according to your bread, take a good quantitie of Annis seede, and let all this bee blended with your flower, and the putting in of your egges or other moyllure, then sette on your water and lette it bee at seething, befoze you put your Cracknelles in it they will goe to the bottome and at their rising take them out and dzie them with a cloth then bake them.

To Bake Connies.

HAue fine past readie, wash your Connies, and perboyle them then caste them into the colde water, then season them with salt and ginger, laye them into the past and vpon them lay leached, larde close them and bake them.

To bake a brest of veale.

TAke and breake the bones thereof in the middelt and perboyle hym and take out the bones, and season him with pepper and salt, and lay him in the coffin with a little sweete butter, and close him vp then make a caudell of the yolkes of an egge and straine it, and boyle it in a chaffing dish of coales and season it with suger

ger, and put it in the pie and set it into the oven againe.

To make a pudding in a breast of
veale.

TAke perselye, Tyme, washe them, prycke them, and choppe them small, then take viii. yolks of egges, grated bread, and halfe a pinte of creame being verie sweete, then season it with pepper, Cloues, and Mace, Saffron and Suger small Kaysons and salt, put it in and roste it and serue it.

To bake a Gammon of Bacon.

TAke a Gammon of Bacon, water it fixe dayes and perboyle him halfe enough and laye him in presse then take the swozde of him and stuffe him with cloues, and season him with pepper, and saffron. And close vp in a standing pye, bake him and so serue him.

To make fine bisket
bread.

TAke a pound of fine flower, and a pound of suger, and mingle it together, a quarter of a pound of Annis seedes, foure egges, two or thzee sponfuls of Roie water put all these into an earthen panne. And with a flyce of Wood beate it the space of twoo houres,

A Booke

houres, then fill your moulds halfe full: your mouldes must be of Tinne, and then lette it into the ouen your ouen, beeing so whot as it were for cheat bread, and let it stande one houre and an halfe: you must annoint your moulds with butter befoze you put in your stuffe, and when you will occupte of it, slice it thinne! and drie it in the ouen, your ouen beeing no whotter then you may abide your hand in the bottome.

To bake a Turkie and take out
his bones.

TAke a fat Turkie, and after you haue scalded him and washed him cleane, lay him vpon a faire cloth and slit him through, out the backe, and when you haue taken out his garbage, then you must take out his bones so bare as you can, when you haue so doone wash him cleane, then trusse him and pricke his backe together, and so haue a faire Kettle of seething water and perboyle him a little, then take him by that the water may runne cleane out from him, and when he is colde, season him with pepper and Salt, and then pricke hym with a fewe cloues in the breast, and also drawe him with larde if youlike of it, and when you haue maide your coffin and laide your
Turkie

Turkie in it, then you must put some Butter in it, and so close him vp. in this sorte you may bake a goose, a Pheasant, or capon.

To bake a Kidde.

TAke your Kid and perboyle him, and wash it in bergice and saffron, & season it with pepper, salt, & a litle mace, then lay it in your coffin, with swæte Butter and the liquoz it was seasoned in, and so bake it.

To bake a Mallard.

TAke threë or foure Onyons, and stamps them in a moyster, then straine them with a saucer full of bergice, then take your mallard and put him into the iuyce of the sayde Onyons, and season him with pepper, and salte, cloues and mace, then put your Mallard into the coffin with the saide iuyce of the onyons, and a good quantity of Winter sauoye, a litle tyme, and perselye chopped small, and swæte Butter, so close it vp and bake it.

To make a Pyc of Humbles.

TAke your humbles being perboiled, and choppe them berye small with a good quantitye of Dutton sewet, and halfe a handfull of hearbes folowing, time, margaron, bozage, perseley, and a litle rosemary,
and

A Booke

and season the same being chopped, with pepper, cloues and mace, and so close your pye and bake him.

To bake a Red deare.

Take a handfull of Lime, and a handfull of rosemarye, a handfull of winter sauerye, a handfull of Bay leaues, and a handfull of fennel, and when your liquoz seethe that you perboyle your Venison in, put in your hearbs also, and perboyle your venison vntill it be halfe enough, then take it out and lay it vpon a faire boorde that the water may runne out from it. then take a knife and picke it full of holes, and while it is warme, haue a faire Traye with vineger therein, and so put your Venison therein from morning vntill night, and euer now, and then turne it vpside downe, and then at night haue your coffin ready, and this done season it with synamon, ginger, and Nutmegges, Pepper and salte, and when you haue seasoned it, put it into your coffin, and put a good quantity of swete Butter into it, and then put it into the Duen at night, when you goe to bedde, and in the morning draw it forth, and put in a saucer full of vineger into your Pye, at a hole aboue in the toppe of it, so that the vineger may
runne

of Cookerie.

2)

runne into euery place of it, and then stop
the hole againe, and turne the bottome vp-
ward, and so serue it in,

An other bakemeate for Chickins.

Take season your Chickins with Su-
ger, sinamon and ginger, and so lay them
in your pye, then put in vpon them Goosebe-
ries, or grapes, or Barberies, then put in
some swete Butter and close them vp, and
when they be almost baked, then put in a
Cawdle made with hard egges and white
wine, and serue it,

To bake Calues feete.

Take calues feete and boyle them, and
choppe them fine, and a pound of white,
and chop it with them, then chop an onion
small and put it in them, then take Pzunes,
dates and currans, and put to them, sea-
son them with Pepper, Nutmegs, and a lit-
tle large Pace, then put in some egges,
and stirre it altogether, & put it into a Pye,
and let it bake two houres, then put in a
little bergice and suger. and so serue it.

To sowce a Pigge.

Take White Wine and a little sweete
broth, and halfe a scoze Nutmegs cut in
quarters, then take Rosemarys, Bayes,
Lime,

A Booke

Time, and sweet Margerum, and let them boyle altogether, skimme them very clean, and when they be boyled, put them into an earthen pan and the sirrope also, and when you serue them, a quarter in a dish, and the Bayes, and nutmegs on the top.

The order to boyle a Brawne.

TAKE your Brawne, and when ye haue cut him out, lay him in faire water foure and twenty houres, and shifte it foure or fve times, and scrape and binde vp those that you shall thinke good, with Hempe, binde one handfull of greene Willows together, and laye them in the bottome of the panne, and then put in your Brawne, and skimme it very cleane, end let it boyle but softlve, and it must be sot tender, that you may put a straw through it, and when it is boyled enough, let it stand and rowle in the panne, and when you take it vp, let it lye in Traves one howze or two, and then make sousing drinke with Ale and water, and salte, and you must make it very strong, and so let it lye a weeke befoze you spende it.

To make Almond butter.

TAKE almondes and blanch them, and beate them in a moztar very small,
and

and in the beating put in a little water, and when they be beaten, poure in water into two pots, and put in halfe into one and halfe into another, and put in suger, and stirre them still, and let them boyle a good while, then straine it thzough a strainer with rose water, and so dish it vp.

To roast an Hare.

YDu must not cut off her head, teste nor eares, but make a Budding in her belly, and put paper about her eares that they burne not, and when the Hare is roasted, you must take synanon and Ginger, and grated bread, & you must make very swete sauce, and you must put in Barberies and let them boyle together.

To make Fritter stufte.

TAke fine flower, and thzæ oꝝ foure eggs, and put into the flower, and a peece of Butter, and let them boyle altogethcr in a dishe oꝝ Chaser, and put in Sugar, synanon and ginger, and Rosewater: and in the boyling, put in a little grated bread to make it big, and then put it into a dishe, and beat it wel together, and so put it into your mouldc, and frye it with clarified butter, but your Butter may not be too hottc noꝝ too colde.

A Booke

For to bake a Hare.

TAke your Hare and perboile him, and mince him, and then beate him in a morter very fine, liuer and all if you will, and season it with all kinde of spices and salte, and doe him together with the yolkes of seauen or eight egges, and when you haue made him vp together, drawe larde verie thicke through him, and mingle them altogether, and put him in a Pye, and put in butter befoze you close him vp.

To preserue Orenge.

Y^D A must cut your Orenge in halfe and pare them a little round about, and let them lye in water foure or fve dayes, and you must chaunge the water once or twice a day, and when you preserue them, you must haue a quarte of faire water to put in your Sugar, and a little Rose water, and set it on the fire, and scum it be ry cleane, and put in a little Cinamon, and put in your Orenge, and let them boyle a little while, and then take them out againe, and doe so fve or sixe times, and when they be enough, put in your Syroppe stand till it bee colde, and then put your Syroppe into your Orenge,

To

of Cookery.

To make all maner of fruit
Tartes.

You must boyle your fruite, whether it be apple, cherrie, peach, damson, pear, Mulberie, or codling, in faire water, and when they be boyled inough, put them into a bowle, and buse them with a Ladle, and when they be colde, straine them, and put in red wine or Claret wine, and so season it with suger, sinamon and ginger.

To make a Tarte of preserued
stufte.

You must take halfe a hundzeth of Coardes, and pare them, and cut them, and as soone as you haue cut them, put them into a pot, and put in two or thye pound of suger, and a pint of water, and a little Rosewater, and stirre them from the time you put them in, untill the time you take them out againe, or else you may also put it into a dishe, and when your Tart is made, put it into the Duen, and when it is caked, endoze it with butter, and throw suger on the top, & then do on ysur sauce, & set comfets on the top, and so serue it vp.

To make a Tarte of Prunes.

Put your Prunes into a pot, and put in red wine or claret wine, and a litle faire, water.

A Booke

water, and stirre them now and then, and when they be boyled enough, put them into a bowle, and straine them with sugar, synamon and ginger.

To make a Tart of Ryce.

Boyle your Rice, and put in the yolkes of two or thre Egges into the Rice, and when it is boyled, put it into a dish, and season it with Sugar, Synamon and Ginger, and butter, and the iuyce of two or thre Oranges, and set it on the fire againe.

To make a Custard.

Breake your Egges into a bowle, and put your Creame into another bowle, and straine your egges into the creame, and put in saffron, Cloues and mace, and a little synamon and ginger, and if you will some Sugar and butter, and season it with salte, and melte your butter, and stirre it with the Ladle a good while, and dubbe your custard with dates or currans.

To make a Tarte of Wardens.

You must bake your Wardens first in a Pie, and then take all the wardens and cut them in foure quarters, and coare them, and put them into a Tarte pinched, with your Sugar, and season them with Sugar, Synamon and Ginger, and set them in
the

the Duen, and put no couer on them, but you must cutte a couer and lay on the Tarte when it is baked, and butter the Tarte and the couer too, and endoze it with suger.

To make a tarte with butter
and egges.

Breake your egges and take the yolkes of them, and take butter and melte it, let it be verie hot readie to boyle, and put your butter into your egges, and so straine them into a bowle and season them with suger.

To make a tarte of
Spennedge.

Boyle your Egges and your Creame together, and then put them into a bowle, and then boyle your Spinnedge, and when they are boyled, take them out of the water and straine them into your stufte before you straine your Creame, boyle your stufte and then strain them al againe, and season them with suger and salt.

To make a tarte of
Strawberries.

Wash your Strawberies, and put them into your Tarte, and season them with suger, cynamon and Ginger, and put in a little red wine into them.

A Booke

To make a Tarte of
hippes.

TAke Hippes and cutte them, and take the seedes out, and wash them verye cleane, and put them into your Tarte, and season them with suger, cinamon and ginger.

So you must preserve them with suger, Cinamon and Ginger, and put them into a gelly pot close.

To bake the Humbles of a
Deere.

Mince them verie small, and season them with pepper, Cinamon and Ginger, and suger if you will, and Cloues and mace, and dates and currants, and if you will, mince Almondes and put vnto them, and when it is baked, you must put in fine fat, and put in suger, cinamon and Ginger, and let it boile, and when it is minced, put them together.

To make a veale pie.

LEt your Veale boyle a good while, and when it is boyled, mince it by it selfe, and the white by it selfe, and season it with salt and pepper, cinamon and ginger, and suger, and cloues and mace, and you muste haue pynes and raisons, dates & currantes on the top.

For

of Cookerie.

19
C but see
after 21

For to make mutton pies.

Mince your Mutton and your white together, and when it is minced, season it with pepper, cinamon & ginger, and Cloues and mace, and p;unes, currants and dates, and reasons and harde egges boyled & chopped berie small, and throw them on the top.

To bake calves feete.

SSeason them with salte & pepper, and butter, and Currantes if you will, and when they bee baked, put in a little white Wine and suger, or vinegar and suger, or bergice and suger.

To bake Chickins in a
Cawdle.

SSeason them with salt and pepper, and put in butter, and so let them bake, and when they be baked, boile a fewe barberies and p;uines, and currants, and take a litle white wine or bergice, and let it boile and put in a little suger, and set it on the fire a little, and Straine in two or thzee yolkes of egges into the wine, and when you take the dish of the fire, put the p;uines and currants and barberies into the dish, and then put them in altogeather into the pye of chickins,

A booke

To bake pigeons.

S Eason them with Pepper and Salt and
butter.

To bake a Conie.

S Eason him with Pepper and Salt, and
put in butter and currantes, and when
it is baked, put in a little bergice and suger
into the pie, and serue it vp.

To bake a Gammon of bacon
to keepe colde.

Y Du must first boyle him a quarter of an
houre befoze you stufte him, and stufte
him with sweete hearbs, and harde Egges
chopped together, oz parselie.

To bake a Fillet of beefe to
keepe colde.

M Ance him very small, and seeth him
with pepper and salt, and make hym
vp togeather accordingly, and put them in
your pie, and larde him verie thicke.

To make fine bread.

T Ake halfe a pound of fine suger well
beaten, and as much flower, and put
thereto foure Egges whites, and being ve-
ry well beaten, you must mingle them with
anniseedes bzuisd, and beeing all beaten
togither, put into your moulde, melting the
saunce ouer first with a lyttle butter, and set
it

it in the Oven, and turne it twice or thrice in the baking.

To bake a Neates tongue.

First powder the tongue three or four dayes, and then seeth it in faire water, then blanch it and Lard it and season it with a little pepper and Salt, then bake it on His paste, and befoze you close vp your pie, strowe vppon the tongue a good quantitie of Cloues and Mace beaten in powder, and vppon that halfe a pounce of Butter, then close vp your pye verry close but make a rounde hole in the toppe of the pie. Then when it hath stode moze then foure houres in the Oven, you must put in halfe a pint of Vineger or moze, as the Vineger is sharpe, then close vp the hole verry close with a peece of past and set it in the oven againe.

To make muggets.

First perboyle them, and take white and chop them both together, and put Currantes, Dates, Cinamon and Synger, Cloues and Mace, and grosse pepper and Sugar if you will, two or three yolkes of Egges, and seeth them altogether with Salt, add put in the stuffe into the cawles of Dutton, and so put them in dishes, and
take

A booke

Take two or three egges white and all, and put them on the cables, and make some prettie sauce for them.

To make fillets of beefe or clods instead of red Deare.

First take your Beefe, and Larde it very thicke, and then season it with pepper, and Salt, Sinamon and ginger, Cloves, and Mace good stoze, with a greate deale moze quantitie of pepper and Salte, then you would a peece of Venison, and put it in covered Paffe, and when it is baked, take vineger and suger, Sinamon and Ginger, and put in, and shake the Paffie, and stope it close, and let it stande almost a fortnight before you cut it vp.

To make a tarte that is a courage to a man or woman.

Take two Quinces, and two or three Burre rootes, and a potaton, and pare your Potaton, and scrape your rootes and put them into a quart of wine, and let them boyle till they bee tender, & put in an ounce of Dates, and when they be boyled tender, Dalue them through a Strainer, wine and all, and then put in the yolkes of eight Egges, and the brynes of three or foure cocke Sparrowes, and straine them into
the

the other, and a little Rose water, and seeth them all with suger, Cinamon and Gynger, and Cloues and mace, and put in a little sweet butter, and set it vpon a chafingdish of coles betwene two platters, and so let it boyle till it be something bigge.

To stewe a Cocke.

You must cutte him in fixe peeces, and washe hym cleane, and take pzuines, Currantes and Dates cutte verye small, and Keasons of the Sunne, and Suger beaten verye small, Cinamone, Gynger and Nutmegs likewise beaten, and a litle Haydens haye cutte verye small, and you must put him in a Pipkin, & put in almost a pinte of Muscadine, and then your spice and Suger vppon your Cocke, and put in your fruite betweene euery quarter, and a peece of Golde betwene euery peece of your cocke, then you must make a Lidde of Wood fit for your pipkyn, and close it as close as you can with paste, that no ayre come out, noz water can come in, and then you must fill two brasse pots full of water, and set on the fire, and make fast the pipkin in one of the brasse pottes, so that the pipkins feete touch not the brasse pot bottom, noz the pot sides, and so let them boyle
four

A Booke

four and twentie howres, and fill by the pot still as it boyles away, with the other pot that standes by, and when it is boyled take out your Golde, and let him drinke it fasting, and it shall helpe him, this is ap-
proued.

To preserue all kinde of fruite, that they shall not breake in the preseruing of them.

TAke a platter that is playne in the bot-
tome, and laye suger in the bottome, then cherries or any other fruite, and so between eneris rowe you lay, thow suger, and set it vpon a pots heade, and couer it with a dish, and so let it boyle.

To make a sirop for bake
meates.

TAke Ginger, Clones and Pace, Nut-
megs, beat al these togeather very fine, and boyle them in good red Wineger vntil it be somewhat thicke, thys beeyng doone, drawe your ppe when it is harde baked, and a small hole being made in the couer there, of at the first, with a Tunnell of paste, you must powze the sirroppe into the ppe, that doone, couer the hole with paste, and shall the ppe well, and set it againe in the Ouen till it be thoroughly baked, and when you
have

haue drawne it, turne the bottome upward
vntill it be serued.

To roast a Carpe or Tench with a Pud-
ding in his belly.

Take the Rones of a Pike and choppe
them very small, then put in grated
bread, two or thre eggs, Currans,
Dates, Sugar, Sinamon and Ginger,
and Mace, Pepper and salte, and put it in
his bellye, and put him on a Broche, and
make sweete sauce with Barberyes, or
Lemmons minced, and put into the sweete
sauce, and then put it on the Carpe, when
you serue it vp.

