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Recipes for Life: Seventeenth-Century Englishwomen's Household Manuals

by

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Abstract

This project offers a semi-diplomatic edition of three seventeenth-century Englishwomen's household manuals along with a Historical Introduction, Textual Introduction, Note on the Text, and Glossary. The aim of this project is multifold: to bring to light a body of unpublished manuscripts at the Folger Shakespeare Library in Washington, D.C.; to consider the household manual as an important historical form of women's writing (despite the fact it has not received such consideration in the past); to acknowledge the role of household manuals in furthering women's literacy; to reveal new knowledge on the history of food and medicine in England as contained in household manuals; and to discuss the unique contribution of household manuals to critical issues of authorship and book history. Therefore, this project contributes to several fields: early modern culture and literature, women's writing and history, and the history of science.

In particular, this project focuses on the household manuals attributed to Mary Granville, Constance Hall and Lettice Pudsey. These three works are typical of what I have termed the household manual genre in that they all contain intermingled culinary recipes and medical remedies, they are all hand-written, and they all reflect social authorship (geographically and through time as the manuscripts were passed down through generations). The manuscripts were all begun in the mid- to late-seventeenth century, but were added to over subsequent decades. The Historical Introduction provides context for these household manuals, giving information on: the domestic role and expectations of the early modern housewife, primarily as outlined by Gervase Markham's *The Complete Huswife*; the meaning of food and health in early modern

England; early modern women's participation in reading, writing, and manuscript culture; and the genre of the household manual. The Textual Introduction describes each manuscript in detail. The Note on the Text outlines my editorial principles. The Glossary covers culinary and medical terms.

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“...the life of the average Elizabethan woman must be scattered about somewhere, could one collect it and make a book of it.” –Virginia Woolf

“...there is a connection between the search for authenticity in the written and printed word and the search for it in culinary matters.” – Patience Gray

“...literature of the kitchen obscures the boundaries of past and present, private and public, self and other, cerebral and corporal. Reading a recipe, preparing and consuming it are, in the end, the word and body become one.” – Janet Theophano

Historical Introduction

Early modern women's writing in England has, over the past few decades, received increased attention from literary, textual, and women's studies scholars. A recurring theme across these fields of research is the need for a widened consideration of what actually constitutes women's writing in order to reach an accurate understanding of the subject. For, while Virginia Woolf legitimately claimed she could find few early modern women's books on the library shelves, women did indeed write; they just did not often publish their works, and their works were not always literary. The widened consideration of women's writing thus extends to manuscripts and to a broader spectrum of genre. Open any recent anthology of early modern writing and women are finally more fully represented; open any anthology of early modern *women's* writing, and besides poetry, drama and fiction, the contents might include letters, diaries, religious writing, and sometimes translations, as well as references to miscellanies and commonplace books. Helen Ostovich and Elizabeth Sauer, in *Reading Early Modern Women: An Anthology of Texts in Manuscript and Print, 1550-1700*, explicitly list ten purposes for their collection, including "to identify and present a substantial selection of materials from original editions of women's writings, which have traditionally been underrepresented in early modern literary studies" and "to display the wide array of private and public genres in which women wrote" (5). However, there is one genre that is still overlooked by their anthology and by most scholarship on early modern women's writing, even though seventeenth-century Englishwomen developed and dominated the form, and even though it was "an intricate

part of women's manuscript participation in the culture of early modern writing" (Wall 106), and that is the household manual: highly collaborative personal notebooks that included culinary recipes, medical remedies, and household tips.

The general omission of household writing from the study of early modern women's writing likely relates to the fact that the genre is not a literary form; some might also argue it is not a personal form. The first statement is legitimate: recipes are collected and compiled, not created from scratch. However, much like photography, the act of compilation is in itself creative: just as a photographer decides what to include in the frame and what to leave out, and then may manipulate the image, the writer chooses which recipes to include and which to leave out and often subtly changes the recipes or comments upon them. (The endless variation in recipes for preserved apricots in the manuals proves the point.) New historicism and theories on authorship by Michel Foucault, Roland Barthes and others point out that *all* writing involves selection rather than pure creation; it is, however, also obvious that a continuum of literary and non-literary writing exists, and household manuals take their place closer to the latter. Regardless, the act of selection draws on subjectivity that proves the latter statement above to be untrue; household writing is indeed personal. And, indeed, it may be this combination of "non-literary" and "personal" qualities that explains the persisting dismissal of the genre, due to a second-wave feminist impulse to value only literary work as ever important to women, and to ignore the significance of women's work in the home. Anne Haselkorn and Betty Travitsky, for example, in *The Renaissance Englishwoman in Print: Counterbalancing the Canon*, considered the genre a means simply to "equip [women] better for their traditional domestic roles" (24). However, as

is evident in the recipes themselves, women's tasks in the home were essential ones, relating to life and death, and to deny the value of these writings, as well as the miracle that the writing happened amidst so much physical work and despite so little formal schooling, is to deny a significant part of women's historical reality. It also denies, I believe, a significant aspect of the history of women's literacy, education and writing in England. For it is precisely women's work in the home that enabled the writing of household manuals—which, in turn, were passed on as a form of knowledge, not only of cooking and curing, but also of reading and writing.

It is this interweaving with the life out of which they originated that makes women's household manuals unique as a genre (as well as different from one another), and entirely worthy of study and respect. They offer glimpses into the lives of the women who wrote them through the recipes themselves—a recipe that begins, “Bring 2· or 3· Cowes according to the quantity [of cream]/ you will make, as neare the place you set your creame/ in as may bee, and milke them with all the speed/ that you can” (Granville 45) says much about the life of the writer—as well as through everything *around* the recipes: the inscriptions and title pages, the attributions to famous doctors or to neighbour women, the commentary on the recipes, the sketches and decorative borders, the lists of important family dates, the household accounts, the handwriting practice and indeed the book itself. Here, to no small extent, is the average woman's life Virginia Woolf sought, and knew must lay recorded somewhere. At the most basic level, study of these works is important because they offer context for more purely literary study; obviously, literature cannot be read in a cultural vacuum. However, non-literary writing is not without its own merit either; the household manual was an

important form of writing for many seventeenth-century Englishwomen and for this reason it deserves consideration in its own right. Furthermore, as is evident in the manuals and in the individual recipes, this daily life involved reading and copying recipes, making ink, practicing handwriting, and engaging with the written word in an authoritative, subjective way. And, between the lines of the recipe formula, the writer's voice may still be heard.

Thankfully, even if early modern women's cookery writing still awaits full consideration, a handful of scholars have begun to study the genre. Awareness of and access to cookery manuscripts has been greatly enabled by *Perdita Manuscripts: Women's Writing, 1500-1700* (an offshoot of the Perdita Project), an online database of women's manuscripts from 1500 to 1700¹— including over three dozen scanned “receipt books” housed primarily at the Folger Shakespeare Library, the British Library and the Bodleian Library. Scholarship on household manuals is limited, but it has begun. Wendy Wall, Sara Pennell, Elaine Hobby and Janet Theophano have, in the past decade or so, published on early modern women's household cookery and writing, while Elaine Leong, Lisa Smith and Rebecca Laroche have done work on early modern women's household medicine and writing (Laroche also curated the Folger's 2011 exhibition, “Beyond Home Remedy: Women, Medicine and Science”). Catherine Field, whose work came to my attention just as I was finishing up my own dissertation, specifically studies household manuals, suggesting that the genre served as an instrument of individuality for early modern Englishwomen, and Margaret Ezell also

¹ The Brown University Women Writers Project, Corvey Women Writers, and The Orlando Project are also important databases of women's writing, although none includes a significant collection of household manuals.

recently argued that “domestic papers” or “messy texts” (“Domestic” 41-42) should be considered in studies of women’s life writing. The excellent work of these scholars lays the foundation for further study of the genre. Such study includes this thesis, which aims to facilitate access to early modern women’s household manuals through a critical edition of three such works—Mary Granville’s Receipt Book (c.1640-1750), Constance Hall’s Receipt Book (1672), and Lettice Pudsey’s Cookery and medical receipt book (c. 1675)—and to illuminate the uniqueness of the genre based on the particular interweaving between the manuscripts and the lives of the women who wrote them, and to suggest that the manuscripts played a role in furthering early modern women’s literacy and writing skills.