To make a fresh Cheese and
Creame.

Take a gallon or two of Milk from the
Cowe and seeth it, and when it both
seeth, put thereunto a quarte or two of
morning Milke in faire cleansing pans, in
such place as no dust may fall therein, and
this is for your clotted Creame, the next
morning take a quart of mornings Milke,
and seeth it, and when it both seeth, put in a
quarte of Creame therunto, and take it off
the fire, and put it into a faire earthen pan,
and let it stand vntill it be somewhat bloud
warms, but firste ouer night put a good
quantity

A Booke

quantitie of Ginger, with Rosewater, and stirre it together, and let it settle all night, and the next day put it into your said bloud, warme milke to make your Cheese come, then put the Curdes in a faire cloth, with a little good Rosewater, and fine powder of Ginger, and a litle Sugar, so last, great soft rowles together with a threed and crush out the Whey with your clouted Creame, and mixe it with fine powder of ginger, and Sugar, and so sprinkle it with Rosewater, and put your Cheese in a faire dish, and put these cloutes round about it, then take a pinte of rawe Milke or Creame, and put it in a pot, and all to shake it, untill it be gathered into a froth like Snowe, and ever as it commeth, take it off with a Spone, and put it into a Collender, then put it upon your freshe cheese, and picke it with Wafers, and so serue it.

THE NAMES OF ALL thinges necessary for a banquet.

Suger.	Cinamon,	Licozas.
Pepper.	Putmegs,	All kinde of
Saffron.	Saunders.	Cumfets.
Anniseeds.	Coliander.	Dzenges.
		Pome,

Pomegranet. seedes. Damaske.
 Tozuceli. Lemons. water.
 P;uacs. Rosewater. Dates.
 Currans. Raisins. Cherries con:
 Barberies cō: Rie flower, serued.
 serued, Ginger. Swæte D;ent
 Peper white Cloues and ges.
 and browne Sace. Wafers.
 For your Marchpanes seasoned and
 unseasoned, Spuindges.

To make Manus Christi.

TAke sixe spoonefull of Rosewater, and
 graines of Ambergræce, and 4. grains
 of Pearle beaten very fine, put these thre
 together in a Saucer and couer it close,
 and let it stande couered one houre, then
 take foure ounces of very fine Sugar, and
 beate it small, and search it thzough a fine
 search, then take a little earthen pot glased,
 and put into it a spoonefull of Sugar, and
 a quarter of a spoonefull of Rosewater, and
 let the Sugar and the Rosewater boyle
 together softely, till it doe rise and fall a
 gaine thre times. Then take fine Rie flo
 wer, and sift on a smooth bozde, and with a
 spone take of the Sugar, and the Rosewa
 ter, and first make it all into a round cake,
 and

A Booke

and then after into little Cakes, and when they be halfe colde, wet them ouer with the same Rosewater, and then laye on your golde, and so shall you make very good Manus Christi.

To make a Caudle to comfort the
stomacke, good for an
olde man.

TAke a pinte of good Ruscadine, and as much of good stale ale, mingle them together, then take the yolkes of twelue or thirtéene Egges newe laide, beat well the Egges firste by themselves, with the wine and ale, and so boyle it together, and put thereto a quarterne of Sugar, and a fewe whole Spice, and so stirre it well, til it seeth a good while, and when it is well sod, put therin a fewe slices of bready if you will, and so let it soke a while, and it will be right good and wholsome.

To make a Trifle.

TAke a pinte of thicke Creame, and season it with Sugar and Ginger, and Rosewater, so stirre it as you would then haue it, and make it luke warme in a dish on a Chafingdishe and coales, and after put it into a siluer peece or a bowle, and so serue it to the boorde.

To

of Cookerie.

To make Marmelat of Quinces.

You must take a pottle of Water, and foure pound of Sugar, and so let them boyle together, and when they boyle, you must skumme them as cleane as you can, and you must take ʒ whites of two or threē Egges, and beate them to froth, and put the froth into the pan for to make the skum to rise, then skumme it as cleane as you can, and then take off the Kettle and put in the Quinces, and let them boyle a good while, and when they boyle, you must stirre them still, and when they be boyled you must bore them vp.

To make butter paste.

Take floure, and seven or eight egges, and cold butter & faire water, or Rose water, and spices (if you will) & make your paste and beat it on a boorde, and when you haue so done, deuide it into two or threē partes, and diue out the peece with a rolling Pinne, and doe with butter one peece by another. and then folde vp your paste vpon the butter and diue it out againe, and so doe five or sixe times together, and some not cut for bearings, and put them into the Oven, and when they be baked, scrape sugar on them, and serue them.

D.

To

A Booke

To make Fritter stufte.

TAke fine flower, and thre or foule eggs,
and put into the flower, and a peece of
Butter, and let them boyle altogether in a
dishes or a chafin, and put in suger, sy-
namon and Ginger, and Alewater, and
in the boyling put in a little grated bread
to make it bigge, and then put it into a dish
and beate it well together, and so put it into
your moulds, and frye it with clarified but-
ter, but your butter maye not be too hotts
nor too colde.

To make a made dishe of
Artechokes.

TAke your Artechokes and pare away
all the top euen to the meate and boyle
them in sweete broth till they be somewhat
tender. and then take them cut, and put them
into a dishe, and seethe them with Pepper,
synamon and ginger, , and then put in
your dishe that you meane to bake them in,
and put in Harrowe to them good stozz,
and so let them bake, and when they be ba-
ked, put in a little Vineger and butter, and
sticke thre or foure leaues of the Artechoks
in the dishe when you serue them vp, and
scrape Suger on the dish,

To

of Cookerie.

To frie Bakon.

TAke Bacon and slice it very thinne, and cut awaye the leane, and bruse it with the backe of your knife, and fry it in sweet Butter, and serue it.

To frie Chickins

TAke your chickins and let them boyle in verry good sweete broath a pritty while, and take the chickens out, and quarter them out in peeces, and then put them into a frying pan with swæte butter, and let them stewe in the pan, but you must not let them be browne with frying, and then put out the batter out of the pan, and then take a little sweete broath, and as much Bergies, and the yolkes of two Egges, and beate them together, and put in a little Nutmegges, synamon and Ginger, and Pepper into the sauce, and then put them all into the pan to the chickens, and stirre them together in the pan, and put them into a dish, and serue them by.

To make a boyled meat after the French waies.

TAke Pignons and larde them, and then put them on a Broach, and let them be halfe roasted, then take them off the broach, and make a Pudding of swæte hearbes of

A Booke

euerye fozte a good handfull, and chop Dre
white amongst the hearbes very small, and
take the yolks of five or six eggs and
grated bread, and season it with Pepper,
Sinamon and Ginger, Cloues and Mace,
suger, and Currans, and mingle all toge-
ther, and then put the stuffe on the pigeons
round about, and then put the pigeons into
the Cabeges that be perboyled, and binde
the cabbedge fast to the Pigeons, and then
put them into the pot where you meane to
boyle them, and put in Base broth into
them, and cabeges chopped small, and so
let them boyle, and put in Pepper, cleues,
and Mace, and prick the Pigeons full of
Cloues befoze you put the pudding on the,
and put a peece of Butter, Syramon, and
Ginger. and put a little Vineger and white
wine, & so serue them vp, and garnishe them
with fruite, and serue one in a dish, and but
a little of the bzoath you must put into the
dish when you serue them vp.

To make a Sallet of all kinde
of hearbes.

Take your hearbes and picke them very
fine into faire water, and picke your flo-
wers by themselves, and washe them al
cleane, and swing them in a strainer, and
when

of Cookerie.

When you put them into a dish, mingle them with Colwumbers or Lemmons payzed and sliced, and scrape Sugar, and put in vineger and Dyle, and throwe the flowers on the toppe of the sallet, and of every sozte of the aforesaide things and garnish the dish about with the foresaide thinges, and harde Egges boyled and laide about the dish and vpon the sallet.

A sauce for a Conie.

Cut Onions in rundels and frie them in butter, then put to them wine Vineger, salt, ginger, camomill and pepper, and a litle suger, and let it boyle till it be good and fast, then serue it vpon the conie.

To make a Sallet of Lemmons.

Cut out slices of the peeles of the Lemmons long waies, a quarter of an inche one peece from an other, and then slice the Lemmon very thinne and lay him in a dish crosse, and the peeles about the Lemmons, and scrape a good Deale of suger vpon them, and so serue them.

To make a sausedge.

Take Martinmasse beefe, or if you can not get it, take fresh beefe, or the lean of bacon if you will, & you must mince

A Booke

Very small that kinde of flesh that you take, and cut Lard & put into the minced meate, and whole pepper, and the yolkes of seauen Egges, and mingle them altogether, and put the meate into a gut very salt, and hang him in the Chimney where he may dry, and there let him hang a moneth or two before you take him downe.

To make a pie.

First perboyle your flesh and presse it and when it is pressed, season it with pepper and salt whilest it is hot, then larde it make your paste of Rie flower: it must bee very thick, or else it will not hold, when it is seasoned and larded laye it in your pie, then cast on it before you close it a good deale of Cloues and Mace beaten small, and throwe vppon that a good deale of Butter, and so close it vp: you must leaue a hole in the top of the lid, & when it hath stood two heures in the ouen, you must fill it as full of Sineger as you can, and then stoppe the hole as close as you can with paste, and then set it into the Ouen againe: your Ouen must be very hot as the first, and that your pies will keepe a greate while, the longer you keepe them, the better they will bee: when they bee taken out of the Ouen and almost

of Cookerie.

colde, you must shake them betweene your handes, and set them with the bottome upwarde, and when you set them into the Duken, bee well ware that one pys toucheth not an other by more then ones hand bredth: Remember also to let them stand in the Duken after the vineger be in two houres and more.

To make white broth with
Almondes.

First looke that your meate be clean washed, and then set it on the fire and when it boyleth scumme it cleane, and put some salt into the pot, then take rosemarie, time, Floy and margerum, and bind them together, and put them into the pot, and take a dishe of sweete butter, and put it into the pot amongst your meate, and take some whole mace, and binde them in a clout, and put them into the pot with a quantitie of bergice, and after that take a quantitie of Almondes as shall serue the turne, blanche them, and beate them in a moxter, and then straine them with the broth your meate is in. And when these almondes are strayned put them in a pot by themselves with some Suger, and a little Ginger, and also a little Rose water, and then stirre it while

A Booke

boyle, and after that take some slyced ozen-
ges, without the kernelles, and boyle them
with the broth of the pot vpon a chafing dish
of coales, with a little suger, and then haue
some sippets readie in a platter, and serue
the meate vpon them, and put not your Al-
mondes in till it be ready to be serued.

To make pottage to loofe
the bodie.

TAke a chicken and seeth it in running
water, then take two handfulls of violet
leaves, and a good prettie sorte of reasons of
the Sunne picke out the stones, and seeth
them with the chickens, and when it is wel
sodden, season it with a little salt and strain
it and so serue it.

To make another very good po-
tage to bee vsed in the
morning.

TAke a chickin and seeth it in faire water
and put to it violet leaves a handfull or
two, or else some ether good hearbes, that
you like in the stead of them, and so let them
seeth togeather tyll the chicken be readie to
fall a peeces, then straine it, and cut thinne
peeces of bzead, and seeth in it till the bzead
be verie tender, and then season it with salt.
And on the fishe daie seeth the hearbes as
before

before in faire running water and straine it and seeth bread as before in it, and season it with salt and put in a peece of butter.

To boile diuers kindes of
fishes.

Blet, Conger, Thornebacke, plaice, fresh Samon, all these you must boyle with a litle faire water and vineger, a litle salt, and bay leaues, and sauce them in vineger, and a litle of the broth that they are sodden in with a litle salt, and as you see cause shift your sauce, as you do beefe in brine, and also fresh Sturgeon, seeth it as is aforesayde, and sauce it as yee did the other, and so yee may keepe it halfe a yeare with chaunging of the sauce, and salte Sturgeon seeth it in water & salt, and a litle vineger, and let it be cold, and serue it fozth with vineger, and a litle Fenell vpon it but first oz yee seeth it, it must be watered.

To make broth for one that
is weake.

TAke a Legge of beale and set it ouer the fire in a gallon of water skimming it cleane, when you haue so doone put in thre quarters of a pounce of small reasons, halfe a pound of pines, a good handfull of Burrage, as much langdebeefe, as much mints
and

A Booke.

and the like quantitie of harts-tongue, let all these seeth together til all the strength of the flesh be sodden out, then straine it so clean as you can, and if you thinke the patient bee in anie heates, put in violet leaues and sauozie as you do with the other hearbs.

To boile a capon with a
firrop.

Boyle your Capon in sweete broath, and put in grosse pepper and whole mace into the capons bellie, and make your firrop with spinnage, white wine, and currants, suger, cinamon and Ginger, and sweet butter, and so let them boyle, and when your capon is readie to serue put the firroppe on the capon, and boyle your spinnage befoze you make your firrop.

To dresse a hare.

Vash her in faire water, perboyle her, then lay her in colde water, then larde her and rost her, and for sauce take red wine, salt, vineger, ginger, pepper, cloues and mace, put these together, then mince onions and apples and frye them in a panne, then put your sauce to them with a little suger, and let them boyle together and then serue it

To

To bake a hare.

TAke your Hare and perboile him, and mince him, & then beat him in a mortar verie fine, liuer and all if you will, and season him with all kinds of spice and salt, and doo him together with the yolks of seven or eight egges, when you haue made him vp together, drawe Lard verie thicke through him, or cutte the Lard and mingle them together and put him in a pye, and put in butter befoze you close him vp.

To rost Deares tongues.

TAke deares tongues and larde them and serue them with sweete sauce.

To make Blewmanger.

TAke to a pinte of cream twelve or sixteens yolkes of egges, and straine them into it, and seeth them well euer stirring it with a sticke that is broad at the end but befoze you seeth it put in suger, and in the seething tast of it that you may if neede bee put in moze suger, and when it is almost sodden put in a little Rose water that it may taste thereof, and seeth it well till it be thicke, and then straine it againe if it hath neede, or else put it in a fayze Dish and stirre it till it be almost cold, and take the white of all the Egges, and straine them with a pinte of
creame

A Booke.

Cream and seeth that with suger, and in the ende put in rosewater as into the other, and seeth it till it be thicke enough, and then vse it as the other, and when ye seie it ye may scrue one dish and another of the other in roules, and cast on biscuits.

To make peascods in Lent.

TAke figs, Raisons, and a few Dates, and beate them very fine, and season it with Cloues, Mace, Cinamon and Ginger, and for your paste seeth faire water and oyle in a dish vppon coales, put therein saffron and salt and a little flower, fashion them then like peascods, and when ye will scrue them, frye them in Dyle in a frying panne, but let the Dyle bee verie hotte, and the fire soft for burning of them, and when yee make them for fleshe dayes, take a fillet of beale and mince it fine, and put the yolkes of two or thre rawe egges to it, and season it with pepper, salt, cloues, mace, honie, suger, cinamon, ginger, small raisons, or great minced, and for your paste, butter, the yolke of an egge, and season them, and frye them in butter as yee did the other in oyle.

To

of Cookerie.

To bake Quinces, Peares and
Wardens.

TAKE and pare and coare them, then make your paste with faire water and butter, and the yolke of an egge, then set your Dzinges into the paste, and then bake it well, fill your paste almost full with Sinnamon, Ginger and Sugar. Also Apples must be taken after the same sozte, saving that whereas the coze should be cut out they must be filled with Butter euery one, the hardest Apples are best, and likewise are Peares and Wardens, and none of them all but the wardens may be perboyled, and the Oven must be of a temperate heat, two houres to stand is enough.

To make a Tarte of Spinadge.

TAKE Spinadge and seeth it skalke and all, and when it is tenderly sodden, take it off, and let it dryne in a Cyllynder. and then swing it in a clowte, and stampe it and straine it with two or thre yolkes of egges, and then set it on a chafin-dish of coales, and season it with butter and Sugar, and when the paste is hardened in the Oven, put in this Comode, strake it euen.

To

A Booke

To make blame mangle.

TAke all the bzaine of a capon and stamp it in a moztar fine, and blanched almondes, and sometimes put to them Rose-water, and season it with powder of synammon, ginger, and suger, and so serue it,

To make a Tarte of an eare
of Veale.

TAke two pound of great Raisons, and walthe them cleane, and pick them, and take out the stones of them, and take two Kidneyes of Veale, and a pœce of the legge which is leane, and boyle them altogether in a pot with the Graint of the bzoth of mutton, and boyle it, and let it boyle the space of one howze, then take it vp and choppe it fine, and temper it with crummes of bread finely grated, and take nine yolks of eggs, & temper thẽ altogether, and season them with sinamon, ginger, suger, and small Raisins, great raisons minced, Dates and Saffron. Then take fine flooze and water, and thye yolkes of Egges, Butter and saffron, and make them like a round Tart close with a couer of the same paste, and set him in the Ouen, and let him stand one howze, then take him forth, and ensoze it with Butter,
and

of Cookery.

and cast a powder of synamon, Ginger, and suger, and so serue it.

To make a Tarte of Strawberles.

TAke Strawberies and washe them in claret wine, thicke and temper them with rosewater, and season them with synamon, suger and ginger, and spread it on the Tarte, and endoze the sides with butter, and cast on Suger and biskettes, and serue them so.

To make a close Tarte of Cherries.

TAke out the stones, and laye them as whole as you can in a Charger, and put Mustard in synamon and ginger to them, and laye them in a Tarte whole, and close the, and let them stand thre quarters of an houre in the Oven, then take a firrope of of Muscadine, and damask water and suger, and serue it.

To make a close Tarte of greene Pease.

TAke halfe a peck of greene Pease, cheale them and seeth them, and cast them into a cullender, and let the water go from them then put them into the Tart whole, & season them with Pepper, saffron and salte, and a dishe of sweet butter, close and bake him almost one houre, then drawe him, and put to him

A Booke

him a little **Mergice**, and shake them and set them into the **Ouen** againe, and so serue it.

To make a Tarte of Damsons.

TAke Damsons and seeth them in **Wine**, and straine them with a little **Creame**, then yoyle your stuffe over the fire till it be thicke, put thereto, **suger**, **synamon** and **ginger**, but set it not into the **Ouen** after, but let your paste be baked befoze.

To make a florentine.

TAke the kidneis of a loyne of beale that is roasted, and when it is cold shzedde it fine, and grate as it were half a **Manchette** very fine, and take eight yolkes of **Egges**, and a handfull of currans, and eight dates finely shzed, a little **senamon**, a little **ginger** a litle **suger** and a litle **salt**, and mingle them with the kidneies, then take a handfull of fine flower and two yolkes of **egges** and as much **butter** as two **egges**, and put into your flower, then take a little seething **liquor**, and make your paste and dyne it a broad very thinne, then strake your dishe with a little **butter**, and lay your paste in a dish & fill it with your meate, then drawe an other sheet of paste thinne and couer it withall, cut it handsomly vpon the top, and by the sides, and then put it into the **Ouen**,
and

and when it is halfe baked drawe it out, and take two or three feathers, and a little rose-water, and wette all the couer with it, and haue a handfull of suger finely beaten, and strawe vpon it, and see that the Rosewater wet in euery place, and so set it in the oven againe, and that will make a faire ise vpon it, if your Oven be not hotte inough to reare vpon your ise, then put a little fire in the Ovens mouth.

To make Almond butter after the best
and newest fashion.

Take a pound of Almondcs or more, and blanch them in colde water or in warme as you may haue leysure, after the blanching let them lye one houre in cold water, then stamp them in faire cold water as fine as you can, then put your Almondcs in a cloth, and gather your cloth round vpon your handes, and presse out the iuice as much as you can, if you thinke they be not small enough, beate them again, and so get out milke so long as you can, then set it ouer the fire, and when it is ready to seeth, put in a good quantitie of salte. and Rosewater that will turne it, after that is in, let it haue one boyling, and then take it from the fire, and cast it abroad vpon a linnen cloth,

A Booke

and vnderneath the Cloth scrape of the
Whay so long as it will runne, then put
the butter together into the middell of the
cloth, binding the cloth together, and let it
hang so long as it will drop, then take pe-
ces of Sugar so much as you thinke will
make it swete, and put thereto a little rose-
water, so much as will melte the Sugar,
and so much fine powder of Saffron as you
thinke will colour it, then let both your su-
ger and Saffron sleep together in the little
quantitye of Rosewater, and with that
season by your butter when you wil make
it.

To make Oiler Chewets,

Take a pecke of Daters & wash them
cleane, then cheal them and wash the
saire in a Cullendar, and when they
be sodden, straine the water from them, and
chop them as small as eye meate, then sea-
son them with pepper, halfe a penniworth
of cloues and Mace, halfe a penniworth of
sinamon and ginger, and a pennyworth of
suger, a little saffron & salt, then take a hand-
full of small raisons, sixe dates minced smal
and mingle them altogether, then make
your paste with one pennyworth of fine
flower, tenne yokes of Egges, a halfe pen-
niworth

nworth of Butter with a little saffron and boyling water, then raise vp your chelwets and put in the bottom of euery one of them a little Butter, and so fill them with your stufte, then cast Pyunes, Dates, and small Raisons vpon them, and being closed, bake them, let not your Duen be too hotte for they will haue but little baking then draw them, and put into euery one of them two spoonefull of bergice and butter, and so serue them in.

To make a Tarte of Medlers.

TAke medlers that be rottē, and stamp them, then set them on a chaffing dish and coales, and beate in two yolkes of egges, boyling it till it be somewhat thicke, then season them with suger, Cinamon, and ginger, and lay it in paste.

To make a Quinces moyse or
Wardens moyse.

You must rost your Wardens or Quinces, and when they be rosted, pil them, and straine them together, and put in Suger, synamon and Ginger, and put it in a plate, and then smooth it with a knife, and scrape a little suger on the top, and nicke a little with a knife.

A Booke

To make an other pretie dishe, with dates,
and the iuice of two or three
Orenge.

STraine them into a dishe, and so make
Chambers of paste vpon a sticke, put
the sticke vpon a loafe of bread, and so dry
them in the Duen, and then clarifie a little
Butter, and fry them in it, and lay them in
a dish, and serue suger on them.

To make Hypocrase.

TAke a gallon of white wine, suger two
pound, of sinamon ʒ. d. ginger ʒ. d. long
Pepper ʒ. d. Mace ʒ. d. not brused, Graines
ʒ. d. Wallingall ʒ. d. od. Cloues not brused,
you must bruse euery kinde of spice a litle, &
put them in an earthen pot all a day, & then
cast them through your bags two times or
more as you see cause, and so drinke it.

To make Marmelet of Quinces.

TAke very good Quinces, and pare them
and cut them in quarters, then coare
them cleane, and take hæde it be not a stony
Quince, and when you haue pared and co-
red them, then take two pintes of running
water, and put it into a brasse pan, casting
away eight spoonefules of one of the pintes,
then waigh three pound of fine suger, & beat
it

it, and put it into the water, make your fire where you may haue a good light, not in a chimney, then set on your pan vppon a treestuet, and when your suger and water beginneth to boile, you must skimme it cleane, then put in fire spoonfulls of rosewater, and if there rise any moze skumme, take it of and so put in your thzee pound of quinces, and so let them boile but softly, and if you see the colour ware somewhat deepe, now & then with a faire slice bee bzeaking of them, and when your liquour is well consumed away, and the colour of your quinces to growe firer, then be still stirring of it, and when it is enough you shall see it rise from the bottom of your pan in stirring of it, and so box it, and yee shall haue it to bee good marmelet and a berie ozient colour, if you will you maye put some muske into it, some rosewater, and rub your box withail, it will giue it a pzety sent, and it is a very good way.

To make a sirrop of Quinces to
comfort the stomack.

TAke a great pint of the iuyce of quinces, a pound of suger, and a good halfe pint of vineger, of ginger, $\frac{1}{2}$ weight of fine groates, of cinamon, the weight of fixe groats, of pepper, the weight of thzee groats, & two pence.

A booke

To make marmelēt of Quincies.

TAke verie good Quincies and pare them & cut them in quarters, then coze them cleane, & take heed it be not a stonie quince, and when you haue pared and cozed them, and take two pintes of running water, and put it into a bzaile, casting away eyght spoonefulls of one of the pintes, the wagght of foure pound of fine suger, & beate it & put it into the water: make your fire where you may haue good light, & not in the chimney, then set euer your panne vpon a Trest, and when your suger and water beginneth to boile you must straine it cleane, then put in five spoonefulls of rose water, and if there rise any moze skumme, take it off and put it into boxes.

To make condomacke of quinces.

TAke five quarts of running water, and a quart of french wine, put them together, then take quincies and pare them and cutte them till you come at the cozes, then weigh ten pounce of the quinces, and put them into your pan of water and wine and boile them ouer a quicke fire till they bee tender, keeping your panne verie close covered, then take a peece of fine canuas & put your quinces and liquoz in it, and when your sirroppe
is

Is all runne throug, put in so much fine suger as will make it swete, and set it ouer a quicke fire againe, stirring with a sticke til it be so thicke that a drop will stand vpon a dish, then take it from the fire and put it in boxes.

To make cast creame.

Take milke as it commeth from the cow, a quart or lesse, and put thereto rawe yolkes of egges temper the milke and the egges together, then sette the same vpon a chafingdish and stirre it that it curbe not, and so put suger in it, and it will bee lyke creame of Almondcs, when it is boyled thicke enough cast a litle suger on it, & sprinkle Rosewater thereupon, and so serue it.

To make good Resbones.

Take a quart of fine flower, lay it vpon a faire board and make a hoale in the middell of the flower with your hande, and put a spoonefull of Ale yeast thereon, and ten yolkes of egges, & two spoonefulls of cinnamon and one of ginger, and one of cloues and mace, and a quarterne of suger finelye beaten, and a litle saffron, & halfe a spoonefull of salt, then take a dishe full of butter, melt it and put it into your flower, and there

A booke

Here withall make your paffe as it were for
mancheat, and mould it a good while, & cutte
it in peeces of the bignesse of Ducks egges,
and so mould euerie pcece as a mancheat, &
make them after the fashion of an inckhorn
broad aboue and narrow beneath, then sette
them in the Ouen, and let them bake three
quarters of an houre, then take two dishes
of butter and clarifie it vpon a soft fire, then
Dra w it out of the ouen, and scrape the bot-
tome of them faire and cleane, and cut them
ouerthwart in foure peeces, and put them
in a faire charger, and put your clarified
butter vppon them, and haue cinamon and
ginger readie by you, and suger beaten ve-
rie small, and mingle altogether, and euer
as you set your peeces together, cast some of
your suger, cinamon and ginger vpon them,
when you haue set them all vp, lay them in
a faire platter & put a litle butter vpo them,
& cast a litle suger on them, & so serue them.

To make a vaunt.

TAke marie of Beefe as much as you
can hoide in both your hands, cut it as
big as great dice, then take dates and
cutte them as bigge as small Dice, then
take fortie pynes and cutte the fruites
from the stones, then take halfe a handfull
of

of small raisons, wash them cleane and
picke them, and put your marie in a fayre
platter, and your Dates, Pjunes and small
raisons, then take twenty yolkes of egges,
and put in your stufte befoze rehearsed, then
take a quarterne of Suger or moze , and
beate it small and put in your marrow, then
take two spoonefulls of Sinamon and a
spoonefull of Ginger, and put them to your
stufte and mingle them altogether, the take
eight yolkes of egges, and foure spoonefulls
of Rosewater, straine them and put a little
suger in it, then take a faire frying panne
and put in a little peece of butter in it , as
much as a walnut & set it vpon a good fire,
and when it looketh almost blacke, put it
out of your panne , and as fast as you can
put halfe of your egges in the midst of
your panne, and frie it yellowe, and when
it is fried, put it into a faire dish , and put
your stufte therein, and spredde it all the bot-
tome of your dish, and then make another
baunt euen as ye made the other, and set it
vpon a faire boord, cut it in pzetre peeces, of
the length of your will finger , as long as
your baunt is, and laye it vpon your stufte
after the fashion of a little windowe , and
then cutte off the endes of them as muche
as

A Booke

as lieth without the inward compasse of the dish, then set the dish within the Oven, or in a baking panne, and let it bake with leisure, and when it is baked enough, the marrowe will come faire out of the vaunt to the the brim of the dish, then drawe it out, and and cast a litle suger on it, and so serue it in.

To preferue quinces whole.

TAke a pottle of faire water, and put it into a cleane panne, and bente iii. pound of fine suger, and put into it, then sette it on the fire, and when you haue skimmed it, put in twelue spoonefuls of rose water, then take v. faire Quinces and pare them, and coze them cleane, then put them into your sirrup, and so couer them verie close for the space of two houres with a faire platter, and let them boyle a good pace at the two houres and uncover them, and looke whether you find them tender, and that they haue a faire crimson colour, then take them vp, and lay them vpon a faire platter, couering your sirroppe againe. And let it seeth while it be somewhat thicke, then put your Quinces into your sirruppe againe, and so haue a faire galie pot, and put in both your sirrup and quinces as fast as you can, and
couer

cover your pottle close that the heate goe not forth, you must not put them in a glasse for it will breake.

To preserue peare plummes.

First take two pounds and a halfe of fine Sugar, and beate it small, and put it in to a pretie brasse pottle with xx. spoonefulls of rosewater, and when it boyleth skimming it cleane, then take it of the fire, and let it stand while it be almost colde then take two pound of peare plummes, and wipe them vpon a faire cloth, and put them into your sirruppe when it is almost colde, and so sette them vpon the fire againe, and let them boyle as softlye as you can when they are boyled enough the kernelles wilbe yellow, then take them vp, but let your sirrup boile till it be thicke, then put your plummes vpon the fire againe, and let them boyle a walme or two, so take them from the fire, and let them stande in the vessell all night, and in the morning put them into your pot or glasse and cover them close.

To preserue oranges.

Chuse out the fairest, and the heauiest, that is full of liquoz, and cut them full of litle specks then make a litle round hole in the stalks of the Orange, and breake the strings

A Booke

strings of the meate of the D:enges & close the meate to the sides of your D:enges with your finger, then will part of the iuice and kernells come out, and laye them in water thzee daies and thzee nights, then take them out, and set a pan with water ouer the fire, and when it seeths, put in your D:enges, let them not seeth too fast, then you must haue another panne with water readye see- thing to shift your D:enges out of the other water, when they haue sodden a perty while and so haue one panne after another to shift them still vppon the fire x. or xii, times to take away the bitternesse of the D:enges, and you must keepe them as whole as you can in the boyling, and then take them by one by one, & lay them vpon a platter the hole downeward, that the water may runne the clearer out of them, then let them stande so vnill you haue boyled your sirroppe, readie for them. Nowe to make your sirrop take to euerie two D:enges, a pinte of water, & a pound of suger, let your suger be finely bea- ten befoze you put it into your liquo: & looke that the kettle you boyle them in, be sweete byaste, then take x. whites of egges, and put them into your kettle with your liquo: and suger, and beate your whites of egges, and the

the liqnoz together a good quarter of an
 houre, then set your liqnoz vpon a softte fire
 of coales, and let it seeth so soon as you can,
 having a faire skimmer, and a Cullender
 ready, and set your Colender in a faire ba-
 son, and as your whites of egges riseth in
 skumme take them vp with your skimmer
 and put them in your Collender, and you
 shall have a great quantity of sirrope come
 from your skumme through your Colen-
 der into your bason, and that you must save,
 and put it in to your kettle agoin, and when
 your great skumme is off, there will arise
 still some skumme, which you must take
 off with a skymmer, as cleane as you can,
 and when your sirrope hath sodden a pretie
 while, then put in your Dzenges, and let
 them boyle softlye, till you think they be e-
 nough, & the sirrop must be somewhat thick,
 then let your Dzenges stand al night vpon
 the fire, but there must be nothing but im-
 bers. And in the morning take them vp, and
 put them in Glasses or Gally pots.

To preserve Cherries.

T O cuery pound of cherries take a pound
 of suger that done, take a fewe cherries
 and distraime them to make your sirrope,
 and to euery pound, a pound of suger, and
 cherries

A Booke

cherries, take a quarter of a pound of sirrop, and this done, take your sirrope and Sugar, and set it on the fire, then put your cherries into your sirrope and let them boyle five severall times, and after every boyling skum them with the backside of a spoone.

To preserve Gooseberies.

Take to every pound of Gooseberies, one pound of Sugar, then take some of the Gooseberies and distraine them, then take the sirrope, and to every pound of Gooseberies, take half a pound of sirrop, then set the sugar and the sirrope over the fire, and put in the gooseberies, and boyle them foure severall times, and skumme them cleane.

To make Apple moyle.

Roast your apples, and when they be roasted, pill them and strain them into a dish, and pare a dosen of apples and cut them into a chafer, and put in a little white wine and a little Butter, and let them boyle till they be as soft as Pap, and stirre them a little, and straine them to some wardenes roasted and pilled, and put in Sugar, Sy-namon and Ginger, and make Diamonds of Paste, and lay them in the Sunne, then scrape a little Sugar vpon them in the dish.

of Cookerie.

A powder peerelesse for
wounds.

Take Oypiment and Verdigræce, of each
an ounce, of Vitriol burned till it be red
two ounces, bray each of them by it selfe in a
Brazen mortar, as small as flower, then
mingle them altogether that they appeare
all as one, and keepe it in Bagges of lea-
ther well bound, for it will last seven yeare
with one vertue, and it is called powder peer-
les, it hath no pære for working in Chirur-
gerie, for put this powder in a wounde,
whereas is dead flesh, and lay scrapte Linte
about it, and a plaister of Diuiflosius next
vnderneath written, and it &c. The rest
wanteth.

A medicine for the Megrime, Impostume
of the Rewme, or other disca-
ses in the head.

Take Pellitory of Spaine the weight
of a groate, halfe so much Spegall,
beate these in powder, take the tops of
Rope, of Rosemary with the flowers, three
or foure leaues of Sage in the hole, of these
herbes one small handfull, boyle all these
herbes with the Spices in halfe a pinte of
White wine, and halfe a pinte of Vineger
of Rases, untill one halfe of the liquoz be
con-

A Booke

consumed, then straine forth the hearbes, and set the liquor to coole, and being colde put thereunto threë spoonefull of good Mustard, and so much honey as will take away the tartnes of the medicine, and when the patient feeleth any payne in his head, take a spoonefull thereof, and put it into his mouth, and holde it a prittie while gargaling, and then spitte it forth into a vessel, and so vse to take ten spoonefulles at one time in the morning fasting, vsing this threë daies together, when they feele themselues troubled with the Kewme, at the fall and spring of the lease is best taking therof, and by the grace of God they shall finde ease.

You must keepe this same medicine very close in a glasse, whose goodnesse will last ten dayes and when you take it, warm it as milke from the Cowe.

A Copie of Doctor Steeuens water.

Take a gallon of Gascoigne wine, then take Ginger, Galingale, Camamill, Cinamon, Braines, Cloues, Mace, any seedes, Fennell seedes, Carraway seedes, of euery of them one dramme, that is two pence

pence halfe peny waight, then take Sugar minced, red Roses, Lime, Bellitorie of the wall, wilde Margerum, Penitryall, Penitmountain, wilde Time, Lauender, auens, of euery of them one handfull, then beate the spice small, and bruse the hearbes, and put all to the wine, and let it stand twelue houres, stirring of it diuers times then still it in a Limbecke, and keepe the first pinte of water by it selfe, so it is best, then will come a second water, which is not so good as the first, the vertue of this water is this: It comforteth the spirites, and preserueth greatlye the youth of man, and helpeth inwarde diseases comming of colde, against the shaking of the Palsey, it cureth the contraction of sinewes, and helpeth the vnception of women, it killeth the wormes in the bellye, it helpeth the tooth ache, it helpeth the colde Cough, it comforteth the stomack, it cureth the cold Droopse, it helpeth the Stone in the Bladder, and the Reines of the backe, it cureth the Canker, it helpeth shortlye a sinking breath. And who so vseth this water now and then and not too often, it preserueth him a good liking, and shall make him seme yong very long.

Approued pointes
A medicine for all manner
of Sores.