Because early modern cookery manuscripts reflect the lives of the women who wrote them, one of the features of the genre, paradoxically, is its diversity. Their study therefore requires a different approach than do literary works. In his introductory essay to the Perdita project, Jonathan Gibson states, “You will notice...that straightforward answers are not always forthcoming: much remains in the territory of uncertainty and hypothesis”; and Derek Pearsall notes, “A degree of adventurousness is needed for the progress of manuscript studies, a certain readiness to try out ideas that have not been tried before and may turn out to need reformulation” (175). This thesis endeavours to participate in the unraveling of women’s household manuals in such a spirit.

The Seventeenth-Century English Housewife

Because early modern women’s household manuals arose directly out of early modern women’s lives, an understanding of the housewife’s life is necessary to come to

any understanding whatsoever of how, or when, or why, she wrote her manuscript. A number of period works and some modern-day studies give a good sense of the expectations in knowledge, skill, and comportment the seventeenth-century housewife was meant to embody and the work she was meant to undertake. One such work is Gervase Markham's *The English Huswife* (1615). Markham describes in detail a wide range of housewife responsibilities: cooking, baking, preserving, collecting herbs, growing vegetables, dairy-making, animal husbandry, beekeeping, dyeing and weaving wool, sewing, making beer, choosing and keeping wines, distilling, creating curatives, healing the sick and keeping household accounts. All the while, Markham emphasizes the need in her work for economy and self-sufficiency: "let [her food] proceede more from the prouision of her owne yard, then the furniture of the Markets" (4). Markham repeatedly shows a housewife's value to be directly tied to the quality of her work; in stating that every second day she must change the nettles wrapped around a ripening cheese, he notes, "for the more euen and fewer wrinkles that your Cheese hath, the more daintie is your Hous-wife accounted" (189). He also gives instruction on her "inner virtues"—essentially, that she be upright and religious but ultimately gain her instruction from men:

I doe not meane that herein she should vtter forth that violence of spirit which many of our (vainely accounted pure) women doe...vsurping to themselues a power of preaching & interpreting the holy word, to which only they ought to be but hearers and beleeuers, or at the most but modest perswaders, this is not the office either of good Hous-wife or good woman. But let our English Hus-wife be a godly, constant, and religious woman, learning from the worthy Preacher and her husband, those good examples which she shall with all carefull diligence see exercised amongst her seruants. (2)

In other words, the housewife was meant to be knowledgeable and skilled in an incredible array of duties, but not to think for herself. It is not even clear whether Markham intended for his book to be read by the housewife, or if instead he had her husband in mind. He makes no mention of women's literacy, and even if he assumes the housewife can read and does own a copy of his book, one wonders if he would consider reading *The English Huswife* a good use of her time, or if she ought to limit her reading to religious works. Likewise, other, similar, manuals by men are ambiguous in their intended audience. John Partridge's *Treasurie of Commodious Conceites* in 1573 and Thomas Dawson's *The Good Huswife's Jewell* in 1585 were both supposedly intended for women readers; however, the full title of Partridge's book states it is the result of "sundry experiments, lately practised by men of great knowledge" and is dedicated to "Master Richard Wistow, Gentleman," while Dawson, despite his book's title, dedicates the work to "husbandmen" and includes recipes such as "For a man that hath drunken poison" and "To make a Caudel to comfort the Stomack, good for an old man."

Women's instruction manuals by men were abundant; besides the works by Markham, Partridge and Dawson, Torquato Tasso's *The Householders Philosophie* (1588) describes how women should dress, cut their hair, and manage a dairy, and women's duties were also explicitly outlined in Hugh Plat's *Delightes for Ladies* (1600), Patrick Ruthven's *The Ladies' Cabinet Opened* (1655), and many others. Such preoccupation with the housewife's expectations was, Anne Laurence notes, typically early modern, and linked to the rising individualism in the period, which benefited men but hindered women's choices:

The community of late medieval society was patriarchal, but it was a community in which women were as much participants as men, though in different terms from men. The replacement of the community by the family and the individual made patriarchal authority much more immediate. To be a good wife became the apogee of feminine achievement. (273)

The expectation to be a good housewife and to undertake the manifold chores this job entailed extended across social classes: “Like plebeian women, those of the middling and upper ranks were expected to be concerned above all with the manifold tasks of housewifery, childbearing, and childrearing” (Mendelson 69). While servants undoubtedly made things easier for the woman of the house in large, upper-class households, the housewife was still involved and oversaw the day-to-day work: “Women bore general responsibility for the preparation and service of food in the smaller household, even in those where there were servants” (Laurence 150). The pervasiveness of such expectations of women at the time is evident through depictions in late sixteenth- and early seventeenth-century English and continental literature as well. Mistress Quickly in Shakespeare’s *The Merry Wives of Windsor* is introduced in the play in association with domestic work when she promises to make an evening posset, and by the end of the scene she refers to the extensive housework she does for Dr. Caius: “I keep his house, and I wash, wring, brew, bake, scour, dress meat and drink, make the beds and do all myself” (1.4.89-91). Likewise, in Cervantes’s *Don Quixote*, the ideal Andalusian damsel, a “beautiful apparition” with a sweet voice and good sense, describes her own virtue as a daughter through her housewifery work:

I was mistress of [my parents’] affection as well as their wealth. By my advice, they received and dismissed their servants: the tale and account of what was both sowed and reaped, passed thro’ my hands. I managed the oil-mills, the vineyards, the herds and flocks, the beehives, and every thing that such a rich farmer as my father, may be supposed to possess:

in short, I was steward and mistress, and acted with such care and œconomy, that I should not find it easy to exaggerate the pleasure and satisfaction which my parents enjoyed. Those parts of the day that remained, after I had given all due attention to the herdsmen, overseers, and other day-labourers, I employed in exercises equally decent and necessary for young women, such as lace-making, needle-work, and spinning; and, if at any time, I interrupted these employments, in order to re-create the mind, I entertained myself with some religious book, or diversified my amusement with the harp; being convinced by experience, that music lulls the disordered thoughts, and elevates the dejected spirits. Such was the life I led in my father's house.... (287)

Una Robertson's *The Illustrated History of the Housewife, 1650-1950* puts into perspective such housewifery work, the "unseen doings of women at home," as Joan Thirsk says (181). Chapters cover Fuels and Fireplaces; Lighting the Home; Water and Drainage; Cleaning: Methods and Mixtures; Laundrywork; The Means of Cooking; Provisioning the Household; Storage and Preservation of Food; Meals and Mealtimes; and Drinks. In order to roast a pig, for example, the seventeenth-century housewife had to raise then kill the animal, undertake the butchering, gather wood for the fuel to cook the meat, constantly tend the stove to prevent burning (in describing the complexity of cooking with open fire, Robertson notes, "The fireplace had its own language" [92]), gather water for cleaning the butcher's block and knives, make the soap, do the cleaning, flavor the meat, perhaps with herbs she had grown herself or gathered, and preserve the leftovers—all, most likely, while also tending to children. Any work undertaken in the evening required candlelight, and this meant making candles from tallow or wax, the latter involving tending the bees. Every task involved innumerable *other* tasks.

The extent of such work is also indicated in the recipes in women's household manuals. Mary Granville's "To make Diett cakes," for example, calls for the cook to

beat the eggs and sugar with a stick for three hours (53), while Ann Blencowe's instructions "To Whiten Cloth" takes an entire week, beginning with "Laye *the* cloth in this green water [made from sheep's dung] on Satturday morning..." (37). Often, the instructions include much background work leading up to what modern-day cooks would consider the first step of a recipe. Mary Granville's "To make a thicke creame," as noted above, begins, "Bring 2· or 3· Cowes according to the quantity/ you will make, as neare the place you set your creame/ in as may bee, and milke them with all the speed/ that you can..." (45). Similarly, Mary Baumfylde's "Howe to Coller a Pigg" calls for the cook to "Take a good fatt pigg scald him and/ cutt off the head & slit it down the back/ & bone it & throw him into fair water and/ soe let him lie one night to soke out the/ bloud" (fo. 49r), and Lettice Pudsey includes instructions "To feed chickings geeses or duckes" which are themselves destined as food ([8v]).