TAke vnwrought Waxe , Turpentine,
oyle Oliffe, Sheeps Tallowe, o; Deeres
Sewet, a quantitie of euery of them, and
then take a quantitie of the iuice of Bugel,
the iuice of smallage, a quantitie of Kof-
sen , and boyle them all together ouer a
soft fire, stirring them alwaies till they be
well mingled, and that the greennes of the
iuyce be come, and then straine it thzough
a faire cloth into a cleane vessell, and this
shall heale Wounde o; Soze whatsoeuer it
be.

Another for all sores.

TAke a quarter of a pound of Pitch, as
much of Waxe, as much of Kossen , as
much of Capons grease, o; other soft grease,
and put them in a panne and seeth them al
together , till they bee melted , and then
straine them thzough a faire cloath , and
make a plaister to lay to the place grieued,

To defend Humots.

TAke beanes, the rinde o; the vpper skin
being pulled of, & bruse them and mingle
thē with the white of an Egge, and make
it sticke to the Temples, it keepeth backe
humors flowing to the eyes.

To

To make Rosemary water.

TAke the Rosemarye, and the flowers in the middest of May, before sunne arise, and strippe the leaues and the flowers from the stalke, take foure oz five alicompans rootes, and a handfull oz two of Sage, then beate the Rosemarye, the Sage and rootes together, till they be very small, and take thzee ounces of Cloues, iij ounces of Pace, ij ounces of Quibles, halfe a pound of Anisædes, and beate these spices euery one by it selfe. Then take all the hearbes and the spices, and put therein foure oz five gallons of good white wine, then put in all these Hearbes and spices, and Wine, into an earthen pot, and put the same pot in the ground the space of sixtēne dayes, then take it vp, and styll in a styll with a very soft fire.

To make Bisket bread.

Firste take halfe a pecke of fine white flower, also eight newe laide egges, the Whites and Yolkes beaten together, then put the said egges into the flower, then take eight Graines of fine Milke, and stampe it in a Morter, then put halfe a pint of good Damaske water, oz else rosewater into the Muske, and mingle it together,

Approued pointes

and put it into wine or Muskadine, but Muskadine is better, and put it into the flowze, also one ounce of good anniseedes, clean picked and put therin, and so to work them altogether into a Masse, as yee doe bread, and then make your biskettes into what fashion you thinke best, and then put them into an Ouen, and bake them hard if you will keepe them long, or else but indifferent, if you will haue it candite, take rose water and Sugar, and boyle them together till they be thicke, and so slices of bread, then set hot in the Ouen vntill the same be candit.

Certaine approued pointes of Husbandrie, very necessary for all Husbandmen to knowe.

First of Oxen.

Tokens whereby an Oxe is knowen to be good and towarde for the worke, are these: ready and quicke at the voice, hee moueth quickly, he is short and large, great eares, the Hornes lively and of meane bignesse and blacke, the head short, the breast large a great panche, the tayle long, touching the ground with a tuffe at the end, the haire curled, the backe straight, the
raines

rains large, the leg strong and firmes, the houlfe shorte, and large, the best colour is blacke and red, and next vnto that the baye and the pyed, the white is the worst, the greye and the fallowes or yellowe is of lesse valure. The charge of one that keepeth them is chiefly to vse them gently, to serue them with meate and good litter, to rubbe or kembe them at night, to strike them ouer in the morning, washing sometimes their Tails with warme water, also to keepe their stable cleane, and that the poultrie or Hogges come not in, for the feathers maye kill the Dren, and the dung of sicke Hogges breedeth the murren.

Item hee must knowe discreetly when oxen haue laboured enough, and when but little, and according to that they are to be fed.

Item that he worke them not in a time too cold or too wet.

Item that hee suffer not them to drinke presentlie after a great labour, and that hee tie them not by foorthwith, vntill they bee a litle refreshed abroade.

The Oxe desireth cleare or running water like as the Horse desireth the puddle or trouled water.

Approoued points

Item that at their comming home, hee alwaies overlooke them, whether there bee anie Thoznes in their feete, or if the yoke haue gauled them.

In Fraunce they gelde all their Bull, calves about the age of two yeares, and that at the fall of the leafe.

The day when they are to bee cut, they must not drinke, and must eate but little. They suddenly clippe the sinnewes of the stoncs with a paire of tonges, and so cutte out the stoncs in such sorte, as they leaue behind the ende that is tied vnto the sinnowes for so the Calfe or Bullocke shall not bleede ouermuch, nor shall leese all his virility and courage.

At the age of ten monethes the Bullock changeth his fore teeth, and at sixe moneths after they scale the next teeth, and at the ende of thzee yeares he chaungeth all his teeth.

Note when an Ox is at best, his teeth are equall, white and long, and when hee is old, the tseth be vnsquall and blacke.

If an Ox haue the laske, which often times is with bloud, and maketh him verie weake they keepe him from drinke foure or five dayes, they giue him Walnuttcs and
harde

or husbandry

harde Cheese, tempered in thicke wine, and
for the uttermost remedie, they let him bleed
in the middes of the forehead.

To make him loose bellied they giue him
two ounces of aloes, made in powder with
warmed water.

An Ox pisseth blood of beeing too much
chafed, or of eating ill hearbes, or flowers,
they keepe him from drinke and drench him
with Treacle in two pints of Wine or ale,
putting thereto Saffron.

For the Cough they seeth Clove in his
drinke.

For the biting of an Adder or venomous
dogge, they noint the place with oyle of
Scorpion.

If hee bee lame of colde in his feete, they
wash him with old urine warmed.

If he be lame of the abundance of blood
fallen downe into the pastornes and hoofs,
they dissolve it by rubbing and launcing.

Item the better to keepe their Oxen in
health, whether they be to be laboured or to
be fatted, they wash his mouth eyght dayes
with urine, and there is taken awaye much
fleame, which taketh from an Ox his taste
and stomack.

If the fleame haue made him haue the

Approoued points

anurre which is knowne by the watering of the eye, they wash his mouth with time and white wine or rub it with water and salt.

Of Horses.

Tokens of a good Colte, the head lyttle and leane, the eare straight, the eyes great, the nostrelles wide, the necke little towards the head, the back short and large, close bellied, the cullions or stones equall and small, the taylor long tufted with haire, thicke and curled, the legges equall, high and straight, the houlfe blacke, harde and hie, he should be quicke and pleasant.

The age of Horses is knowne partly by the hoofe, & principally by the teeth. When the horse is two yeres and a halfe, the middle teeth aboue and beneath doe fall.

When he is foure yeare olde, the dogge teeth fal and others come in their places, before he be sixe yeares olde the great teeth aboue do fall, and the first yere the first that fel come againe, the seauenth yeere all is full, and they be all shut.

Of sheepe.

Certaine dayes before the Rammes bee put to the yowes, they drench them with salt water, thereby the yowes will
take

of husbandrie.

take the better, and the rammes (they say) waxe moze full of appetite.

To haue many male lambes, they chuse a drie time, the winde at North, letting the Powes go in pasture that lieth open against the Northerne winde, and then put in the rammes.

To haue many female lambes, they contrariwise obserue the Southwinde.

When a Pow is with lambe, if she haue a blacke tongue they say, the lambe will be blacke, and if the tongue be white, the lamb likewise will be white.

Tokens of a good sheepe: a great bodie, the necke long, the woll deepe, soft and fine, the belly great and couered with wooll, the fets great, great eies, long legges and long saile.

Tokens of a good Ram, the body high and long, a great bellie couered with wooll, a fleece thicke, the fozehead broad, eyes black with much woll about them, great eares couered with wooll, great stones, well horned, but the moze witched the better, the tongue and pallat of the mouth all white, to the ende that the Lambes may bee all white.

Approoued points of Hogges.

The Hogge of himselfe though filthy, yet they say hee prospereth the best, if hee lodge in a cleane stie, and euerie month his stye should be cast ouer with fresh grauell or sand, to make his lying fresh, and to drie by the pisse and filth.

They gelde their pigges when they are a yeare olde or sixe moneths at the least, for they were much greater if they be gelded at the saide age.

They chuse them Bores that haue the head short and large, the best large, colour black or white, the feet short, the legs great, and those that haue strongest haire on the top of their back.

Those are to be kept for sowes whiche be longest, with hanging bellies, great Tettes, deepe ribbed, a litle head, and short legges.

Hogges be sicke when they rubbe much their eare or refraine their meat, but if none of these signes appeare, they plucke off one of his haire on the backe, if he be clean and white at the roote, he is well, if he be bloudie or foule he is sicke.

They will haue their hogges eyther all white, or all blacke, and in anye wise
not

of husbandrie.

not speckled or of two colours.

They refraine from dunging their lande while the moone enereaseth, for that they note more aboundance of weedes to come thereby.

Touching the sowing of Beanes they obserue this. At the fall of the lease, in strong lande they sow the great Beanes. At spring time in weak and round ground they sow the common small beans and both sorts at the full of the moone, that they may be the better codded.

They vse to cut them at the newe of the Moone before day.

Their flax as soone as they haue gathered it, they set it vnder a house or houell, and suffer it not to take raine or dew as wee do.

To make Cheese yellow, they put in a litle Saffron.

To kepe Apples, they lay them on straw strowed, the eye of the apple downewardes, and not the stemme.

And when they woulde haue anie great store, well and long kept from perishing, they gather and choose the soundest, heaviest and fairest, beeing not ouer riped, they prouide a Hogshed, Hat, or great Cobitch, they

Approved points

they bring the Apples where it shall stande, then they lay a laine of strawe, and vppon the same a laine of Apples and then strawe againe, and apples likewise untill the Telsell be full to the brimme, shutting it close, with the head or couer that no aire come in.

To cure the malladie of trees that beare woormeaten fruite, which cometh of much wet or a moist season, at that time they pearce the Trees through with an Auger as neere the roote as they may, to the ende that the humoz whereof the woormes do breede, may distill out of the tree.

If trees through oldness or otherwise leaue bearing of fruite vsuallie, they vse not to loppe them, but onelie cut away the head bouges, they vncouer the rootes after all Saints tide, and cleaue the greatest of the rootes, putting into the clefts shiuers of flints or harde stonnes, letting them there remaine, to the ende that the humour of the earth maye enter and ascend into the tree after about the end of winter, they couer againe the rootes with verie good earth: if they haue anie deade Carrions they burie them about the rootes of such Trees.

An

An excellent drinke for the Tifsicke
well approued.

TAke a handfull of fennell roots, as much
persely roots, as many alisander rootes,
halfe a handfull of Bozrage rootes, and put
out the pith of all the said rootes, then take
halfe a handfull of Penryvall, as much of
Violet leaues, and as much of Cinkfoyle,
as much Succorpe, Endiue, Hollyhocke
leaues, Pallowe leaues, and red Garden
mintes, of all these the like quantity as of
these next befoze, halfe a handfull of Lico-
ris sticke scraped, bzused and beaten to fine
powder, a gallon of faire running water,
boyle therein all these simples, and boyle
these seedes with them, that is thzee spoon-
full of anniseedes, as much Fennell seede,
the like of Colliander seeds and Commin
seede, a good handfull of Dandelion rootes,
and so boyle altogether from a gallon to a
pottell, and let the patient drinke thereof
first and last, and it will helpe him in thozts
space. probatum est.

To make water imperiall for all wounds
and Cankers.

TAke a handfull of red Sage leaues, a
handfull of Belondine, as much of
Woodbind leaues, take a gallon of conduit
water,

Approued Medicines

water, and put the hearbs in it, and let them boyle in a pottle, and then strain the hearbes thzough a strainer, and take the liquoz and set it ouer the fire againe, take a pinte of English honye, a good handfull of Koch Allam, as much of white Copperas, Lime beaten, a penniwortz of grains brused, and let them boyle all together thze or soure waumes, and then let the skumme be taken off with a feather, and when it is cold, put it in an earthen pot or bottle, so as it may be kept close, and for a greene wound take of the thinnest, and for an olde wound of the thickest, couer the soare rather with Meale or Dutton, skimme them with dock leaues, when that you haue dressed them with this wates.

To make water imperiall an
other way.

Take a handfull of Dragon, of Scabious of Endiue, a handfull of Pimpernell, a handfull of Wormewood, of Kew, of Tanse, of Fetherfoye, of Dasse leaues, of coulisps, of maiden haire, of sinckfoyle, of Dandelion, of Lime, of Bawme, of each of these hearbes a handfull, of Treakle a pound, of Bole armoniacke foure ounces, and when you haue all these hearbes together, you
must

for sundry diseases. 46

must take and shread them a little, not too small, then take the Treacle, and the Bols armoniacke, and mingle them and the hearbes together, then put them in a stillator, and styll them: & fiet.

To make Sinamon water.

TAke Kennish wine a quart, or Spanish wine a pint, rose water a pint and a halfe, Sinamon byused a pound and a halfe, let these stand infused the space of foure and twentye houres, then distill it, and being close stopped and luted, then with a soft fire distill the same softly in a Limbeck of glasse and receiue the first water by it selfe.

Also if ye be so disposed to make the same water weaker, take thzee pints of Rosewater, and a pinte and a halfe of Kennish wine, and so distill the same, and you shall haue to the qualite of stufte, the quantity of the water, which is thzee pints, but the first is best, and so reserue it to your vse both morning and euening.

To make Sinamon water another way.

TAke thzee quartes of Muskadine, and a pound of Sinamon, and halfe a pinte of good rosewater, and so let them lye infused the space of foure and twentye houers,
and

Approued Medicines

and destill it as aforesaide, and you shall receive to the quantitye as to the qualitye, but the firste pinte is the best and the chiefe of all the other, as is manifest by practise.

To make Aqua composita for
a surfet.

TAke Rosemary, Fennell, Zsop, Time, Sage, Hozehound, of each of these a handfull, Bennirial, red mints Margerum, of each five crops, a roote of Enula Campana, of Licoras, Annyseeds bused of each two ounces, put all these to three gallons of mightie strong Ale, and put it into a brasse pot ouer an easie fire, and set the Limbecke vpon it, and stop it close with dows or paste, that no aire doe goe out, and so keepe it stiling with a softe fire, and so preserve it to your vse as need requireth.

To make the water of life.

TAke Balme leaues and stalkes, burnet leaues and flowers, a handfull of Rosemary, Turmentill leaues and rootes, Rosa solis a handfull, red roses a handfull, Carnations a handfull, Zsop a handfull, a handfull of Time, red strings that grow vpon Sauery a handfull, red Fennell leaues and rootes a handfull, red Mints a handfull, put all these hearbes into a pot of earth glazed

sed, and put therto as much white wine as will cover the hearbes, and let them soake thersin eight or nine dayes, then take an ounce of Cinamon, as much of Ginger, as much of Nutmegs, Cloves and Saffron, a little quantitie, of Annyseedes a pound, great Raisons a pound, Sugar a pound, halfe a pound of Dates, the hinder part of an olde Toney, a good fleshye running Capon, the flesh and sinewes of a legge of mutton foure yong Pigeons, a dosen of Larks, the yolkes of twelue egges, a loafe of white bread cut in sippettes, Muskadell, or Bardard thre gallons, or as much in quantitie as sufficeth to distil all these together at once in a Limbecke and thereto put of Methidatum two or thre ounces, or else with as much perfect Treakell, and distill it with a moderate fire, and keepe the first water by it selfe, and the second water alone also, & when there cometh no more water with strings, take away the limbecke, & put into the pot more wine vpon the same stiffe; and styll it againe, and you shal haue an other good water, and shall so remaine good. In the first ingredience of this water, you must keepe a double glasse warely, for it is restozating of all principall members,

G.

Approoued points

bers, and defendeth against all pestilentiall diseases, as against the Paultie, Droopie, Splene, Yellowe or blacke Jaundice, for woymes in the bellye, and for all agues be they hot or cold, and all maner of swellings, and pestilentiall sorowes in man, as melancholy, & flegmatike, and it strengtheneth and comforteth all the spirits and strings of the braine, as the heart, the milke, the liuer, and the stomacke, by taking thereof two or thre spoonefulles at one time by it selfe, or with ale, Wine or Beere, and by putting a pittance quantitye of Sugar therein, also it helpeth digestion, and doth breake winde, and stoppeth laske, and bindeth not, and it mightely helpeth and easeth a man or woman of the paine of the heart burning, and for to quicken the memozy of man, and take of this water thre spoonefuls a daye, in the morning, and another after he goeth to dinner, and the third last at night.

To make a good plaister for the
Strangurie.

TAke Hollyhocks, and violets, and Mercury, the leaues of these hearbes, or the seedes of them, also the rinde of the Elderne tree, and also leyd Wort, of each of these a handfull, and beate them small, and set
them

them in water, till halfe be consumed, then doe thereto a little oyle Olive, and all hot make threof a plaister, and laye it to the soze and raines, and also in Summer thou must make him a drinke in this manner: take Sapifrage, and the leaves of Elderne Fine leaved grasse, and seth them in a pottle of stale ale, till the halfe be wasted, and then straine it and keepe it cleane, and let the sicke drinke thereof first and last, and if you lacke these hearbes because of Winter, then take the rootes of Fine leaved grasse, and dye them, and make thereof powder, and then take Dyster shelles and burne them, and make powder of them, and mingle them together, and so let the sicke use thereof in his Pottage and drinke, and it shall helpe him.

To make a powder for the Stone
and Stranguillian.

Take blacke Bramble berries while they be redde, Rys berries, the inner pitch of the Ashe Keyes, the stones of the Eglantine Berryes clouen, rubbed from the hayre, Nutte keyes, the rootes of Philopendula, of all these a like quantitie, Accozne kernelles, the stones of Blowes, of each a like quantitie, dye all these on platters in an

Approoued points

ouen till they will be beaten to powder, then take Gromell seede, Sarifrage seede, Alsander seede, colliander seede, parsley seede, comin seede, fennell seed, anniseede, of ech of these a like quantitye, as much as is before witten, and dried in like sozt, then beate all these to fine powder, and take Licoriz of the best that you can get, faire scraped, as much in quantity as of all the other, and beat it fine, & mingle it with the same powder and so keepe it close that no winde come at it, vsing it first and last with possēt dzink made with white wine oz ale, and when you eate your pottage oz other bzoth, put some in it if you be soze pained, & if you haue any stone, it will come away by shiuers, and if it do so, when you thinke that your water beginneth to cleare againe, take this dzink that followeth, and it will cleanse your bladder, and it will leaue no cozruption therein.

The drinke.

TAke Kesemary, with Tyme, and seeth them in running water, with as much Sugar as will make it swete from a quart to a pinte, vse the quantitye of your hearbes according to your discretion, so that it may fauour well of the hearbes, and so vse it 9. moznings, 6. oz 7. spoonfulles at a time.

For

For the shingles a remedie.

TAke Doves dirte that is moystye, and of Barly meale heaped halfe a pound, and stamp the well together, and do therto halfe a pinte of vineger, and meddle them together, and so laye it to the soze colde, laye wall leaues thereupon, and so let it lye threē dayes vnremoued, and on the third day if neede require, laye thereto a new plaister of the same, and at the most he shalbe whole within threē plaisters.

For all maner of sinewes that
are shortened,

TAke the head of a blacke sheepe, Camemill, Sorrell leaues, Sage, of each handfull, and bray these hearbs in a mortar, then boyle them altogether in water, till they be well sodden, and let them stand till that they be colde, then drawe it through a strainer, and so vse it.

A sufferaine ointment for shrunkē sinewes
and aches.

TAke eight Swallowes ready to flye out of the nest, dzine away the breeders when you take them out, and let them not touch the earth, stampē them untill the feathers cannot be perceiued put to it lauender cotson, of the stringes of Strawberies, the tops

Approoued points

at another time, the toppes of Rosemarye, o
eache a handfull, take all their weight of
May butter, and a quarte moze, stampe all
the Fethers that nothing can be perceiued,
in a stone mortar, then make it vp in balcs,
and put it into an Earthen potte for eight
dayes close stopp'd that no ayze take them,
take it out, and on es softe fire as may bee
seethe it, so that it do but simper, then strain
it, and so reserue it to your vse.

For sinewes that be broken in two.

TAKE Wormes while they be knite, and
looke that they departe not, and stamp
them, and laye it to the soze, and it will knit
the sinewes that be broken in two.

For to knit sinewes that be broken.

TAKE Archangell and cut it in small gob-
bets, and lay it to the soze, and take Dil-
soyle and stampe it, and lay it aboue it hard
bound, and let it lye so thzee dayes, and at
the thzee dayes end take it away, and wash
it with Wine, and then make a new plai-
ster of the same, and at thzee dayes ende
put thereto another, and doe nothing else
thereto.

Also take penirpall and braye it, and put
salte enough to them, and temper it with
bony, and make a plaister thereof, and lay it
vpon

of husbandrie.

upon the sinewes that be stiffe, and it will make them to stretch.

An oyle to stretch sinewes that be shrunk.

Take a quart of Peates foote Dyle, a pinte of Peates Gall, halfe a pinte of Rosewater, as much Aqua Vita, then put all these together into a brasse panne, then take a hanfull of Lauender cotten, and as much of Baye leaues, a good quantitie of Rosemarye, a good quantity of Lauender spike, of Strawberry leaues the stringes and all, then take threed and binde them all in severall braunches, and put them into the panne or pot, and set them ouer the fire upon cleare Coales, with the oyles altogether, and so let them boyle a good while, and when it is boyled enough, it will boyle but softlye, then take it of the fire, and let it stand till it be almost colde, then straine it out into a wide mouthed Glasse, Bottle or pewter pottle, and stop it close, it will not continue in no wooden thing, and where the sinewes be shrunk, take of this being warmed, and annointe the place therewith, and chafe it well against the fire, and vse this morning and euening, and keep the place warme, and you shal finde great eas

Approoued points

For to staunch bloud.

TAke Bole armoniacke, and Turpentine, and make a plaister, and lay it to, and take the mosse of the Hazell tree, and cast it into the wound and it will staunch forthwith, and the longer that it is gathered the better it is. Also take a good peece of Martinmas Beefe out of the roue, and heate it on Coakes, and as hotte as yee may suffer it laye it there to: also take a peece of leane salte Beefe, and let the Beefe bes of that greatnesse that it may fill the wounde, and laye it in the fire in the hotte ashes, til it be hotte throug, and all hot thrust it in the wound, and binde it fast, and it shall staunch anon the blesding, when a maister vaine is cut, and if the wound be large.

For swelling that commeth suddenly
in mans limmes.

TAke Hartes tongue, Cherfoyle, and cut them small, and then take Dregges of ale and Wheate bzanne, and shepes Tallowe moulte, and doe all in a potte, and seeth them till that they be thicke, and then make a plaister, and lay it to the swelling.

Also take faire water and salt: and stirre them well together, and therein wet a cloth and lay it to the swelling.

For

of husbandrie.

For to make one slender.

TAke Fennell, and seethe it in water, a very good quantitie, and wring out the iuyce therof when it is sod, and drinke it firste and last and it shal swage either him or her.

A good ointment for scabs, and for itching of the body.

TAke foure ounces of Dyle de baye . and an ounce of frankensence, & two ounces of white waye, and three ounces of swines greace, and an ounce of Quicksilver, that must be slacked with fasting spittle, an ounce of great salte, as much of the one as of the other, and of all these make an ointment, and if the scabs or itch be vpon all the whole bodye as well aboue the girdle as beneath, then when thou goest to bedde walsh both thy handes and thy feete with warme water, and battle them well therein by the fire, and after drye them with a cloth of linnen then take vp with thy fingers of that ointment, and doe it in the palmes of thy handes, and in the soles of thy feete, and rub it well together that it may drinke in well, & if it doe soke in wal, thou must put gloues on thy hands and sockes on thy feete, and thus doe euery night when thou doest goe to bed,
and

A booke

and if the scabbe or itch be aboue the girdle and not beneath, then anoint but thy hands, and if the scabbe be beneath the girdle, then looke that you annoynte the soles of your feete, and the scabbe or itch be in al the body, as wel aboue the girdle as beneath, then thou must annoynt both thy handes and thy feet as thou sittest by the fire, and thou shalt be whole: this hath been proued.

For all maner of scabbes.

TAke Enela Campana red docke rootes, Nightshade, woodbinde leaues, and then cast in a peece of allome, and put in Citriol Romana rubzied, when it is colde, & wash the scab theewith.

And take white ointment, Bizimstone, Quicksiluer, verdigrease, and mingle them together, and therewith annoynt the soze scab.

For a man that hath drunken poyson.

TAke betony, and stamp it, and mingle it with water, and the poyson that the partie hath drunk, will presentlye come forth againe.

To restore speech that islost suddenly.

TAke penitrial, & temper it with ayse, and giue it to the sicke to drinke it, laye also a plauster of this to his nothylles so graued.

FINIS.



The table of the booke following
gathered according to euery folio
throughout the whole
Booke

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good

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THE
Second part of
the good Hus-wines
IEWELL.

Where is to be found most apt and
readiest wayes to distill many whol.
some and sweet waters.

In which likewise is shewed the best maner
in preserving of diuers sorts of Fruits, &
making of Syrrops.

With diuers conceits in Cookerie with the
Booke of Caruing.

AT LONDON
Printed by E. Alde for Edward
White, dwelling at the little North
doore of Paules Church at
the signe of the Gun,
1597.

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FINIS.



A Booke of Cookerie.

To boyle mary bones for
for dinner.



First put your mary bones into
a faire pot of water, and let
them boyle till they bee halfe
enough, then take out al your
broath, sauing so much as will couer your
mary bones, then put thereto eight or nine
carret rootes, and see they be wel scraped
and washed, and cut inch long or litle lesse
and a handfull of Parselic and Parsley chop-
ped small, and season it with Salte, Pep-
per and Saffron. You may boyle Chynes
and racks of Veale in al points as this is.

To boyle a Capon.

Let your capon be faire scalded and
short trusted, and put into a fair pot of
water with a marybone or two, & a racke
ofutton cut together in thre or fouer
peeces, and let them boyle together tyll
they be halfe boyled, then take out a ladle
full or two of the best of the broth, and put
it into a faire earthen pot. & put thereto a
pinte of white wine or of claret, and cut a
two lvs

A booke of Cookerie.

twelue or fourtene dates long wayes & a handfull of small raysons, a handfull of tyme, Rosemary and 3sop bound together, and so let these persels boyle by themselves, and when your capon is enough, lay it in a faire platter vpon sops of white bread, and your mutton by him also, then take out the mary from the bones whole, and lay it vpon the capon, then take your made broth & lay it vpon your capon & mutton, and so serue it forth, your latter broth must bee seasoned with cinamon cloues and mace, and salt and mace beaten also.

To boyle a capon with Orenge.

TAke your Capon & set him on the fire as befoze with mary bones & mutton, and whē you haue skimmed the pot wel, put thereto the value of a farthing loafe, and let it boyle till it be halfe boyled, then take two or thre ladleful of y^e same broth and put it into an earthen pot, with a pint of the wine aforesaid, and pill six or eight Dringes and slice them thin, and put the into the same broth with foure peniworth in sugar or more, and a handfull of parcellay, tyme, and Rosemary together tyed, and season it with whole mace, Cloues & sticks

Abooke of Cookerie.

sticks of cinamon with two **Rutins**,
beaten small and so serue it.

To boile teales, Mallards, pigeons chines
of porke, or Neates tungenes all
after one sort.

Let them be halfe roasted, sticke a few
cloues in their brestes, then two or
three teases of bread being burned black,
then put them into a litle faire water im-
mediatly take them out again, and strain
them with a litle wine and vineger to the
quantitie of a pinte: put it into an earthen
potts, and take eight or ten onions sliced
small, being fryed in a frying pan with a
dish of batter, and when they be fryed, put
the into your broth, then take your meat
from the soite and put it into the same
broth, and so let them boyle together for a
tyme seasoning with salt and pepper.

Mutton boyled for supper.

First set your mutton on the fire, & scum
it cleane, then take out all the broth lea-
uing so much as will couer it, then take
and put thereto ten or twelue onions pile-
led, cut them in quarters, with a handfull
of parselie chopped fine, putting it to the
mutton, and so let them boile, seasoning it
with

with pepper, salt and saffron, with two or
or three spoonefull of vineger.

To boyle Mutton with Nauons.

First pill your Nauons, and wash them
then cut five or six of them into peeces
to the bignes of an inche, and when your
mutton hath boyled a while take out al the
licour sauing so much as may couer well
the mutton, then put the Nauons into the
pot of mutton with a handfull of parselye,
chopped fine, and a branche of Rosemary,
seasoning it with salt pepper and saffron.

To boyle a Lambes head with
purtenaunces.

First skinnie it well, then take of the
broth leauing so much as wil couer it,
then put to it Parsely and Rosemarye, a
branch of Slop and time, and a dish of but-
ter, with Barberies or Gooseberies, then
let them boile being seasoned with cloves
Mace, salte, pepper, and saffron, and so
serue it forth vpon sops.

To stewe a Capon for Dinner.

TAKE a knuckle of Meale and boil it
with your capon: putting to it proines
Raysons great and small, whole Mace,
and let it boile together, seasoning it with
Salt

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Salt and so serue it forth.

To boyle a capon in white broth.

TAke a wel fleshed capon and a mary bone, and a quart of faire water, put them together in an earthen pot, and let them boyle till the Capon be enough, but you must first take away the mary from the bone, and when it hath boyled take the vppermost of the broth & put it into an earthen potte, and the mary with it. Put to it small raisons, pzoines, whole mace, dates, and halfe a quartern of suger, six spoonefull of verduice, thzee or fouer yolkes of Egges, put these all together, and when your Capon is boyled, lay him in a fayre platter: pouze your broth vpon him, and so serue him.

To boyle Chickens.

Boyle them as the Lambs head & purtenance is boyled, and when you are to serue them, strain thzee or seure yolkes of Egges with bergious, and put it into the pot, and let it boyle no moze: after the eggs be put in, season it with salt, pepper. mace and cloues, and so serue them. Thus may you boyle a connye or Muggets of Meale, as the chickens are boyled.

To

To boile chickens with Spinnage
and Lettice.

Take a Platter of Spinnage and Lettice and wash them cleane, and when the pot is skimmed then put them in with a dish of butter, and a branch of rosemary with a litle bergious, being seasoned with Salt and ginger beaten.

To make Peares to be boiled
in meate

Take a peece of a legge of Button or Veale raw, being mixed with a litle Sheeps swet, and halfe a manchet grated fine, taking foure raw egges yolkes and al. Then take a litle Lime, & parsley chopped smal, then take a few gooseberries or barberries, or greene grapes being whole. Put all these together, being seasoned with Salte, saffron and cloues, beaten and wrought altogether, then make Rowles or Balles like to a pear, and when you haue so done, take the stalke of the sage, and put it into the ends of your peares or balles, then take the freshe broth of beefe, Button or veale, being put into an earthen pot, putting the peares or balles in the same broth wyth
salt

Salt, cloves, mace and Saffron, and when you be ready to serue him, put two or thre yolkes of eggs into the broth. Let them boile no more after that but serue it forth vpon soppes You may make balles after the same sorte.

To farse a cabbadge for a banquet
dith.

Take litle rounde cabbage cutting off the stalkes, and by the cabbadge then make a round hole in your cabbadge, as much as will receiue your farcing meat, take heed you breake not the bymmes, thereof with your knife, for the hole must be round and deepe, then take the Kidney of a mutton or more, and chop it not smal, Then boile sixe egges hard, taking the yolkes of them being smal chopped & also take rawe egges and a manchete grated fine, then take a handfull of poynes, so many great raysons, seasoning al these with salte, pepper, cloves and Mace, working all these together, and so stuffe your Cabbadge. But if you haue Saw-ledge you may put it among your meate at the putting in of your Cuffe, but you must leaue out both the ends of your saw-
sage

sage at the mouth of the cabbadge when you shall serue it out. In y^e boyling it must be within the cabbadge, and the cabbadge must be stopped close with his cover in the time of his boyling, and bound fast round about for breaking: the cabbadge must be sodde in a deepe pot with fresh beefe broth or mutton broth, and no more the will lye vnto the top of the cabbadge, and when it is enough take away the thid, and so set it in a platter, opening the heade & laying out the Sawladge endes, and so serue it forth.

To boyle a breast of Veale or
Mutton farced.

TAke a breast of Veale or Mutton and farce it in like maner as your cabadg is, so that you leaue out the pzoines and great raysons, boyle your veale or mutton in the foresaide brothes, putting no more broath then will couer your meat, & when your meate is halfe boyled, then put two handfulls of Lettuce or Spinage, cutting it fower times asunder and no more, and when your meate and hearbes be boyled, then put a little verduice in the broth, seasoning it with salt and pepper, then serue
your

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your meate vpon Soppes, casting your hearbes vpon it, and so serue it.

To boile a Mugget of a sheepe.

First wash and scoure it clean, then perboyle it a litle, then choppe a p[ar]ce of a Kidney of Sutton small, and put it into a platter, thē put the quantity of a farthing lofe grated, with p[er]unes and raysons of eche a handfull, Parsely and time chopped smal, and th[er]e o[er] foure hard rosted egges being chopped with bread and Must, then a litle water put to and saffron, and colour it with th[er]e o[er] foure rawe egges, both yolkes and whites, Salt, Pepper, Coues and Mace being minced together, putting it into the Mugget, and so boile it with a litle Sutton broth and Wine, Lettice and spinnage whole in the same broth, and so serue it forth.

To boile Mutton for
Supper.

Take Carret rootes, and cut them an inch long, take a handfull of parselis and time halfe chopped, and put into the pot the Sutton, and so let them boyle, being seasoned with Salte and pepper, and so serue it forth.

To boile a neates tongue to
Supper.

TAKE a little wine or faire water, putting vnechopped Lettuce faire washed into your Neates tongue, with a dishe of Butter or two, and season it with Salte, Pepper, cloues and Mace, and so serue it.

To boile Mallards, Teales, and chines of porke with Cabbadge.

First vnlose your Cabbadge, & cut them in thzee or foure quarters vnlosing euery leafe for doubt of woꝝms to be in there, then wash the and put them into a pot of faire water, and let them boyle a quarter of an houre, then take them vp, and chop them somewhat great, then put them into a faire pot with the broath of the Mallards and whole Pepper, and pepper beaten, with Cloues, mace, and salte, and so let them boile together. &c.

For a Goose gibluts and pigges
petitofe.

Let them be soddē thzoughly, then cut them in peeces and fry the with butter, and when they be half fried, then put to a little Vineger with Ginger, Sina-
mon and pepper and so serue it forth: thus
may

maye you vse Calues feete boyled in all pointes as this is.

For fricafies of a lambes head and purtenance.

TAke a Lambes head and cleave it, and cut his purtenaunces in peeces, and perboyle it till it bee almost enough, then take the yolkes of two rawe Egges, and baste your Lambes head and purtenance with it, and frye it in butter for sauce, put to the butter, pepper, Vineger and Salt, frying them together a little on the fire and so serue it.

For fricafies of Neates feete for supper.

TAke your Neates feete & cleave them and baste the with butter and crums of bread, and lay them vpon a Crediozne, till they be thoroughlie boyled, then take Vineger, pepper, salt and butter, and put the altogeather in a dish, set on a chafing dish of coles boyling and so let them boyle there til you must serue it, you must put to sauce, barbaries or grapes, &c.

A fricafe of Tripes.

Let them be faire sodden, and sauce the take the leanest and cut it in peeces,
B ii. inch

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inch broad, frye them with butter oꝛ flats,
and your sauce to bee vineger, pepper and
mustard, being put a litle while in the fri-
ing panne with butter oꝛ flattes.

To rost a lambes head.

TAke the head and purtenances being
cleane washed, cut the purtenances in
péces, so that it may be broached, and rost
thē, basting it with butter. and when it is
enough, take the yolkes of two rawe eggs,
with a little parsely chopped fine, beating
them together, and baste your Lambes
head with it, euen so long till your egges
be hardened on, then take it vp, and serue
it with the sauce of pepper, vineger and
butter boyled a litle vpon a Chasingdish
of coles.

To make a pic in a pot.