Besides simple hard work, these recipes imply extensive knowledge and skill derived from repeated practice. A number of recipes specify the time of year or even time of day in which they should be made or ingredients gathered: butter, for example, should be made in May, walnuts picked at the end of June before the shells become tough, and herbs picked in full sun. Generally, the recipes, remedies and tips are practical and quotidian; while most collections did contain recipes calling for sugar, oranges, lemons and spices, the bulk of the recipes and remedies called for local ingredients: foods such as pippins (small apples), quinces, barberries, and walnuts, plus a plethora of wild herbs, many of which are now unfamiliar. The array of tools used for cooking also reveals practicality and innovation: Mary Granville's manual alone describes using a feather to ice macaroons (50), a stick with a flattened end to beat eggs

and sugar (53) and little bags of “pebblestones” to sink spices in a kettle (13). Measurements were equally practical and innovative; Grace Randolphe in one recipe calls for “as many herbs as will fill an egg” (Image 17 in the *Perdita* scan), while Mary Granville notes that “To preserve Walnutts,” one should boil them “till a rush or straw will/ goe through them” (39). Specificity of ingredients implies a depth of knowledge—“pump water,” “rain water,” “river water,” “fair water” and snow are all called for in various recipes—although flexibility with ingredients also conveys an understanding of flavours: Mary Granville notes in “To make a Fricacee,” “I Thinke that leamon wilbe better then Vinegre” (25), and Lettice Pudsey notes at the end of “To Boyle a carp,” “if you have shelott it is much better/ to putt in then onion” (61). More than one recipe or remedy is often given for the same dish or cure, sometimes with comments on relative success; such variation and commentary offered a practical solution to the problem of a missing ingredient, and show creativity and skill. And the recipes assume the reader/cook possesses the same skill and knowledge: Mary Granville’s “To make Bread A la Roine,” for example, notes “the oven must not bee heated too much nor too/ little but according to the Judgement of the Baker” (10). Finally, if a recipe went wrong, the cook’s confidence in her own knowledge is evident in either her explanation or her denunciation of the recipe: Mary Granville notes that her mead was strong because of long keeping, and “if you make it att michaelmas it will/ not be ready to drinke till lent but the smaller you make it the/ sooner it will bee ready for drinke” (13), while Lettice Pudsey simply notes below a crossed-out recipe for pickles, “This Receipt is good for nothing.”

Food and Health in Seventeenth-Century England

A good pickle recipe would have been important to the seventeenth-century English housewife, as survival often depended upon preserved food. Una Robertson writes, “The housewife did not only have to cope with such imponderables as the availability of provisions in general or scarcity in particular, but the domestic manuals...emphasized the importance of preserving present-day plenty against future needs” (114); and Alyson Sim notes, “A good housewife always had to have the winter at the back of her mind” (11). Besides winter, the housewife was probably always aware of the possibility of failed harvests. Agrarian disasters repeatedly befell Europe during the Little Ice Age of 1570-1625, and “in England, in the period 1500-1660, about one harvest in six appears to have been a serious failure” (Mennell 25); the result was that “one of the most characteristic features of early modern Europe was ‘the obsession with starving to death’” (Mennell and Mandrou in Mennell 27). Household manuals must be read in the context of such events and their implications on diet and meanings of food—and, indeed, so must other literature of the period. Preoccupation with the weather and failed harvest is seen in the “winds, fogs, floods, rotted crops, sickly flocks, forests and ice of Shakespeare’s *A Midsummer Night’s Dream*,” and “the wretched weather of *Macbeth*” (Franklin 28), as well as the numerous manuals on frugal living published throughout the early modern period, such as Hugh Platt’s *Sundrie New and Artificiall Remedies Against Famine written...upon the Occasion of this Present Dearth* (1596), Gervase Markham’s *Hunger’s Prevention* (1621) and Thomas Tryon’s *The Way to Save Wealth* (1695) and his numerous other works on frugal eating. Diverse preservation methods were devised in this period for foods that

did not naturally keep well. Means of preserving that Robertson lists include open-air drying, smoking, salting, pickling, candying, and the making of jams and jellies, cheeses, butter, confits, ale, sometimes beer (which used hops, and kept better than ale), mead, metheglin, cider, perry, fruit wines, and medicinal waters. Distilling began to appear in all manner of cookery books in the early seventeenth century.

Vegetables, especially root vegetables, also gained esteem for their ability to feed many people and to last. In 1599, Richard Gardiner wrote a treatise on how he fed poor people on 700 cabbages and carrots prior to that year's harvest (Thirsk 34), while Samuel Hartlib wrote on the need for wider and more efficient planting to feed the poor (Thirsk 120). Meanwhile, a number of influential herbals were published in this period, including John Gerard's comprehensive *Herball* in 1597 (to which the Glossary at the end of this dissertation frequently refers), and John Parkinson's *Paradisi in Sole* (1629) and *Theatrum Botanicum* (1640). At the same time, various new plant foods, or superior varieties, were introduced from Italy, Spain, Holland and the New World, and there was a huge expansion of market gardens around London: from 10,000 acres in 1688 to 110,000 acres by the 1720s (Thirsk 159). As Tristram Stuart notes in *The Bloodless Revolution: A Cultural History of Vegetarianism from 1600 to Modern Times*, the increased interest in plants and agriculture also led to a surge in vegetarianism and exploration of its social benefits. Thomas Tryon, Hugh Plat, John Evelyn, Francis Bacon, Sir Thomas Browne, John Houghton (whose printed newsletter, *Collection for the Improvement of Husbandry and Trade*, circulated from 1681-1703), and other members of the Royal Society, founded in 1660, promoted sharing and encouraged vegetarianism, or at least increased use of plants, as a means of achieving

both personal and social health. Such an interest is reflected in literary works as well. In *Twelfth Night*, the Clown asks Malvolio, “What is the opinion of Pythagoras concerning wildfowl?” and Malvolio replies, “That the soul of our grandma might haply inhabit a bird” (4.2.48-52), referring to Pythagorus’s well-known beliefs in longevity and the social/ecological/spiritual harmony enabled by the Indian vegetarian diet. In *Don Quixote*, Sancho also alludes to the ethics of vegetarianism in denouncing the cruelty of hunting, calling it “a diversion which, in my opinion, hardly deserves the name, as it consists in murdering a poor beast that never committed any crime” (808).

The link between food and social harmony in particular is especially evident in late-medieval and early-modern depictions of utopia. Most, if not all, literary depictions of utopia in this period involved food, from the lack of want Sir Thomas More describes in *Utopia*, to both the super-abundance and temperate eating at the Abbey de Thélème in François Rabelais’s *Gargantua and Pantagruel*, to Don Quixote’s meditation on harmony while eating acorns with Sancho and shepherds in *Don Quixote*, to Gonzalo’s vision in *The Tempest* of a utopia in which nature simply offers up everything without need for work. As is evident in even these few examples, the nature of utopia changed from one of carnivalesque excess to one of humanist moderation—“The medieval Land of Cockaigne and its impossible, laughable super-abundance gave way to the Renaissance utopia and its rationalized, egalitarian sufficiency” (Appelbaum 14)—even if, as is always the case with history, there was no perfectly neat trajectory of change. However, across Europe from the late 1500s through the 1600s, the fear of starvation generally entailed an idealizing of food, a double-sided coin expressed in the

persistent celebration of lent and carnival. Robert Appelbaum emphasizes the link between food and utopia, regardless of its interpretation, in the period:

The conditions of producing and consuming food in premodern Europe—conditions where surpluses could not be taken for granted, where the distribution of goods was obscenely unequal,² where the rhythm of life was also a rhythm of uneven consumption, and where the hopes of whole classes could thus be fixed upon the foodways of the world—meant that utopia itself, in almost any of its forms, was necessarily and first of all a utopia of food. (Appelbaum 122)

On the other hand, waste or grossly unequal access to food was seen to lead to unrest: besides real-life examples of hunger leading to violence—as Roy Porter notes in Piero Camporesi’s *Bread of Dreams: Food and Fantasy in Early Modern Europe*, “the promise of food moved peasants to revolt more than the abstractions of justice” (11)—John Hales in *The Discourse of the Commonweal of this Realm England* (1549) specifically wrote against gluttony and suggested it “stirred up dissension in the nation” (Hales qtd. in Thirsk 19). In this way, the social role of food echoed the beliefs on physical health at the time: a harmonious balance represented a healthy body, while an excess or “surfeit” resulted in illness.

It is thus perhaps not surprising that, while class of course partly determined diet, lower-class and upper-class diets were not mutually exclusive at the beginning of the early modern period. “One is struck,” writes Jean-François Revel, “by the fact that there was not as much difference between the diet of the people and that of the ruling classes in the Middle Ages [through the early seventeenth century] as there was to be later on, at the end of the seventeenth and eighteenth century” (95-6). He later adds, “Popular cuisine is less poor in quantity and quality than historians ordinarily lead us to

² As noted later on this page and on the next one, this was the case; see Joan Thirsk’s *Food in Early Modern England: Phases, Fads, Fashions 1500-1760* (2007).

believe” (Revel 145). Such similarity is evident in *Don Quixote*, for example, when the wedding feast is described as including food which, except for spices, was really not that different than Sancho’s daily diet of bread, cheese, onion, wine, and occasionally wild foods and meat: there was a bullock stuffed with suckling pigs and spices, and pots containing “a whole shamble of meat,” wine, loaves of the whitest bread, a great quantity of cheese, and honey (Cervantes 694). Revel emphasizes that meat was not limited to the upper-class diet, and that “A mere three or four centuries ago beef in Europe was barely edible: at the beginning of *Don Quixote*, Cervantes offers as proof of the extreme material straits of his hero, who is about to become a knight, the fact that he ‘ate beef more often than mutton’” (4).³ Dietary difference was largely in *degree*; poorer people ate coarser bread, more wild fruits and vegetables, and poorer cuts of meat; indeed, such foods were regarded as better, according to Thomas Moufet in his *Health’s Improvement* (1595), for their constitution as labourers. As Thirsk notes, a popular saying holds true here: “We all eat the same food, ‘the difference is only in the dressing’” (210). Accordingly, the work and values associated with cooking and preserving would have been shared across social strata. Economy and self-sufficiency, for example, concerned everyone: “Another assumption that has to be firmly placed in our reconstituted scene from the past, is the aspiration of most people to be self-sufficient. Even the gentry...sought...to avoid spending money on food” (Thirsk xiii). Such concern means that all household manuals contained more or less the same recipes, or kinds of recipes, despite the compiler’s social standing. A relatively wealthy

³ Thus it is clear that Robert Appelbaum misinterprets Sir Andrew’s beef-eating in *Twelfth Night*; there is no contradiction between Sir Andrew’s diet and the fact he is “a thin, craven and silly man” (1). Both Revel and Thirsk note that mutton was of much better quality than beef at the time.

woman such as Mary Granville (her biography is discussed in the Textual Introduction) thus still included in her household manual recipes that made use of all parts of the animal, such as “To stew a Calves Head,” and recipes to preserve foods such as walnuts. Even Lady Grace Castleton’s manuscript, which includes recipes attributed to women of standing she likely knew personally, such as “My Lady Warwick,” also includes more simple attributions, such as “To make resbery cakes my mother’s.”

It was not until the late seventeenth century, when the weather improved, better agricultural techniques were developed, food became more of a commodity with increased importation of items such as sugar (to replace honey), exotic fruits and spices, and food needs were more fully met, that an upper-class diet lifted away from the diet of “the people”; as Stephen Mennell suggests, “the civilizing of appetite” occurred when a satisfaction of quantity led to a new emphasis on quality (32-33). This was also the period when professional cooking fully diverged from the household recipe, which lingered as popular cooking for decades (or longer) in household manuals. Thirsk describes these two worlds:

The one was inhabited by food writers who...pontificated about food and were happy to pronounce authoritatively, though none of them knew as much about food throughout England as they liked to think. The other world of the kitchen was inhabited by women and some men cooking food according to their social, local and family traditions, while adapting them in each generation to suit changing tastes and circumstances. (x)

Until recently, the professional cookbook was the only real food record of the period that was known and studied, and it paints a picture of seventeenth-century eating that was clearly not the norm. As Revel noted in 1982, “The meals which history has recorded are clearly memorable repasts, princely wedding banquets, the menus served on festive occasions. This is a drawback when one is attempting to trace the history of

societies and of their everyday life” (24). The professional cookbooks were almost exclusively written by men (MacLean 16) and were clearly intended for other male professional cooks: Robert May, for example, dedicated his 1660 work, *The Accomplish't Cook*, “To the Master Cooks, and to such young Practitioners of the Art of Cookery, to whom this Book may be useful.... To all honest well intending Men of our Profession.” Unlike the women’s household manuals, which allowed for innovation and assumed the creative freedom of the reader/cook, men’s professional cookbooks often emphasized the “perfection” of the recipes and the special knowledge and skill of the author himself. (There were exceptions; Sir Kenelme Digby, for example, attributes many recipes in his book to women.) These cookbooks contained recipes for elaborate banquet dishes; May included a recipe for a model stag that released claret wine when an arrow was plucked from its side, and pies baked with live birds and frogs that flew and hopped away to delight and surprise the diners. These certainly did not share the practicality and economy of the earlier folk recipes. “Everything,” writes Gerald MacLean, “that May instructs [his cook] to make...is designed to be wasted” (16).

*

As Markham indicates, the housewife was responsible not only for cooking, but also for curing; indeed, in the seventeenth century, food and medicine were still interrelated fields. “At no time before the late nineteenth century,” notes Thirsk, “should we separate food from medicine, for throughout all ranks of society they were regarded as one and the same” (6); as a result, recipes were based on, to use Revel’s word, “medicogastronomic” precepts (118). Women’s household manuals of the period thus contain a mixture of culinary and medical recipes, along with household tips. The

lack of distinction between food and medicine is immediately evident in that the recipes and remedies are intermingled: in Sarah Longe's manuscript "For a stinking, or poison of Snakes, or adders" is immediately followed by "To make fritters" (24) and "For a Vomitt" is followed by "Another way to make snow" (36); in Lady Grace Castleton's book a remedy "too expel a dead child" is followed by "To make Sirrip of Turnips" (Image 16 in the *Perdita* scan). Diversity is also shown in Mary Granville's manuscript, which includes "To make one sleepe" (1), "A water to cure pimples in the Face" (17), "To stew a Calves Head" (26), "To make Violet Cakes" (50), "To Scower Pewter" (192), and Mr. Bamber's recipe for a horse that has the gripes ([239]). Despite the fact that Markham expected women to possess such wide-ranging skills, including in medical matters, his estimation of women's medical knowledge is evidently limited:

To begin then with one of the most principal vertues which doth belong to our English Hous-wife; you shal vnderstand, that sith the preservation and care of the family touching their health and soundnesse of body consisteth most in the diligence: it is meet that she haue a physicall kind of knowledge, how to administer many wholesome receits or medicines for the good of their healths, as wel to preuent the first occasion of sicknesse, as to take away the effects and euill of the same, when it hath made seasure on the body. Indeed we must confesse that the depth and secrets of this most excellent Art of Physicke, is farre beyond the capacity of the most skilfull woman, as lodging onely in the brest of learned Professors, yet that our House-wife may from them receiue some ordinary rules and medicines which may auaile for the benefit of her Family, is (in our common experience) no derogation at all to that worthy Art. (4)

Contrary to Markham's pessimism, household manuscripts reveal women's medical knowledge in the seventeenth century as being at least equal to men's. As Sim notes, traditionally women were the keepers of medical knowledge: "The person most commonly approached for medical advice was...the woman of the house. Women were brought up to know how to make medicines and how to use them" (82). Medical

recipes are nearly identical between the women's manuscripts and those given by Markham himself, or any of the other male writers listed above, and in fact they are all very similar to those listed in dedicated medical books written by men, such as Thomas Collins's *Choice and rare experiments in physick and chirurgery* (1658) and James Hart's *Klinike, or The diet of the diseased* (1633). Modern scholars such as Rebecca Laroche and Monica H. Green have shown how medical knowledge was increasingly taken over by men in the early modern period, and women who continued to practice home remedies were increasingly depicted as witches; this was the case for midwifery and women's medical issues as well. From a modern-day perspective, many medical recipes in seventeenth-century household manuscripts are indeed strange and superstitious (the Countess of Kent's remedy for an ache in the sciatica that calls for a boiled and strained middle-aged badger evokes the witches' brew in Shakespeare's *Macbeth*) but the men's remedies are no different. Thomas Dawson's remedy "For sinowes that be broken in two," for example, calls for the practitioner to "Take wormes while they be knitte, and looke that they depart not, and stampe them, and lay it to the sore, and it will knit the sinowes that be broken in two, (50); he also includes "A good ointment for scabs, and for itching of the bodie" that calls for quicksilver (52). John Gerard prescribes tying peony roots around children's necks to cure them of the falling sickness (984), while Thomas Tryon's "To cure an Ague" calls for the practitioner to write Abracadabra in a triangle on a piece of parchment and hang it around one's neck (50). And Markham himself suggests in his remedy "To draw out bones" to "Take Agrymone and bruise it, and plasterwise apply it to the wound, and let the party drinke the iuyce of Bettanie, and it will expell the bones and heale the wound" (16).