TAke the leanest of a Legge of Mutton
and mince it small, with a peeces of the
kidney of mutton, then put it into an ear-
then pot, putting therto a ladle full oꝛ two
of mutton broth, and a litle wine, of pꝛoy-
nes and raisons of ech a handfull, oꝛ bar-
beries. Let them boyle together, putting
to it half an orange, if you haue any, sea-
soning it with salte, pepper, cloues, mace,
and

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and Saffron and so serue it.

To make allowes to roste or boile.

TAke a Leg of mutton and slice it thin, then take out the kidneys of the mutton hauing it minced small, with Slope, tyme, parsely, & the yolkes of hard egges, then bind it with crumms of white bread and rawe eggs, and put to it pzoines and great raisons, and so; want of them barberries or Gooseberries, or grapes seasoning it with Cloues, mace, pepper Sinamon, ginger & salt. You may make a muggel of a Sheepe as these allowes bee, sauing you must put no mutton into it.

To make red deere.

TAke a legge of veal, and cut out all the sinewes clean, then take a roling pin and all to beate it, then perboile it, and when you haue so doon lard it very thick, then lay it in wine or Vineger for two or thre howers, or a whole night, the take it out & season it with peper, salt cloves and mace, the put it into your past, & so bake it.

To farse all things.

TAKE a good handfull of tyme, Slope, Parsely, and thre or four yolkes of Egges hard rosted, and choppe them with

W iii,

herbes

herbs small, then take white bread grated and raw eggs with sweet butter, a few small Raisons, or Barberies, seasoning it with Pepper, Cloves, Mace, Sinamon and Ginger, working it altogether as paste, and thē may you stuffe with it what you will.

A sop of Onions.

TAKE and slice your Onions, & put them in a frying panne with a dish or two of sweete butter, and frie them together, then take a litle faire water and put into it salt and peper, and so frie them together a litle moze, then boile them in a lyttle Earthen pot, putting to it a lyttle water and sweet butter, &c. You may vse Spinnage in like maner.

To make gallantine for flesh
or fish.

TAke browne bread and burne it black in the toasting of it, thē take them and lay them in a litle wine and vineger, and when they haue soked a while, thē strain them, seasoning it with sinamon, ginger, Pepper and salte, then set it on a chafing dish with coales, and let it boyle till it bee thick, and then serue it in saucers.

To

To stewe Oysters.

Take your oysters, and put them either in a little skellet ouer the fire, or else in a platter ouer a chaffingdishe of coles, and so let the boile with their licour, sweet butter, bergious, vineger, and pepper, and of the tops of Time a little, till they be enough, and then serue them vpon soppes.

To bake aloes of Veale or Mutton.

Make your aloes ready to bake in all points as you boile them, laying vpon them in the paste barberies, Gooseberries or grapes greene, or small Raisons, and put in your Pie a dish of butter, and so set it in the ouen, and when it is baked, then put in a little bergious, and so seethe it in an Ouen again a while, and so serue it forth.

To bake a Connie, Veale, or Mutton.

Take a Conny and perboile it almoste enough, then mince the flesh of it verie fine, and take with it thre yolkes of hard egges, and mince with it, the lay another Conny in your Pie being perboiled, and your minced meat with it, being seasoned
with

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With Cloves, Mace, Ginger, Saffron
Pepper & Salt, with two dishes of swete
butter mixed with it, lay vpon your Con-
nie Barberies Gooseberies, or grapes, or
els smal raisons, and so bake it.

To make fine pisse.

TAke faire flower and wheate, & the
yolkes of egges with sweet Butter,
melted, mixing all these together with
your hands, til it be brought do we paste, &
then make your coffins whether it be for
pyes or tartes, then you may put Saffron
and suger if you wil haue it a sweet paste,
having respect to the true seasoning some
ble to put to their paste Béeve orutton
broth, and some Creame.

For small pies.

TAke the Mary out of the marybones
hole, and cut it in the bignes of a bean
season your mary with Ginger, Suger,
and Sinamon, then put them in fine paste
and frise them in a frying panne with the
skimming of fresh béeve broth, or else you
may bake them in your oven a litle while
take heed they burne not and when you
do serue them in a faire dish, cast blaunch
pouder vpon them.

To

A booke of Cookerie.
To make purses or cremi-
taries.

TAke a little Parow, small raisons, & Dates, let the stones be taken away, these being beaten together in a Morter, season it with Ginger, Sinamon and suger, then put it in fine paste, & bake them or drie them, so done in the seruing of them cast blanch powder vpon them.

To make a tarte of Spinnage or of wheate leanes or of colewortes

TAke three handfull of Spinnage, boile it in faire water, when it is boyled, put away the water from it and put the spinnage in a stone mortar, grind it smal with two dishes of butter melted, and foure rawe egges all to beaten, then straine it and season it with suger, Sinamon and ginger, and lay it in your Coffin, when it is hardened in the ouen, then bake it, and when it is enough, serue it vpon a faire dish, and cast vpon it Suger and Biskets
For tartes of creame.

TAke a pinte of creame with sixe rawe egges, and boile them together, and stirre it well that it burne not, then let it boile till it be thick, then take it out of the
pot

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put, and put to two dishes of Butter melted, and when it is somewhat colde, then straine it and season it with Sugar, then put it into your paste, when your paste is hardened, and when it is enough, the serue it with Sugar cast vpon it. If you will haue a Tart of two colours, then take the halfe of it, when it is in Creame, and colour the other halfe with saffron or yolks of egges.

A tart of proines.

Make your Coffine two inches deepe round about, the take ten or twelue good apples, pare them and slice them, and put them into the Paste with two dishes of butter among the apples, then couer your tarte close with the Paste, and breake a dish of butter in peeces, and lay it vpon the couer because of burning in the Panne. And when the apples be tender, take it forth and cut of the couer, & beate the apples together till they be soft, and they be dry put the more butter into them and so season them with Sinamon, Ginger and Sugar, then must you cut your couer after the fashion, leauing it vpon your Tarts, serue it with blaunch powder.

a tart of egges.

TAke twelue Egges and butter them together, then straine them with rose water, season it with Sugar, then put it into your paffe, and so bake it and serue it with sager vppon it.

a white leach.

TAke a quart of newe milke, and thzee ounces weight of Ainglasse, halfe a pounce of beaten sager, and stirre them together, and let it boile half a quarter of an hower till it be thicke, stirring them all the while: then straine it with thzee spoonfull of Rose water, the put it into a platter and let it coole, and cut it in squares. Lay it faire in dishes, and lay golde vpon it.

To keepe lard in season.

Cut your lard in faire peeces, and salt it well with white salte, euery peece with your hand, and lay it in a close vessel then take faire running water, and much white salt in it, to make it brine, the boile it vntill it beare an Egge, then put it into your Lard and keepe it close.

To make Lombils a hundred.

TAke twenty Egges and put them into a pot both the yolkes & the white, beat them

them wel, then take a pound of beaten sugar and put to them, and stirre them wel together, then put to it a quarter of a peck of flower, and make a hard paste thereof, and then with Anniseede moule it well, and make it in little rowles being long, and tye them in knots, and wet the ends in Rose water, then put them into a pan of seething water, but euen in one waum, then take them out with a Skimmer and lay them in a cloth to drie, this being done lay them in a tart panne, the bottome being oyled, then put them into a temperat Duen for one howze, turning them often in the Duen.

To make buttered Egges.

TAke eight yolkes of egges, and put them into a pint of creame, beat them together and straine them into a possenet all, setting vpon the fire and stirring it, & let it seeth vntil it quaille, then take it and put it into a clean cloth, and let it hang so that the Waie may auoide from it, and when it is gone beate it into a dishe of rose water and sugar, with a spoon, and so shall you haue fine butter. This done, you may take the white of the same eggs putting

ting it into another pint of Cream, bling it as the yolkes were used and thus you may haue as fine white butter as you haue yellow butter.

To boyle Neates feere.

Take your Neats feere out of the sauce and wash the in faire water, then put them into your matten broth, and take five or six onions chopped not small, then take a quantitie of tyme, Parsely and Ysop chopped fine: boyle altogether, and when it is half boyled and moze, the a d. lb. or two of butter, and put to it, then season it with pepper, salt and saffron, with five or six spoonefulls of vineger, and so serue it vpon soppes.

To boyle a Carpe.

Take out the gall, cast it away, and so scalde not your Carpe noz yet washe him, & when you doo kill him let his blood fall into a Platter, & splet your carpe into the same blood, and cast thereon a ladleful of vineger, then take three or fower testis of b:rowne b:ead and burne it blacke, and dip them into a little faire water, and the immediatly straine them into the liquour where your carp shalbe sodden with three

A booke of Cookerie.

oz fower Onions chopped somewhat big, with parsely chopped small, then set your broth vpon the fire, and when it begins to boyle, put to your Carpe two oz three dishes of butter, and a branch of rosemarie slipped, and slippes of time, and if it be too thick, put to it a little Wine, and so let it boyle faire and softlye, seasoning it with whole mace, cloues and salt, and pepper, cloues and mace beaten, and so serue it.

To boile a pike with oranges a banquet dish.

TAKE your pike, split him, and seeth him alone with water, butter, & salt, then take an earthen pot and put into it a pint of water, and another of Wine, with two Oranges oz two Lemmons if you haue them: if not, then take foure oz five Oranges, the rines beine cut away, and sliced, and so put to the licour, with six Dates cut long wayes, and season your broth with Ginger, pepper and salte, and two dishes of sweete butter, boyling these together, and when you will serue him, lay your pike vpon soppes, casting your broth vpon it, you must remember that you cut of your pikes head hard by the body & the
his

his body to be splatted, cutting euery side in two or three partes, and when he is enough, setting the body of the fish in order: then take his heade & set it at the foremost part of the dish, standing vp right with an Orange in his mouth, and so serue him.

To boile a pike another.

way.

TAke your Pike and pull out all hys guttes, and doe not splatte your Pike, but cut of his head whole, and cut his body in three or foure piéces, and so let him be boiled in wine, Water, and Salte, to the quantitie of a pottell. then take a pinte of wine, and a ladlefull or two of the Pikes broth and put these together into an earthen pot, with two dishes of butter, and three or foure Orange sliced, small Raisons and suger, Time and rosemary, sliced, and then put in the effect of the Pike in the same broth, and so let them boile together and when you be ready to serue, lay your Pike vpon soppes, and put your broth vpon it, seasoning it with wholeinnamon and mace, and a Nutmeg beaten, and so serue it forth.

To

A booke of Cookerie.

To boile Roche, Perche and Dase,
with other small fish.

Take faire water & put to it parsely
Time & Rosemary slipped, and so
let it boyle a good while together,
then take a dish or two of butter, putting
to the same broth and your fish, and so let
it boyle together, seasoning it with cloves
mace pepper and salte, and so serue them
vpon soppes.

To boile a Pike another
way.

Take and splet your Pike through the
back and take out the resect, so done,
put your Pike into a pan of water with
Rosemary, let it seeth till it be boiled, then
take your resecte with a litle wine & ver-
diuice with two dishes of butter, put these
in a platter, setting it on a chafingdishe of
Coles, and there let it boile, seasoning it
with whole mace, this done, take vp your
Pike, laying him vpon sops in a platter,
then take your resecte and his broth and
cast vpon it, and so serue it forth with salt.

To boile a Tench.

Seeth your Tench with a litle water &
a good deale of vineger, when it is sodden
lay

lay it in a faire dish, take out all the bones and put a litle Saffron in your bzoth with a little salte, and put the same bzoth vpon your tench, and cast a little fine pepper vpon it while it is hot, and so let your tench stand til it be on a gelly, and when you do serue it, take an Onion & Parsely chopped fine, and cast it vpon your Tench, and so serue it.

For Turbot and Cunger.

S Eeth them in faire water and salt, and let them boile till they be enough, then take them from the fire and let them cole then vse them in the seasoning as the salmon hèreafter following.

For fresh Salmon.

T AKE your Salmon and boile him in faire water, rosemary and time, and in the seething put a quart of strong Ale to it, and so let it boile till it be enough, then take it from the fire, and let it cole, then take your Salmon out of the pan, and put it into an earthen pan or wooden boule, and there put so much bzoth as will couer him, put into the same bzoth a good deale of vineger, so that it be tart with it.

¶

For

For White pease pottage.

Take a quart of white Pease or more
 & seeth them in faire water close, untill
 they doe cast their huskes, the which
 cast away, as long as any wil come vp to
 the topp, and when they be gon, then put
 into the peaze two dishes of butter, and a
 little bergious, with pepper and salt, and
 a little fine powder of March, and so let it
 stand till you will occupy it, and then serue
 it vpon sops. You may see the Porpose and
 Seale in your Pease, seruing it forth two
 peeces in a dish.

To bake porpose or Seale.

Take your porpose or Seale, and per-
 boile it, seasoning it with Pepper and
 Salt, and so bake it, you must take of the
 Skinne when you doe bake it, and then
 serue it forth with Gallentine in sawcers

To make a cawdle of Ote meale.

Take two handfull or more of great ote
 meale, and beat it in a Stone Morter
 wel, then put it into a quart of ale, and set
 it on the fire, and stirre it, season it with
 Cloues, mace, and Sugar beaten and let
 it boile til it be enough, then serue it forth
 vpon Soppes.

To

A booke of Cooke.....

To dresse a carpe.

Take your carpe and scale it and wiper it, and cut off his heade, & take out all the bones from him cleane, then take the fish and mince it fine, being raw, with the yolkes of foure or fve hard egges minced with it, so done put it into an earthen pot, with two dishes of butter & a pint of whit wine, a handfull of pzoynes, two yolks of hard egges cut in foure quarters, and season it with one nutmeg not small beaten, Salt, Cinamon and Ginger, and in the boyling of it you must stirre it that it burne not to the pot bottome, and when it is enough then take your minced meat, & lay it in the dish, making the pzoportion of the body, setting his head at the vpper end and his tails at the lower end, which head and taile must be sodden by themselves in a vessell with water and salt.

You may vse a Pike thus in al points, so that you do not take the pzoines, but for them take Dates and small raisons. and when you haue seasoned it as your Carpe is and when you do serue it put the relect into the pikes mouth gaping, and so serue it forth,

A booke of Cookerie.

To farse Egges.

Take eight or ten eggs and boyle them hard, pill of the shelles, and cutte euery eg in the middle then take out the yolkes and make your farling stufte as you do for flesh, sauing only you must put butter into it insteede of suet, and that a little so doon fill your Egges where the yolkes were, and then binde them and seeth them a little, and so serue them to the table.

Sallets for fish daies.

First a sallet of green fine hearbs, putting Perriwincles among them with oyle and vineger.

an other.

Olives and Capers in one dish, with vineger and oyle.

an other.

VWhite Endiue in a dish with perriwincles vpon it, and oyle and vineger.

an other.

Carret rootes being minced, and then made in the dish, after the proportion of a Flowerdeluce, then picke Shrimps and lay vpon it with oyle and vineger.

an

Another.

Options in flakes laid round about the
dishe, with minced carrets laid in the
middle of the dish, with boyled Hippes in
five partes like an Oken leafe, made and
garnished with taloney long cut with oile
and vineger.

another.

Alexander buds cut long waies, gar-
nished with welkes,

another.

Skirret rootes cut long waies in a dish
with taloney long cutte, vineger and
Dyle.

another.

SAlmon cut long waies, with slices of
onions laid vpon it, and vpon that to
cast violets, oyle and vineger.

another.

Take pickeeld herring cut long waies
and lay them in rundles with onions
and parsely chopped, and other herringes
the bones being taken out to bee chopped
together and laide in the rundles with a
long péece laide betwixt the rundles like
the proportion of a snake, garnished with
Taloney long cut, with vineger and oyle.

another

TAke pickelde Herrings and cut them long waies, and so lay them in a dish, and serue them with oyle and vineger.

To make tattes or balde meates for fish daies.

TAke your dish and annoint the bottom well with butter, thē make a fine past to the bredth of the dish, and lay it on the same dish vpon the butter, then take Beets, Spinage, and Cabbadges, or white Lettice, cutting them fine in long pēces, then take the yolkes of viii. rawe egges, and six yolkes of hard Egges, with small Raisons and a little Cheese fine scraped, and grated bread, and threē or four dishes of Butter melted and clarified, and when you haue wrought it togeather, season it with Sugar, Sinamon, Ginger and salt, then lay it vpon your fine past spreading it abroad, then the couer of fine paste being cut with prettie work, then set it in your ouen, bake it with your dish vnder it and when it is enough, thē at the seruing of it you must newe paste the couer with Butter, and so scrape sugar vpon it, and then serue it forth,

To

To make alloes of fresh Salmon to
boile or to bake.

TAke your Salmon and cut him small
in pceces of thée fingers bzeadth, and
when you haue cut io many slices as you
will haue, let them be of the length of a
womans hand, then take moze of the sal-
mon, as much as you thinke good, & mince
it rawe with sixe yolkes of hard Egges
very fine, and then two oz thzee dishes of
Butter with small raisons, and so worke
them together with cloues, Mace, Pep-
per, and Salt, then lay your minced meat
in your sliced Aloes, euery one being rol-
led and pzicked with a feather, fall closed,
then put your aloes, into an Earthen pot,
and put to it a pinte of water, and another
pint of Claret wine, and so let them boile
til they be enough, & afterwarde take the
yolkes of thzee rawe egges with a litle
bergious, being strained together, and so
put into the pot, then let your aloes seeth
no moze afterwarde, but serue them vpon
Soppes of bzead.

A Troute baked or minced.

TAke a Troute and seeth him, thē take
out all the bones, then mince it verie
fine

Take with three or foure dates minced with
it, seasoning it with Ginger, and Sina-
mon, and a quantitie of Sugar and But-
ter, put all these together, working them
fast, the take your fine paste, and cut it in
three corner waies in a small bignesse, of
foure or five coffins in a dish, the lay your
stufte in them, close them, and so bake the
and in the seruing of the baste the couers
with a little butter, and then cast a little
blaunch powder on them, and so serue it
foorth.

To make a splende Eagle of a pullet.