Strange as they may seem today, medical remedies *did* reveal a thorough knowledge of the curative properties of plants. Women's household manuals include remedies for a range of illnesses making use of native plants from agrimony to yarrow; a representative recipe for stomach water, in Susanna Packe's *Her Booke* (1674), calls for sage, celandine, rosemary, rue, wormwood, rosa-solas, mugwort, pimpernel, dragons, scabious, agrimony balm, scordium, cardus, betony, tormentil, elecampane, peony, angelica, licorice, feverfew, and brown maiden hair (Image 33 in the *Perdita* scan). These remedies represent women's engagement with humoral theory of medicine based on the ideas of Galen, which had persisted in England since at least early medieval times, and distilling theory based on the ideas of Paracelsus, which emerged in England around 1550-1600 (Thirsk 28-9). According to the humoral theory, health and temperament were the result of equilibrium or imbalance amongst the four humours of the body (black bile, yellow bile, phlegm and blood). Hence, Mary Granville includes a recipe "To make an Admirable good Water against Melancholly" and Lettice Pudsey for "To purge Malincoly without grife" (3). The "virtues" of plants were their properties relating to one humour or another (for example, John Gerard writes that galingale has a heating and drying property, which means it would be good for balancing cold, wet humours) and the initial object of distilling was in fact "to extract the virtues from herbs, flowers, seeds and roots so as to make them available as ingredients for medicines" (Wilson in Sambrook and Brears 129). Thus, in this period plants were associated with intrinsic properties, rather than symbolic meaning. And this reveals that food simply meant something different in the medieval and early modern period than it does today; its meaning in the period explains the widespread association

of plant eating with social harmony described above. Such meaning evokes the same medieval agrarian understanding of the world that Mikhail Bakhtin felt was missed in readings of Rabelais's work for centuries; in opposing an allegorical reading of *Gargantua and Pantagruel*, Bakhtin writes, "Bread stolen from the people does not cease to be bread, wine is always wine, even when the Pope drinks it. Bread and wine have their own truth" (Bakhtin 292). It was also believed that plants' virtues were influenced by astronomical events:

[A] perfect...herbalist...had to bear in mind the constellations and the "sites and aspects" of the stars.... Pietro Castelli [Italian physician and botanist, 1574-1662] wrote, "All the things that the apothecary does in order to preserve [herbs] at length, he must do during the waning of the moon so that they don't spoil quickly, as in the gathering of roots, herbs, flowers and seeds." And he warned that liquid syrups and preparations simmer and expand when the moon waxes. (Camporesi 143-4)

The women's manuscripts accordingly refer to healing according to the phases of the moon; Mary Granville's "Palsie Water" was to be given "Especially against the new, full, & Change of the Moon" (193), whereas "Lady Katharine Windham's Receipt/ Powder for Convulsion fitts" calls for the medicine to be administered "three/ Days before a new Moon, & 3 days after, & the/ Same before and after the full Moon" (238). Seventeenth-century women's manuscripts are thus representative of the scientific and medical beliefs of their day. They cover careful remedies for a host of illnesses, including women's issues relating to fertility, abortion, pregnancy, miscarriage, child delivery and post-partum depression, and even remedies to cure diseases in animals.

Seventeenth-Century Women's Education, Reading and Writing

The extent of women's work and responsibilities in seventeenth-century England as outlined by Markham suggests women's writing was somewhat miraculous.

As Robertson suggests,

Cooking, cleaning, fetching water and fuel, making candles, washing and ironing, producing food from the garden, looking after poultry, pigs or bees, going to market to sell products of her own making or to buy in what was required, supervising servants, caring for children and other dependants [plus spinning wool or flax and sewing and hemming garments and distilling waters, and making creams listed in previous paragraphs]—in such a busy life so filled with the practicalities of running a household there can have been few moments left over for anything that could remotely be called leisure, let alone pleasure. (150)

A further obstacle to women's writing actually happening was the fact that few women received formal schooling. Yet, as household manuals prove, women who dealt with such work and limitations *did* write. To understand women's education, literacy and writing in the early modern period, it is thus necessary to look past traditional, patriarchal research methods. David Cressy's "illiteracy" figures are often quoted on the topic, but these are vague and his research methods focus on men's worlds of formal schooling, book publication, book ownership, and the marking of wills. He concludes that "More than...nine-tenths of the women were so illiterate at the time of the civil war that they could not even write their own names" (2); he later states, "Most women did not need to be able to write" (128). Margaret Spufford suggests that more women could read than write, but she also bases her conclusions on publication history. Jennifer Anderson and Elizabeth Sauer criticize this quantitative approach, referring to Cressy and Spufford as "counters of books and readers" (9) and noting the "loss of historical particularity in numerical data" (10). What Cressy's and Spufford's research does not consider is that many women became literate in other ways. Caroline

Bowden's research on early modern women's literacy takes a more qualitative approach and is based on comparisons with patterns of women's education in developing nations today. Bowden notes that, while few early modern women attended school, many were invested in learning, "creating their own opportunities and making their own educational spaces in their households" (91) and that many developed a "functional literacy." She emphasizes that women learned at home from other, more experienced women, and points out that the opportunity for such learning depended upon the existence of mentors to fill the space of trained teachers, a place of learning with materials relevant to the life of the learner, the practicing of skills in order to not lose them and, most importantly, individual motivation (87)—all qualities that one would imagine present in the situation of daughters of early modern housewives.

Bowden also uses women's household manuals as evidence of such practice in the early modern period:

Still-rooms...and kitchens were also transformed into educational spaces. Here women practiced and developed skills learned earlier and trained others to prepare the herbs and distillates for medicines used in the household and the local area. Numerous recipe collections testify to the existence of female networks of knowledge exchange. (92)

Sara Pennell, in her study of seventeenth-century household manuals, agrees that clearly, women largely depended upon knowledge gained informally from other women—from mother to daughter, between neighbours, from housekeeper to servant or even the other way around (243). Janet Theophano also agrees that many girls over time have developed literacy skills at home: "While working in the kitchen with children underfoot, mothers may have used recipes to teach their children—primarily daughters—how to read and write" (156). In Mrs. Maddison's 1679 household manual,

Mrs. Maddison's daughter Mary practices writing the letter "M" (Theophano 157). And Mrs. Maddison herself uses the manuscript to practice reading and writing: she includes a recipe for Lady Kent's powder, copied nearly verbatim from Lady Kent's published book, and "even the funnel-shaped title of the receipt is written so as to resemble the printed version"; at another point, after a few attempts at spelling an ingredient, she writes, "I cannot write it right" (Theophano 181, 161). Mrs. Maddison's book is not unique in this aspect; most seventeenth-century Englishwomen's household manuals contain evidence of such practice of reading and writing. Thus, writing household manuals allowed women to make use of their imposed limitations. Utilizing their knowledge of cooking and curing and their dependence upon social networks for learning, women developed household manuals to transform their traditional sphere into a space in which knowledge was shared through reading and writing. Besides children, servants also benefited from kitchen learning: just as Pennell notes the knowledge exchange that happened between housekeepers and servants, Cressy notes that "Heads of households were sometimes advised [by whom, he does not specify] to teach their servants to read" (41). Robertson also notes that "Servants had long been subjected to improving pamphlets outlining their duties" (6). Thus, in terms of household manuals,

...these documents show how kitchens and cookbooks were places where women could and did practice reading and writing and where they also taught others to do so. Manuscript recipe books and printed cookbooks provided women the opportunity to read, write, and reflect...while working in the kitchen. (Theophano 188)

Certain aspects of writing taken for granted in the twenty-first century also had to be covered in a basic education. In schools, Mark Bland notes, writing books

included instruction on how to make a quill pen with a penknife (this was their original purpose), and then how to hold it. “Students were [also] taught how to make ink” and recipes were also included in writing books (88). Girls who acquired their literacy and education through mentorship at home also learned these skills, and indeed such instructions are included in various household manuscripts. Mary Granville’s and a number of other household manuals include recipes for ink, while the published household manual *The Compleat Servant Maid* (1677), sometimes attributed, wrongly, as Elaine Hobby shows, to Hannah Woolley, includes instructions on how to make and hold a pen, and how to write in secretary, italic, and mixed hand. Woolley’s *A Supplement to the Queen-Like Closet* (1674) also includes sample letters—from sister to sister, from mother to daughter, from widow to landlord, etc.—her readers might follow. Spelling was a different matter: standardized spelling was not strictly followed at the time, and accordingly, the writers of household manuals were flexible in their orthographic conventions and they sometimes spelled phonetically. Between Mary Granville’s, Constance Hall’s, and Lettice Pudsey’s three manuscripts, for example, cinnamon is spelled seventeen different ways.