Take a good pullet and cut his throats
hard by the head, and make it but a lit-
tle hole, then scalde him cleane, and take
out of the small hole his crop, so done, take
a quill and blowe into the same hole, for
to make the skinne to rise from the fleshe,
then break the wing bones, and the bones
hard by the knee, then cut the necke hard
by the body within the skinne, then cut off
the romp within the skinne, leauing the
bones at the legges, and also y head on, so
drawing the whole body out withi: the
skinne of the hole, the bones to be laid be-
neath

neath towarde the clawes, and the feete being left also on, you must cut of his bill: when you haue taken out all these bones, and brought it to the purpose, then take the fleshe of the same pullet, & perboile it a little, and mince it fine with Sheeps Suet, grated bread, three yolkes of harde Egges, then binde it with foure rawe Egges, and a fewe Barberies, working these together, season it with Cloues, Mace, Ginger, Pepper and salt, and saffron, then stuffe your pullets skinne with it, putting it in at the hole at the head, and when you haue stuffed him, take him and lay him flat in a platter, and make it after the proportion of an Eagle in euery part, hauing his head to be cleft a sunder, and laide in two partes like an Eagles head thus done, then must you put him into the Duen, leauing in the platter a dish of butter vnderneath him, an other vpon him, because of burning, and whē it is enough then set it forth, casting vpon him in the seruice blaunch powder, Sinamon Ginger, and Sugar.

To

To make Mortirs of a Capon, Hen,
or pullet,

Take a well fleshed Capon, Henne, or pullet, scalde and dresse him, then put him into a pot of faire water, and ther let it sesty til it be tender, then take it and pul all the flesh from his bones, and beat it in a stone moztter, and when you thinke it halfe beaten, put some of the same licour into it, and then beate it til it be fine, then take it out and straine it with a litle rose water out of a strainer into a dishe, then take it and set it on a chafingdish of coles, with a litle Sugar put to it, and so stirre it with your knife, & lay it in a faire dishe in thzee long .owes, the take blanch powder made of Sinamon and Sugar, and cast vpon it, and so serue it forth.

To make a colluce.

Take all the boues and legges of the aforesaid Capon, Henne or pullet, and beat them fine in a stone Moztter, putting to it halfe a pinte or moze of the same licour that it was sodden in, then straine it, and put to it a litle Sugar, then put it into a stone Crewes, and so drinke it warm first and last.

A made dish of the proportion of an
Egge for flesh daies.

Make in all your things, your farcing
stufte as you do for your Cabbadge,
even so much as will fill a Bladder. First
take a drie bladder & wash it cleane, that
is of a Calfe or of a Stere, and cut a little
hole in the toppe, and then put in all your
farcing stufte, and when you haue filled
it then close the bladder toppe, binding it
with a threed, and then put it into freshe
Beefe broth, orUTTON broth, and there
let it seeth till it be enough, then take it
out, and let it stand still til it be somewhat
stiffe, then cut away the bladder from it,
and take another drie bladder, and walsh
it clean: let it be bigger somewhat the
other was before, and cut it broad at the
toppe, wherby your farcing stufte may in
the hole goe, and when it is in then so ma-
ny whites of Egges being rawe as may
run round about him both above and be-
neath, within the bladder cleane covered
with it, then bind up your bladder mouth
and put into your broth againe the Blad-
der, and there let it seeth till the white be
hardened about the farcing, then take it
out

out and cut away the bladder, then set it in a faire dish, laying the parsellie vpon it, and so serue it forth.

Thus may you make small Egges to the number of sixe or eight in a dish in like maner, hauing a bladder for the same purpose.

To still a Capon for a sicke person.

TAKE a well fleshed capon faire scalded and drest, and put him into an earthen pot, put to it Burrage and Buglas, thre handfull of mints, one handfull of Hartes tung, and Langdebeefe, a handfull of Asope, put thereto a pinte of Clarret wine, and a pinte of cleane water, and twelue Pzognes, and when you haue so doon couer the pot with a dish or saucer, and vpon that all to couer course paste that no aire come out, then take the pot and hang in a Bzasse pot vp to y^e brimmes of your paste, and so let it boile for twelue houres at the least, & alwaies as your water that is in the bzasse pot doth consume, be sure to haue in readines another pot of hotte water at the fire to fill it as long as it doth seeth for the twelue houers, and when the houers be past take it from the fire, and let it cole
for

A booke of Cook...

For one hower, then vnloose and drawe
licour from the capon into a faire pot, ta-
king euery morning warme foure or fve
spoonefuls next to your hart, which shall
comfort and restoze nature to you beeyng
sicke, vsing this aforesaide capon.

To preserue Quinces in sirrop all
the yeere.

TAke thzee pound of quinces being pa-
red and cozed, two pounce of Sugar
and thzee quarts of faire running water,
put all these togeather in an earthen pan,
and let them boyle with a soft fire, & when
they be skimmed, couer them close that no
ayze maye come out from them, you must
put cloues and Sinamon to it after it
is skimmed, of quantitie as you will haue
them to taste, if you wil know when they
be boyled enough, hang a linnen cloth be-
tween the couer and the pan so that a good
deale of it may hang in the licour, & when
the cloth is very red they be boyled enough
let them stand till they be colde, then put
them in Galley pots sirroppe, and so wil
they keepe a yeere.

To

A booke of Cookerie.

To conserue wardens all the yeere in
sirrop.

TAke your wardens and put them into a great Earthen pot, and couer them close, set them in an Ouen when you haue set in your white bread, & when you haue drawn your white bread, and your pot, & that they be so colde that you may handle them, then pill the thin skinne from them ouer a pewter dish, that you may saue all the sirroppe that falleth from them: put to them a quarte of the same sirroppe, and a pinte of Rosewhiter, and boile them together with a fewe Cloues and Sinnamon, and when it is reasonable thicke and cold, put your wardens and Sirroppe into a Galley pot, and see alwaies that the Syzrop bee aboue the Wardens, or any other thing that you conserue.

To conserue cherries, Damefins or wheat plummes all the yeere in the
sirrop.

First take faire water, so much as you shall think meete and one pound of sugar, and put them both into a faire bason, and set the same ouer a soft fire, till the sugar be melted, then put thereto one pound
and

A booke of COOK

and an halfe of chirries, or Damians, and let them boile till they bzeake, then couer them close til they be colde, then put them in your gally pottes, and so keep them: this wise keeping ppozition in weight of Suger and fruite, you may conserue as much as you list putting therto Siamon and cloues, as is afozesaid.

To make a paste of Suger, whereof a man may make al manner of fruits, and other fine thinges with their forme, as Plates, Dishes, Cuppes and such like thinges, wherewith you may furnish a Table.

Take Gumme and dragant as much as you wil, and steep it in Rosewater til it be mollified, and for foure ounces of sugar take of it the bignes of a beane, the iuyce of Lemons, a walnut shet ful, and a little of the white of an eg. But you must first take the gumme, and beat it so much with a pestell in a bzaen moztter, till it be come like water, then put to it the iuyce with the white of an egge, incozpozating al these wel together, this don take foure ounces of fine white suger well beaten to powder, and cast it into y moztter by a litle
and

and little, vntil they be turned into y^e forme of paste, the take it out of the said moztter, and b2ay it vpon the powder of suger, as if it were meale or flower, vntill it be like soft paste, to the end you may turn it, and fashionit which way you wil. When you haue brought your paste to this forme spread it abroad vpon great or smal leaues as you shall thinke it good, and so shal you forme or make what things you wil, as is aforesaid, with such fine knackes as may serue a Table taking heede there stand no hotte thing nigh it. At the ende of the Banquet they may eat all, and b2eake the Platters Dishes, Glasses Cuppes, and all other things, for this paste is very delicate and sauerous. If you will make a thing of more finenesse then this: make a Tarte of Almondes stamped with suger and Rose water of like sorte that Marchpaines be made of, this shall you laye between two pastes of such vessels or fruits or some other things as you thinke good.

To confite walnuts

Take them greene and small in huske, and make in them foure litle holes, or moze, then steepe them in water eleuen daies

saies, make them cleane and boile them as $\frac{1}{2}$ Dzenges hērafter wꝛitten, but they must seethe foure times as much Dresse them likewise with Spices, sauing you must put in very fewe Clones, least they taste bitter. In like sorte you may Dresse Gooꝝds, cutting them in long pēces, and paring away the inner partes.

To make Mellons and Pompons
sweet.

TAke fine Sugar and dissolve it in water, then take seedes of Mellons and cleave thē a litle on the side that sticketh to the Mellon and put them in the sugred water, adding to them a litle rosewater. Leave the saide seedes so by the space of thꝛē oꝛ foure houres, then take them out, and you shall see that as soone as the saide seedes be dry, it wil close vp again. Plant it and there will come of it such Mellons, as the like hath not been seene. If you wil haue them to giue the saour of Muske : put in the said water a litle muske, and fine Sinamon, and thus you may doo the seedes of Pompons, and Cowcubers.

To confite Orenge peeles which may be doone at all times in the yeere, and chiefly in May, because then the saide peeles be greatest and thickest.

Take thicke Orenge peeles, and them cut in foure or fife peeces. and keepe them in water the space of ten or twelue daies. You may know when they be steeped enough, if you holde them vp in the sunne and see through them, then they be steeped enough, & you cannot see through them, then let them keepe until you may. When lay them to drye vpon a table, and put them so dry between two linnen clothes, then put them in a Bessell or Bessell leaded, and adde to it as much Honny as will halfe couer the saide peeles, more or lesse as you think good, boyle them a little and stirre them alwaies, then take them from the fire, least the Honny should seth ouermuch. For if it should boyle a little more then it ought to boyle, it would be thiek. Let it stand and rest foure daies in the said Honny, stirring and mingling the Orenge and Honny euery day together. Because there is not honny enough to couer all the saide Orenge peeles, you
must

lay them vpon a table abroad in the Sun the space of two daies, turning them euery morning and night, & put the hot into a Symp of Sugar wel sodden and prepared as is afoze said, and after you haue taken them out set them againe in the Sun turning them often vntill they bee well dried, this doon, put them againe into the Symp, then set them in the sun vntill they haue gotten a faire bark or crust, and the you may keepe them in boxes for winter. a goodlye secret for to condite or confite
 Orenge, citrons, and all other
 fruite in sirrop.

TAke Cytrons and cut them in peeces, taking out of them the iuice or substance, then boyle them in freshe water halfe an hower vntill they be tender, and when you take them out, cast the in colde water, leaue them there a good while, the set them on the fire againe in other freshe water, doo but heat it a little with a smal fire, for it must not seeth, but let it simmer a litle continue thus eight daies together heating the euery day in hot water: some heat the water but one day, to the end that the citrons be not too tender, but change
 the

the freshe water at night to take out the bitternesse of the pilles, the which being taken away, you must take suger or Honie clarified, wherein you must the citrons put, hauing first wel dzed them from the water, & in winter you must kepe the from the frost, & in Sommer you shall leaue the there all night, and a daye and a night in Honie, then boile the Honie or Sugar by it selfe without the oranges or Citrons by the space of halfe an hower or lesse with a little fire, and beeing colde set it againe to the fire with the Citrons, continuing so two morninges: if you wil put Honie in water and not suger, you must clarifie it two times, and straine it through a strainer: hauing thus warmed and clarified it you shall straine and sette it againe to the fire, with Citrons onely, making them to boyle with a soft fire the space of a quarter of an houre, the take it from the fire & let it rest at euery time you do it, a day & a night: the next morning you shall boyle it againe together the space of half an hower, and doo so two morninges, to the end that the Honie or suger may be well incorporated with the Citrons. All the con-

4 **A booke of Cookerie**
ning consisteth in the boyling of this sir-
rope together with the Citrons, and also
the Sirrope by it selfe, and heerein heede
must be taken that it take not y^e smoke, so
that it saour not of the fire: In this ma-
ner may be dyest the Peaches, or Lem-
mons. Dyrenges, Apples, greene Mal-
nuts, and other like being boyled moze or
lesse, according to the nature of the fruits.

To bray golde.

Take Golde leaues, fower drops of ho-
ny mixe it wel together, and put it in
to a glasse, and when you will occupie it,
keep and temper it in gumme water and
it will be good.

To make a condonack.

Take Quinces and pare the, take out
the cozes, and seeth them in fair water
vntil they break, the strain them through
a fine strainer, and for eight pound of the
said strained quinces, you must put in 3.
pound of Sugar, and mingle it together
in a vessel, and boile them on the fire al-
waies stirring it vntil it be sodden which
you may perceiue, for that it will no lon-
ger cleave to the vessel, but you may keep
muske in powder, you may also ad spice

to it, as Ginger, Sinamon, Cloues, and Nutmegges, as much as you think meet, boyling the muske with a litle Vineger, then with a broad slice of wood spread of this confection vpon a table, which must be first strewed with Sugar, and there make what proportion you wil, and set it in the sunne vntil it be drye, and when it hath stood a while turn it vpsidown, making alwaies a bed of Sugar, both vnder and aboue, and turne them still, and drye them in the sunne vntill they haue gotten a crust. In like maner you may dresse Peares, Peaches, Damasks, and other fruites.

To make confections of Mellons or Pompones.

Take what quantity of Mellons you think best, and take them before they be ripe, but let the be good, and make as many cuts in the as they be marked with quarters on euery side, and hauing manifested them and taken out the cozes and curnels, and peeled the vtter rinde, keepe them in good Vineger, and leauing them so the space of ten daies, & when you haue taken them out. take other vineger and

steepe them a new againe other ten daies
remouing and stirring them euery daye,
then when time shall betake them out, and
put them in a course linnen cloth, drying
and wiping them, and set the in the ayre,
the space of a day and a night, then boyle
them in Hony, and by the space of x. daies
giue them euery day a little boyling, lea-
uing them alwaies in the Hony, and they
must boile at euery boiling but one walnt
then take the peeces and put the in a pot
with powder of cloves, Ginger and Nut-
megges, and peeces of Sinnamon, thus
dore, make one bed of the peeces of Mel-
lons, and another of the spices, and then
powze white Honnie vpon all in the said
pots or vessels,

The stilling of a capon a great
restoritic.

TAke a yong Capon that is well fleshed
and not fat, & a knuckle of yong Meale
that is sucking, and let not fat be vpon it,
and all to hack it bones and all, and flea
the capon cleane the skin from the fleshe,
and quarter it in fourz quarters, and all
to burst it bones and al, and put the Meale
and it altogether in an earthen pot, and
put

put to it a pinte of Red wine, and eight spoonfulles of rose water, and half a pound of small raisons and Currants, and soure Dates quartred, and a handfull of Rosemary flowers and a handfull of Burrage flowers, and twenty or thirtie whole maces, and take and cover the pot close with a cover, and take paste and put about the pots mouth that no ayre come forth, and set it within a brasse pot full of water on the fire, and let it boile there eight houres and then take the ladle and bruse it altogether within the pot, and put it in a faire strainer, and straine it through with the Ladle, and let no fat be vpon the broth, but that it may be blowne or els taken with a feather, and euery daye next your hart drinke halfe a dozen spoonfulles thereof, with a Cake of Manus christi, and againe at foure of the clocke in the afternoone.

To make good sope.

First you must take halfe a strike of ashen Ashes, and a quarte of Lime, then you must mingle both these together, and then you must fil a pan full of water and seeth them well, so done, you must take foure pound of beastes tallow, and put it
into

into the Lye, and seeth them together vntill it be hard.

To make Quinces in Sirrope.

Take thirty Quinces to the quantity of this sirrop, take a pottel of water and put it in a pan, and then take the whites of six egges and beat them with an other poitle of water, & then put it altogether, and put therto twelue or fouretē pound of Sugar, as you shal see cause, and seeth it and skim it very cleane, and then put to it two ounces of cloves and bruse the a very little, and let them seeth vntill the some do rise very black, and then skimme of the cloves again & wash them in faire water and dry them and put them in again and your quinces also. Put to them half a pint of rosewater, and then put the Sirrope in a faire earthen pot or panne, and lay a sheet foure times double vpon them to keep in y^e heat, and so let it stand a day or two, and then put them & the sirrop in a vessel that was neuer occupied, & couer them close, but in the beginning pare your quinces and coze them, & seeth them in faire water, vntill they be tender, and then take them by and lay them that the
water

water may runne from them cleane, and when they be cold, then put the into your sirrope as it is aboue said.

To make conferue of Barberies.

Take your Barberies and picke them cleane, and set the over a soft fire, and put to them Rosewater as much as you thinke good, then when you thinke it be sodde enough, straine that, and then seeth it againe, and to euery pound of Barberies, one pound of suger, and meat your conferue.

To make a Pudding of a Calues chaldron.

First take ʒ chaldron & let it be washed scalded & perboyled, and let it be chopped & stamped fine in a mortar, and while it is hotte straine it through a cullender, and halfe a dozen of Egges both whites and yelkes, with all maner of hearbs to them a handfull or two, let the hearbes be shred small, and put them to the chaldron and a good handfull of grated bread then take a handfull of flower, and put it to it all, then take an Drenge pil out of the sirrope and mingle with it, then season it with Cinamon and Ginger, and a few
Cloues

Cloues and mace, and a little Rosewater and Marrowe or Suet, Butter a good quantity thereof close it vp, so it be not dry baked, then take the thinnest of y^e sheeps kel and w^rapt the meat in, then rease the coffin of fine paste and put it in.

To boile calves feete.

TAke a pinte of white wine and a smal quantity of water, and small raisons and whole mace, and boile them together in a little Vergious and yolkes of egges, mingled with them, and a peece of sweete butter, so serue them vppon bread sliced.

To stewe veale.

TAke a knockle of Veale & al to bruse it, thē set it on the fire in a litle fresh water, let it seeth a good while, then take good plenty of onions and chop them into your broth, and when it hath well sodden, put in Vergious, Butter, Salt and Saffron, and when it is enough, put to it a litle suger, and then it will be good.

To boile chickins and mutton after the Dutch fashion.

First take Chickins and mutton, and boyle them in water a good while, and let a good deale of the water be boyled away,

way, then take out the Dutton and chickens and the broth, make whit broth, put in thereto Sinnamon and Ginger, Sugar and a litle Pepper, and a litle Mergious, and a litle flower to thicken it, and a litle Saffron, take Rosemarye, Time, Margerum and penirial, and Wisope, and halfe a dish of butter, with a litle salt, the liquoz must be cold befoze the chickens be put in.