Thus, the sharing of knowledge that occurred amongst many seventeenth-century Englishwomen is expressed textually in household manuals. Manuscript culture is generally collective: as Victoria Burke emphasizes, manuscripts are “fundamentally social forms” (“Manuscript” 55) in a way that print is not. Miscellanies and commonplace books, for example, were often compiled through a combination of “social authorship”—Margaret Ezell’s term for a kind of active reading in which the reader also participates in “editing, correcting or copying the text,” and “composite

authorship”—Claudia Limbert’s and John H. O’Neill’s term for collaboration between writers not consciously writing together, such as over time (V. Burke, “Manuscript” 55-6). The extent to which readers contributed to these manuscripts means that modern, normalized concepts of “writer” and “reader” do not work for this genre; instead, it is more accurate to envision a circulation of information and constant contribution to the process of text formation (Ezell, *Social* 40). Miscellanies and commonplace books still, however, had some tie to “ownership” even despite their composite form in that the elements themselves (poems, letters, plays, sermons, etc.) could often be traced back to what might be considered a single author. Household manuals, on the other hand, present an even more complicated concept of writing and authorship than these other manuscripts might.

As with miscellanies and commonplace books, household manuals represent an ongoing collaboration across space, as recipes were shared amongst relatives, friends, acquaintances, and often travelled far beyond the original writer’s immediate social circle (as in the case of the Countess of Kent’s powder recipe), and through time, as they were passed down and added to from one generation to the next; Mary Granville, in leaving her book to her daughter Ann, wrote inside the front cover, “Mrs. Ann Granvilles Book/ which I hope shee will make/ a better use of then her mother/ Mary Granville.” Multiple hands exist in these works, recipes are attributed to various sources (including men) and a conversation takes place in the margins as subsequent cooks comment on recipes. However, the particular elusiveness of authorship is evident when one considers the hazy folk origins of recipes; as with all folk-origin genres, a recipe never really has an author or owner (even “new” recipes build upon pre-existing

techniques) and even if one *could* trace a recipe's author, there would be no point in doing so. Even the imperative form of the recipe asserts a disembodied authority, implying not that the instructions were someone's idea, but are simply the way something is done—although there is also an implicit understanding in cooking that a recipe may not be precisely followed, nor will it ever turn out exactly the same way twice. (The magic of a recipe is its irreproducibility; recipes depend upon the skill and creativity of the cook at the moment of cooking.) At the level of the manuscript itself, authorship is not clear either. Referring to “Lettice Pudsey's manuscript,” for example, is somewhat misleading since the manuscript was not just hers: the manuscript seems to have been begun by someone else, the recipes came from elsewhere, the handwriting and writing styles belonged to many people, and the book belonged to others after her. The same is the case with “Mary Granville's manuscript.” In all cases, the “author” reference occurs only for simplicity's sake. (Without an author name, cataloguing these manuscripts would be even more confusing.)

Michel Foucault's ideas on authorship in “What is an Author?” and Roland Barthes's ideas in “The Death of the Author” are therefore relevant in the context of these household manuals. While some feminist critics are uncomfortable with the concept of the dissolution of the author, claiming that “to kill off the author is to ensure [her] continued silence” (Pacheco xv), this attitude itself seems to perpetuate patriarchal assumptions of authorship and ownership. Instead, it is more useful (and accurate) to consider the multiple influences that led to the coming-into-being of a compiled text, and the specific context in which it was read. In other words, seventeenth-century household manuals are best approached through textual criticism that is new historicist

and sociological—but also, to recall Derek Pearsall’s idea, “adventurous.” Frances Dolan evokes a new approach particularly effectively:

We need to abandon the notion of an evidentiary point of origin...thinking instead about charting ripple effects, splatters, aftershocks, feedback loops, and contact networks rather than tracing a line to the beginning or digging down to the bottom. Each fragment of evidence is valuable as a piece of a larger puzzle; but its value does not depend on its proximity to the event, the facts, or the truth of what it represents. Each fragment, whether it is a deposition, a diary entry, or a ballad, has invariably been shaped by the process of its own production, by generic conventions, and by an awareness of audience or market. Everything needs to be read warily; everything requires interpretation; each morsel makes most sense when it is read against others, but a different sense depending on what others [say].... (Dolan 164)

And in the case of household manuals, acknowledging the lack of a single author does not deny the women’s experience; the manual works as a material trace of the lives of many women: their physical work, their gendered responsibilities, their engagement and struggles with the written word, their collective learning, their social circles, their family, their way of ordering the world. Without the manual, record of these lives might otherwise have been totally lost—and yet the women never privileged the writing over the life itself, as Foucault notes that fiction writers in contemporary western culture do. Household manuals were interwoven with the lives within which they were written, arguably to a greater extent than any other genre. Because the manuals are practical and collective, they are not separate from life, but rather are enmeshed with it, reinforcing the experience and the relationships on which their writing depends. Household manuals were not simply read, they were *used* (in a very different way than reading is useful). Recording successful recipes and ways of doing things and sharing these with other women meant an assertion of the compiler’s authority and a continuous improvement in efficiency and quality—and thus, hopefully, a gradual decrease in her

workload; furthermore, the more she used her manual, presumably the better her skills became in reading and writing.

Just as the women do not disappear even though the manuscripts do not have a clear “author function,” the voices of the various compilers can still be heard. In each case one woman initiated the work, and various women do express subjectivity and creativity, and sometimes they express ownership. Decorative marginalia in many of the manuals indicate creative self-expression, and the inclusion of important family dates suggests the important personal role the manual played as well. In terms of ownership, Lettice Pudsey declares at her entry into the manuscript, partway through the book, “These recipes are written in my own hand.” Mary Hookes attributes some recipes to her mother or grandmother, and next to others she writes, “My own.” Commentary on the recipes, including the common “*Probatum est*,” or Pudsey’s “This Receipt is no good” reveal the writer’s sense of authority: she is confident in her opinion and evaluation of the recipe. Finally, details within the recipes themselves often complicate the disembodied quality of the imperative form: an instruction such as “put into [the mixture] two spoonefulls of lin/ seed oyle, for want of that, take oyle of roses, or Barrowes –/ Grease (butt the linseed oyle is best)” (Granville 3) certainly feels subjective; this is the trace of an individual woman. While this woman is not an author, she is temporarily engaged in compilation, an activity that “lies somewhere between the processes of reading and writing” (V. Burke, “Manuscript” 55). Or, as Foucault suggests, she is a selector or chooser. And by extension she also, of course, is preserving a record of a life. This idea is further discussed below.

Equally elusive in considering these manuals is their “reader.” She was, by the very nature of the book’s compilation, largely the compiler herself for as long as the book was hers; as noted above, the terms “author” and “reader” cannot even be separated in the context of collective writing, and the vagueness of the “author” immediately implies the vagueness of the “reader.” However, when an individual woman copied a recipe into her book, or added commentary on a recipe, was she writing only for herself? Or did she have someone else in mind? The randomness of the recipes, remedies and household tips as well as the marginalia suggest these were indeed working documents for the compiler herself, continually added to and improved through time by an actual cook whose work directly benefited from the writing. However, as it was a tradition for women to bequeath their household manual to a daughter or niece, the compiler likely also had future generations in mind as she wrote. This means that, while the manuals were not public, they were not entirely private, either. In large households, the manual might also be used by servants; indeed, as noted above, the manuals might have served as literacy tools in the kitchen. It is interesting to note that few of the manuals have stains on them. This might suggest that only the *little*-used manuals have survived, or it might reveal careful treatment in a time when paper was relatively scarce. Women’s decoration of their books, or their listing of important family dates, certainly suggests the specialness of the book to the compiler, indicating that, while the manuals served a practical use, they also offered a place for personal expression as well. Finally, the small size of some of the manuals, such as Sarah Longe’s *Receipt Book* (1610), might point to the fact that the books were carried around rather than placed on a countertop; historian Beverly Lemire has suggested to

me that the ubiquitous pockets tied under women's petticoats might have proven useful in just this way.

Just as authorship and readership were thus more complicated constructs than we have come to regard them, so too was publishing. Most literary scholars now recognize that print was not always the preferred form in the early modern period, and that it did not simply replace the manuscript form (just as the written form did not simply replace the oral form). As George Justice and Nathan Tinker write in their introduction to *Women's Writing and the Circulation of Ideas: Manuscript Publication in England, 1550-1880*,

We should no longer see the conventions and properties of manuscript circulation as peripheral to a simple set of procedures established by a dominant world of print publication. Instead, it is necessary to look at manuscript culture as a persisting set of procedures with its own history and customs as well as balancing manuscripts and print as unfinished, in-process cultures with strong cross-fertilization. (Justice and Tinker 8)

And just as simply counting students does not reveal how many girls were actually literate in the seventeenth century, neither do publication numbers indicate how many women actually wrote in the period. Once manuscripts are considered, it is clear that the number of women writing in early modern England is much greater than previously believed when only counting first editions of printed works (Lunger Knoppers 10). As Margaret Ezell notes, the question is now "Who was writing and who was reading as opposed to who was printing and who was purchasing" (*Social* 2). Women wrote, but relatively few of them published in print. Women's writing paralleled their experience, and because women's experience was different than men's in terms of education, work, social expectations, and writing, the format that best served them was evidently not the same as that for men either.

There are many hypotheses as to why women did not always seem to desire publication. The “stigma of print” is a commonly offered possibility, suggesting that women accepted that it was immodest and unbecoming to expose themselves this way in public. But this idea assumes a degree of submission on women’s part that does not seem supported by women’s authority and confidence in the writing itself. Another possibility that has gained much ground over the past few years is that they did not want to publish. As Paul Eggert notes, this may be hard for anyone raised in a western cultural tradition to understand, because we have been conditioned *not* to understand:

The economics of cultural production have for a very long time, perhaps always, tended to narrow our attention as viewers of works of art (or readers of works of literature) to the object that would sell most readily: the finished product. The idea has become so thoroughly naturalized that it has helped in turn to naturalize exaggerated doctrines about individual inspiration and execution, doctrines born probably in the Renaissance but of course later greatly stimulated by the climate of Romanticism. (Eggert 59-60)

Printing, of course, also required money and access to a press (although scribal reproduction was another option for smaller numbers of copies). But some men who had the means to publish did not do so, such as John Donne and Sir Philip Sidney. And some women did publish, despite the fact it was not necessarily lucrative to do so; Aphra Behn expressed disappointment in the payment she received for her poems (Beal 163). These cases indicate, as Margaret Ezell asserts, that manuscript culture was not the province of women and print of men (*Social* 40), and that to publish or not was a choice for both genders. This seems plausible, although it is also undeniable that in terms of the household manual, which was a woman’s genre,⁴ the manuscript form was

⁴ The closest parallels in men’s writing were perhaps Samuel Hartlib’s collections of agricultural knowledge, which he gathered from various farmers, or Sir Kenelm

always chosen. Indeed, Ezell suggests that *not* publishing had certain advantages for particular genres. Manuscript circulation usually ensured better control over one's audience, and this enabled the writer to circulate writing that was more politically or socially sensitive. Writing that was a gift (a mother's advice book, for example, or in the case of Elizabeth I's gift to her stepmother Queen Catherine Parr, a translation of the works of Margaret of Navarre) was more personal when written in the hand of the giver. And there was also the basic question of suitability. Personal forms of writing such as diaries, of course, are not something one would normally publish. The same is true for household records. Account books would never benefit from publishing, and the manuscript form was likely more suitable for household manuals as well, as recipes could be written into the manuscript or annotated right in the kitchen. And the copying of only selected recipes meant each manual could reflect each compiler's subjectivity.

While oral, manuscript and print traditions existed side-by-side throughout the early modern period, eventually, of course, a shift did occur, and gradually print gained precedence. (One might say this shift in part signaled the end of the early modern period and the beginning of the Enlightenment.) The fact that household manuals persisted as manuscripts longer than did other genres underscores the suitability of the form to the genre. So, too, does the fact that when Hannah Woolley did publish the first Englishwoman's household manuals,⁵ her content and style still reflected women's manuals rather than men's cookbooks of the time. Like the manuscript manuals, her

Digby's *The Closet of the Eminentely Learned Sir Kenelme Digbie Kt. Opened*, although these were both published works.

⁵ The Countess of Kent's *A Choice Manual* was published in 1653, but as John Considine points out, the book's preface makes clear it was compiled by the publisher, W.I. Gent (*ODNB* entry, "Elizabeth Grey").

published manuals contain a mixture of culinary, medical and household recipes. Her first publication, *The Ladies Directory* (1661)—which predated Aphra Behn’s first published work by over a decade—offered

Choice Experiments and Curiosities of Preserving in Jellies and Candying both Fruits and Flowers. Also an Excellent way of making Cakes, Comfits and Rich Court Perfumes. With Rarities of many Precious Waters; among which are Dr. Stephen’s Water, Dr. Matthias’s Palsie-Water, and an excellent Water against the Plague; with several Consumption Drinks, Approved of by the Ablest Physicians.

Her recipes are, like those in the household manuals, practical and quotidian. While they do call for some exotic ingredients (again, such as sugar, citrus, almonds, and spices), most of them call for more homely ingredients. Similarly, while she includes tips such as “To perfume gloves,” far more prevalent are recipes for less delicate matters: “For the Itch,” “Breath Stinking,” “Griping of the Guts,” and “To Kill Rats.” Woolley’s language is equally down-to-earth, and she says this was deliberate: in *The Queen-Like Closet* she promises to “not [confound] the Brains with multitudes of Words to little or no purpose, or vain Expressions of things which are altogether unknown to the Learned as well as the Ignorant” (181). Finally, she emphasizes that the purpose of her books is to further other women’s knowledge. *The Queen-Like Closet* offers professional instruction and lessons on comportment for all women who desire to work as a servant in a household; “Her goal, as each of these works proves, is to achieve no less than educate every female member of society in nearly every area of life imaginable” (Ellison x). And the personal nature of the manuscripts is also implied in “To the Reader” in *The Ladies Directory* when she calls herself the reader’s “friend” and notes that anyone with questions should ask for her anywhere her books are sold.

While publishing was not an especially lucrative business, Woolley perhaps did choose to do so in hopes of supporting herself, as her second husband had passed away just prior to the printing of her first work. And she probably aimed to ride the wave of cookbook publishing that began around 1650. “Between 1650 and 1750, no fewer than 106 ‘new’ culinary texts and 169 subsequent editions of texts already in print were published in English” (Pennell 239). Publication of her household manuals does not signify a triumph in some evolution of women’s writing, as, to restate, this was not a universal early modern goal. But it does show that household manuals played a role in encouraging women’s education, literacy and writing skills, and that their knowledge and authority in cooking and curing found a legitimate foothold in the increasingly important world of publication. It is, of course, also significant that Hannah Woolley may be the first Englishwoman to have made her living as a professional writer. Thus, while Helen Ostovich and Elizabeth Sauer may state that “Protestant religious works, marriage and conduct manuals, books on cooking or midwifery—most of which were male-authored—were, then, intended to keep women submissive and focused on domestic affairs” (6), in reality it seems the situation was quite different. Yes, Markham and others assigned women to the kitchen and ignored or dismissed the benefit they might receive from a formal education. But through their own writing of household manuals, early modern Englishwomen turned their limitations—their relegation to household roles of cooking, curing and cleaning and their exclusion from formal education—into an opportunity. And unlike other genres, the household manual belonged to women: it originated in their experience and reflected and reinforced their knowledge, skill, confidence, creativity and relationships.