To make a caudle.

TAKE a pinte of Malmesie and five oz sixe egges, and seeth them strained together, so sodden, stirre it till it be thicke, and lay it in a dish as you doe please, and so serue it.

To make a Haggas pudding.

TAKE a peece of a Calues Chalozon and perbuile it, shzed it so small as you can, then take as much Beefe Sewet as your meate, shzed likewise, and a good deale moze of grated bread, put this together, and to them scuen oz eight yolkes of eggs, and two oz thzee whites, & a litle creame, thzee oz fower spoonefull of rosewater, a litle Pepper, Mace and nutmegs, and a good deale of suger, fill them and let them
be

be sodden with a very soft fire, and thzed also with a little Winter Savery, parseley and Tyme, and a little Peniriall with your meat.

To make Haggess Puddings.

TAke th liucr of a Hog and verboyle it, then stampe in water and strain it with thicke creame, and put therto eight or nine yolks of eggess, and thzee or foure Whites, and Hogges suet, small raisons, Cloues and Mace, pepper, salte, and a litle suger, and a good deale of grated bzead to make it thick, and let the. A soeth.

To make Ising puddings.

TAke great Osemale and pick it and let it soake in thicke cream 3. howere, then put therto yolkes of Eggs, and some whites, pepper salt cloues and mace, and a litle suger, and fill them not too full, and soeth them a good while.

To leeth Muscles.

TAke butter and vineger a good deale, parseley chopt small and pepper, then set it on the fire, and let it voile a while, then see the Muscles be cleane washee, and put them in the broth shelles and all, and when they be boyled a while, serue them

them shelles and all.

To make a Pudding.

TAke Parsley and Lime, and chop it small, then take the kidney of Heale, and perboile it, and when it is perboyled, take all the fat of it, and lay it that it may coole, and when it is colde shred it like as you doo se wet for puddinges, then take marrow and mince it by it self, then take grated bread and smal raisons the quantity of your stufte, & Dates minced small, then take the egges and rolle them hard, and take the yolks of them and chop the small, and then take your stufte afoze: e-hersted and mingle altogether, and then take pepper, Cloves and Mace, Saffron, and salt, and put it together with the said stufte, as much as you thinke by casting shal suffice, then take six Eggs and bzeake them into a vessel whites and all, and put your dry stufte into the same egges, and temper them all wel together, and so fill your haggele or gut, and seeth it wel and it will be good

To stewe Steakes.

TAke a necke of Gutton and cut it in peeces, and then frye them with butter
untill

untill they be moze then halfe enough fry them with a good many of Onions sliced, then put them in a little pot, & put thereto a little parsely chopt, as muche broath of Mutton or beefe as couer them, with a little Pepper, Salt, and Bergions: then let it seeth together very softly the space of an hower, and serue them vpon soppes.

To boile the lightes of a calfe.

First boile the lightes in water, then take Parsely, Time, Onions, Penyrall, and a litle Rosemary, and when the Lights be boiled chop all these together Lights and all very smal, and then boile them in a litle pot, and put into them bergions, Butter, and some of the own broth then season it with Pepper, Sinamon, and Ginger: let them boile a little and serue them with sops.

To make a lenthen Haggelle with
poched egges.

TAke a Skillet of a pinte, and fill it half with bergions, and halfe with water, and then take Margerome, Winter sauerie, Penirovall, mince, Time, of eche fixe crops, wash them, and take foure Egges, hard rosted, and shzed them as fins as you
can,

can, & put the hearbes thus into the broth, then put a great handfull of currants, and the crummes of a quarter of a Panchet, and so let it seeth til it be thicke, then season it with Sugar, Sinamon, Salt, and a good peece of Butter, and thre or foure spoonefulles of Rose water, then poch seauen Egges and lay them on sippets, and poure the Maggelle on them, with Sinamon and Sugar strewed on them.

To boile Onions.

Take a good many onions and cut the in foure quarters, set them on the fire in as much water as you think will boyle them tender, and whē they be clean skimmed, put in a good many of small raisons, halfe a spooneful of grose pepper, a good peece of Sugar, and a little Saite, and when the Onions be thorough boyled, beat the yolke of an Egge with Verrious, and put into your pot and so serue it vpon soppes. If you will poch, Egges and lay vpon them.

To boile Citrons.

Whē your Citrons be boiled, pared and sliced, seeth them with water and wine, and put to them butter, small
 C raisons

Maysons, and Barberies, suger, Annamon and Ginger, and let them seeth till your citrons be tender.

To bake Lampernes.

First make your coffin long waies, and season your Lampernes with Pepper, Cloues, and Gace, and put them in the Pye, and put thereto a good handfull of small Maysons, two or three onions sliced a good peece of Butter, a litle suger, and a few Barberies, & whē it is enough put in a little Mergious.

To make fried toste of Spinage.

Take Spinnage and seeth it in water and salt, and when it is tender, wzing out the water betwēne two Trenchers, then chop it smal and set it on a Chafing dish of coles, and put thereto butter, small Maysons, Annamon, Ginger, and Suger, and a litle of the iuyce of an Orenge and two yolks of rawe Egges, and let it boile till it be somewhat thicke, then toste your toste, soake them in a litle Butter, and Suger, and syread thinnē your spinnage vpon them, and set them on a dish befoze the fire a litle while, & so serue them with a litle suger vpon them.

To

To bake a Citron pie.

TAke your citron, pare it and slice it in peeces, and boile it with grose pepper and Ginger, and so lay it in your Paste with butter, and when it is almost baked put thereto Vineger, Butter, and Sugar, and let it stande in the Oven a while and soke.

An other way to bake Citrons.

When your Citrons be pared & sliced laye it in your Paste with small Raysons, and season them with Pepper, ginger, and fine sugar.

To bake Alocs.

TAke a Legge of mutton or Heale, and cut it in thinne slices : take parselley, Time, Sargerom, Sauerie, & chop them small, with ii. or iii. yolkes of hard Egges and put thereto a good many Currants, then put these hearbs in the slices, with a peece of Butter in each of them, and wzap them together and lay them close in your Paste, season them with Cloues, Mace, Sinamon, Sugar, and a lyttle whole pepper, Currans and Barberiss cast vpon them, and put a dish of butter to them & whē they be almost baked put in a lit-

little Mergious.

To bray Golde.

TAke Golde leanes, fower drops of hony, mix it wel together, and put it into a Glasse, and when you will occupy it, keep and temper it in gumme water and it will be good.

To make conserues of Roses, and of any other flowers.

TAke your Roses befoze they be fullye sprung out, and chop off the white of them, and let the Roses be dried one daye or two befoze they be stamped, and to one vnce of these flowers take one vnce and a halfe of fine beaten Sugar, and let your roses be beatē as you can, and after beat your roses and Sugar together againe, then put the Conserue into a faire glasse: And likewise make all Conserue of Flowers.

To make conserue of cherries, and other fruites.

TAke halfe a pound of Cherries, & boile them dry in their own licour, and the straine them thzough a Hearne rale, and when you haue strained them, put in two pounce of fine beaten Sugar, and boyle them

them together a pzetȳ while, and then put your Conserue in a pot.

To seeth a carpe.

First take a Carpe and boile it in water and salt, then take of the bꝛoth and put in a litle pot, then put therto as much Wine as there is bꝛoth, with Kosmary, Parselis, Tyme, and margerum bounde together, and put them into the pot, & put thereto a good manis of sliced Onyons, small raisons, whole maces, a dish of butter, and a little suger, so that it be not too sharpe noꝛ too swæt, and let all these seeth together: if the wine be not sharpe enough then put thereto a little Vineger, and so serue it vpon soppes with bꝛoth.

To seeth a pike.

First seeth the Pike in water and salte, with Kosmarie, Parsely and Tyme, then take the best of the bꝛoth and put into a litle pot, then put therto the ruffilt of the pyke, small Raisons, whole Mace, whole pepper, twelue oꝛ thirtē Dates: a good peece of Butter, a goblet of white wine, and a litle yeast, and whē they haue boyled a good while, put in a little vineger, suger and Ginger, so serue the pyke

C iij. with

52 A booke of cookrye.
with the Ruffelt, and bzoth vpon soppes,
To boyle cockles.

TAke water, vineger, pepper, and
béece, and put the cockles in it, then
let them seeth a good while, & serue
thē bzoth and all. You may seeth them in
nothing but in water and salt if you wil.
To boyle a carpe in greene broth, with a
pudding in his bellic.

TAke the spawne of a carpe, and boile
and crumble it as fine as you can,
thē take grated bzead, smal raisons
dates minced, cinamon, suger, cloues, and
Mace, and Pepper, and a little salte min-
gled altogeather, and take a good bandful
of sage, and boile it tender, and straine it
with thre or foure yolkes of Egges, and
one white, and put to the spawne, with a
little creame and Rosewater, then take
the carpe and put the pudding in the bel-
lic, and seeth him in water and salt, and
whē he is almost boyled, take some of the
spawne and of the best of the bzoth, and
put it into a little pot with a little white
wine, and a good pēce of butter, and thre
or foure Onyons, whole Mace, whole
Pepper, and smal Raisons, and thre or
fours

fewer Dates, and when it is a good deale sodden, put in a good deale of seeded spinage, & strain it with three or fewer yolks of Egges, and the Onions that you put into the Broth with a little Bergious, and put it to your Broth: and if it be too sharpe put in a little Sugar, and so laye your Carpe vpon soppes, and poure the Broth vpon it.

To make an Almond Custard.

TAke a good sort of almonds blanched, and stampe them with Water, and straine them with water and a litle rosewater, and twelue Egges, then season it with a litle synamon, suger, and a good deale of Ginger, then set it vpon a pot of seething water, & when it is enough kick Dates in it.

To make a blanch marger on the fish day.

TAke whites of egges and creme, and boile them on a chafingdish on coles, till they Curd, then will their whay goe from them, then put away the whay, then put to the Curd a litle Rosewater, then straine it and season it with suger.

To bake chickins.

First season them with cloues & mace, pepper and salt, and put to them currans and Barberies, and slitte an apple and cast synamon and suger vpon the apple, and lay it in the bottome, and to it put a dish of butter, and when it is almost enough baked, put a little suger, bergious and ozenges.

To make a Pudding in a pot.

TAke a peece of a Legge of Mutton or Heale and perboyle it well, then thzed it very fine, with as much suet as there is mutton, and season it with a little pepper and salte. Cloues and Mace, with a good deale of synamon and Ginger, then put it in a little pot, and put thereto a good quantity of Currans and Pzunes, and two or thze Dates cut the long wayes, and let it sethe softly with a little bergious vpon sops, and so serue it with suger.

To stew Steakes.

TAke the great Ribbes of an Pecke of mutton and choppe them asunder, and wash them wel, the put them in a platter one by another, and set them on a chafin dish of coales, couer them and turne them

now

now and then, so let them steu til they be halfe enough, then take Parsley, Time, Sargerome and Onyons, and chop them very small, and cast vpon the steakes, put therto one spoonfull of bergious, and two or thre spoonfulles of Wine, a little butter and Marrowe, let them boyle till the mutton be tender, and cast thereon a little pepper, if your broth be too sharp put in a little suger.

To roast a Pigge.

TAke your pig and draw it, and wash it cleane, and take the liuer, perboile it and straine it with a little creame, and yolkes of Egges, and put thereto grated bread, marrow, small Raisons, nutmegs in powder, niace, suger and salte, and stirre all these together, and put into the Pigges bellye, and sewe the Pigge, then spit it with the haire on, & when it is halfe enough pull of the skinne, and take hede you take not of the fatte, then baste it, and when it is enough, the crum it with whits bread, suger, sinamon and ginger, and let it be some what browne.

To

To roste an Hare.

TAke the Hare and flay her, then take Parsley, Time Sauery, Creame, a good peece of Butter, Pepper, small raisons, and barberies work all these together in the Hares bellye: when she is almost enough, baste her with Butter, and one yolke of an Egge, and make venison sauce to her.

To make Toffes.

TAke the Kidney of Veale and chop it small, then set it on a chafingdishe of Coales, and take two yolkes of egges, Currans, Synamon, Ginger, Cloues and mace, and suger, let them boyle together a good while, and a little Butter with the Kidnie.

To make conserue of Mellons,
or Pompons.

TAke what quantity of Mellons you thinke best, and take the before they be ripe, but let them be good, and make as many cuts in the as they be marked with quarters on euey side, & hauing mundified the and taken out the cozes and curnelles, and peeled the vtter rinde, keepe them in good Vineger, and leaving them
so

so the space of ten daies, & when you haue taken them out, take other vineger and steep them ten daies moze; remouing and stirring them euery day, then when time shalbe take thē and put them in a course linnen cloth, & drying & wiping them, then set them in the ayre the space of one daye and a night, then boile them in hony, and by the space of ten daies giue them euery day a little boyling, leauing thē alwaies in the Hony, and they must boile at euery boiling but one walme, then take the peeces and put them in a pot, with powder of Cloues, Ginger and Nutmegges, and a peece of synamon, this doone, make one bed of the peeces of Bellons, and another of the spice, and then poure white honye vpon all in the said pots or vessels.

To make sirrope of Violets.

First gather a great quantity of violet flowers, and pick thē cleane from the stalkes and set thē on the fire, and put to them so much Rosewater as you thinke good, then let them boile altogether vntill the colour be sozth of them thē take them of the fire and strain them through a fine cloth, then put so much suger to them as you

you thinke good, then set it againe to the fire vntil it be somewhat thicke, and put it into a violl glasse.

To make sope.

First you must take halfe a strike of Ashen ashes, and a quarte of Lime, then you must mingle both these together, and then you must fill a panne full of water and seeth them well, so doone, you must take foure pound of beastes tallow, and put it into the lye and seeth them together vntill it be hard.

To preserue orreniges.

Take your Pills and water them two nights & one day, and drie them clean againe and boile them with a soft fire the space of one hower, then take them out to coole, and make your sirroppe halfe with Rosewater and half with that licour, and put double Sugar to your Dzenges, and when your Sirroppe is halfe sodden, then let your ozreniges seeth one quarter of an hower moze, then take out your ozreniges and let the sirroppe seeth vntil it rope, and when all is colde, then put your Dzenges into the Sirrop: The white of an Egge and suger beaten together will make it
to

to candie.

The stilling of a capon, a great restority.

TAKE a yong Capon that is wel fleshed and not fat, & a knuckle of yong Meale that is sucking and let not fat be vpon it, and all to hack it bones and all, and flea the capon clean the skinne from the flesh, and quarter it in foure quarters, and all to bꝛuse it bones and al, and put the beals and it altogether in an Earthen pot, and put to it a pinte of Red wine, and eight spoonfulls of Rosewater, and half a pound of small Raisins oꝝ Currans, oꝝ foure Dates quartered, and a handfull of Rosemary flowers, and a handfull of Burrage flowers, and twenty oꝝ thirty whole Maces, and take and couer the pot close with a couer, and take paste and put about the pots mouth that no ayze come forth, and set it within a bꝛasse pot full of water on the fire, & let it boyle there eight howers, and then take the ladle and bꝛuse it altogether within the pot, and put it in a faire strainer, and straine it thꝛough with the ladle, and let no fat be vpon the bꝛoth but that it may be blowne oꝝ else taken with

&

a feather, and euery daye next your hart
 drinke halfe a dozen spoonfulls thereof,
 with a cake of Manus Christi, and again
 at fours of the clock in the afternoone.

To make drie Marmelct of Peches.

Take your Peaches and pare thē, and
 cut them from the stones, and mince
 them very finely and steepe them in rose-
 water, then straine them with rose water
 through a course cloth or Strainer into
 your Pan that you will sethe it in, you
 must haue to euery pound of peches halfe
 a pound of suger finely beaten, and put
 it into your pan y you do boile it in, you
 must reserue out a good quātity to mould
 your cakes or pꝛints withall, of that Su-
 ger, then set your pan on the fire, and stir
 it til it be thick or stiffe that your stick wil
 stand vpright in it of it self, thē take it vp
 and lay it in a platter or charger in pꝛety
 lumps as big as you wil haue y mould or
 pꝛintes, and when it is colde pꝛint it on a
 faire wood with suger, and pꝛint thē on a
 mould or what knot or fashion you will, &
 bake in an earthen pot or pan vpon y em-
 bers or in a seate coner, and keep thē con-
 tinually by the fire to keep them dry.

To

To make the same of Quinces, or any
other thing.

TAke the Quinces and quarter them,
and cut out the coares and pare them
cleane, and seth them in faire water till
they be very tender, then take them with
rose water, and straine them, and do as is
aforesaid in euery thing.

To preferue Orrenge, Lemmons, and
Pomecitrons.

First haue your Orrenge finely, & put
them into water two dayes and two
nights, changing your water three times
a day, then perboyle them in three several
waters, then take so much water as you
think conuenient for the quantity of your
Orrenge, then put in for euery pound of
Orrenge one pound and a halfe of suger
into the water, and put in two whites of
egges and beat them altogether, then set
them on the fire in a brasse vessel, & when
they boyle skimme them very clean, and
cense them through a Jelly bagge, then
set it on the fire and put in the Orrenge.
Use walnuts in like maner, and use lem-
mons and Pomecitrons in like sorte, but
they must lye in water but one night.

To

To preferue Quinces al the yere through
whole and soft.

TAke as is aforesaide one pound of wa-
ter, and thzee pound of Sugar, & break
it into very smal pœces, and in all things
as you did befoze, then take twelue Quin-
ces and coze them very clean, & pare them
and wash them, and put into your sirrup,
when the skim is taken off let them seeth
very soft vntill they be tender, then take
them vp very softly for breaking, and lay
them in a faire thing one by another, thē
straine your sirrupe, and set it on the fire
again, then put in your Quinces & haue a
quick fire, let them seeth apace and turne
them with your sticke, and when they be
almost ready put in some Rose water and
let them seeth, and when you thinke they
be ready take vp some of the sirrope in a
spoon, and if it be thick like a Jelly whē
it is colde then take of your Pan, and put
your Quinces into pots and your sirrope
to thē, and put into your pots litle sticke
of Cinamon and a fewe gloues, and when
they be colde couer them with paper pic-
ked full of small holes.

FINIS.