Household Manuals

As material expression of a woman's life and subjectivity, household manuals were as diverse as the women who wrote them. Choice and chance determined the recipes copied into the book in the first place, and then individual taste determined the success of the recipe once it was tried. The writer's expressive style is revealed in the nature of her comments: Granville's "I Thinke that leamon wilbe better then Vinegre" (25) suggests a different personality, or at least a different mood, than "This Receipt is good for nothing" (Pudsey 56). And because these manuals reflect women's lives, other types of information are included in the books as well. Rebeckah Winche's manual includes lists of important family dates such as that of her marriage, the birth of her daughter and the death of her mother. Anne Kendall Cater's and Constance Hall's both contain elaborate sketches and designs. Many contain handwriting practice, others careful and beautiful hands. Lady Grace Castleton's and Ann Goodenough's include loose recipes tucked into the book, obtained, presumably, during a visit the woman paid to a relative or a friend or a neighbour. Mary Cruso's manual is miscellany-like, containing a political poem and a sermon. Dorothy Philips's and Elizabeth Fowler's books also include sermons (those in the former interrupted by recipes "To pott hare" and "To hash a calves head"). Mary Granville's manual includes recipes in largely phonetic Castilian, including one to rid a room of bedbugs, from her family's time in Spain. Organization of each book is different; while most include intermingled recipes, remedies and tips, some include an alphabetized index or are divided into thematic

sections. Besides being practical they were, therefore, also highly personal, and reflected women's family life and social networks. As Wendy Wall notes, "Recipe books were bearers of memory, indicators of artful practices, occasions for signaling ways of reading and writing, and signs marking family and community networks" (Wall 106). Janet Theophano similarly notes the larger social meaning of cookery books (which she defines as both annotated published books and personal notebooks stuffed with recipes):

There is much to be learned from reading a cookbook besides how to prepare food—discovering the stories told in the spaces between the recipes or within the recipes themselves. For me, leafing through a cookbook is like peering through a kitchen window. The cookbook, like the diary and journal, evokes a universe inhabited by women both in harmony and in tension with their families, their communities, and the larger social world. (Theophano 6)

Natalie Zemon Davis's comment that early modern books were important "not merely as a source for ideas and images, but as a carrier of relationships" (qtd. in Anderson and Sauer 126) may thus also apply to household manuals. Pennell also notes that donating a recipe is a form of a gift (239).

In some ways, household manuals still come into being and are used in the same way today. Most women have far more choices than they did in the seventeenth century, and they spend years in school rather than learning to roast a pig or distill curative waters at home. However, those who choose to keep a notebook with recipes are performing more or less the same action as did the seventeenth-century housewife with her manual. Her notebook is a compilation of personally selected recipes that are further editorialized—"cookbooks invite editorializing" (Theophano 188)—and it reflects her experience in the world and her own subjectivity. It is imperfect (or

“messy,” to use Ezell’s term) yet is authoritative and follows its own system of organization, and it carries within it the passage of time. And, thus, like the household manuals, the notebook symbolically preserves the woman’s life. This is the case through time and across cultures, because

[t]he themes found in cookbooks are timeless: life and death, youth and age, faithfulness and betrayal, memory and forgetfulness.... Cookbooks also tell us how to make beauty and meaning in the midst of the mundane—a concept especially important for women, whose lives are punctuated by the demands of feeding others. Despite or perhaps because of their ordinariness, because cooking is so basic to and so entangled in daily life, cookbooks have thus served women as meditations, memories, diaries, journals, scrapbooks and guides. (Theophano 6)

Why does this genre carry such meaning? It might be because it serves as an intersection between food and language, and these are our most intimate expressions of culture and of relationships. Barthes notes the elemental importance of food and its similarity to language:

No doubt, food is, anthropologically speaking (though very much in the abstract), the first need; but ever since man has ceased living off wild berries, this need has been highly structured. Substances, techniques of preparation, habits, all become part of a system of differences in signification; and as soon as this happens, we have communication by way of food. For the fact that there is communication is proven, not by the more or less vague consciousness that its users may have of it, but by the ease with which all the facts concerning food form a structure analogous to other systems of communication. (29-30)

Food and language (and by extension the written word) also contain within them, on many levels that are both physical and metaphorical, the ability to preserve life from the passing of time. Just as Wendy Wall notes that in the early modern period “recipe books were bearers of memory” (106), they are *always* bearers of memory. Consciousness of death makes the desire for preservation especially acute—as noted

above, repeated harvest failures in the early modern period led to a proliferation of preserves recipes because “A good housewife always had to have the winter at the back of her mind” (Sim 11), and the same is true of writing when one considers the passing down of recipes within a family (or, for that matter, the writing of end-of-life memoirs). As studying food thus also means studying an awareness of hunger and loss, the deep importance of preservation is evident; it is the means of continuing life. Jill S. Millman notes in her introductory essay to the *Perdita* project that the manuscripts nearly all reflect women’s role as preservers: “It is significant that...the top genres of receipt books, religious and meditative writings, diaries and account books could all represent record keeping activities.” The written recipe is thus the epitome of preservation, as it records a moment that is both life-sustaining (physically, but also symbolically if it is a family or culturally specific recipe) and life-affirming through the sharing between the recipe’s writer and the cook (and often also through the cook and company). And as Wendy Wall emphasized in a 2011 Folger Library lecture entitled “Recipes for Thought: The Art of the Kitchen in the Age of Shakespeare,” preservation allows for an overcoming of temporality.

There is something mysterious about the ability to preserve, and to create, and for this reason the household manuscript is special or elevated:

Well-worn recipe books occupy a space between the sacred and profane. They contain learning that is critical and life-sustaining. In recipe texts, women accumulated valuable, often arcane knowledge about the mysteries of birth and death—women’s domains of responsibility...how to cook, comfort, and cure. Women’s work has sometimes been described as magical for its abilities to transform raw materials into food and medicine. (Theophano 89)

Piero Camporesi (in language evocative of Bakhtin) also describes the awareness of the relationship between life, death, food and preservation through seeds:

Death and laughter are tightly bound together in an inseparable dialectic relationship in all cultures of the agrarian type, which have the profound nucleus of their religiosity—a constant relation between earth and sub-soil, fertility and sterility—in vegetable rebirth and reproduction by means of dead seeds. (Camporesi 43)

Thus, while the relationship between food and utopia was particularly clear in the early modern period, it is always present, because of humans' biological need for food, and because of our anthropological fear of death (even if the latter is relative, depending on culture). Eating good food in good company persists in relating to happiness. As Bakhtin notes, "Bread and wine...have the indestructible connotation of victory and merriment" (292). Recipes function as a kind of blueprint to happy living:

A longing for the pleasures of the table reflects a concern for balance and harmony and an integration of the physical and spiritual nature of our existence. In this way, cookbooks are a meditation. Preparing a dish or a meal is not merely an effort to satisfy physical hunger but often a quest for the good life. (Theophano 7)

The relationship between "author," "reader," and text is different for seventeenth-century women's household manuals from any other genre, and the manuals served a different purpose; these are texts that "resist categorization" (Wilcox in Ezell, "Domestic" 39). Unlike other manuscripts, household manuals were practical works that were *used* rather than read (however actively), and unlike published cookbooks their use was quotidian and enmeshed with life: not only were the recipes/remedies/tips realized in an everyday context, their purpose was to improve the life and to record it, and the experience itself further encouraged the writing, through

comments, amendments, and even whether or not the recipe was again passed on. Household manuals were thus a unique genre, collectively compiled yet personal, practical yet subjective and creative, neither entirely public nor private, extensions of work and relationships which thus contained no beginning nor end, rich texts characterized by their intimate interweaving with life, yet as diverse as the women who wrote them. Considering household manuals, therefore, requires new approaches that are interdisciplinary and adventuresome, and which eschew assumptions regarding authorship, readership, and the purpose of a text and perceive their value at a cultural historical level. Indeed, the manuscript approach urged by Derek Pearsall, Sharon Cadman Seelig and Peter Beale seems especially appropriate for the household manual genre: the works should be considered “first and foremost as physical artifacts which have their own peculiar nature and mode of being” (Beale v). And as genre that widens conceptions of women’s writing and authorship, as well as offers important insights into early modern food and medicine, household manuals deserve much greater respect than they have so far received.

Textual Introduction

This edition presents three early modern English women's household manuals: Mary Granville's *Receipt Book* (c.1640-1750), Constance Hall's *Receipt Book* (1672), and Lettice Pudsey's *Cookery and Medical Receipt Book* (c. 1675). All three manuscripts are located in the Folger Shakespeare Library collection, in Washington DC. Their contents have not been published, although digitized scans are available on the Perdita database, and all three have appeared in various Folger Shakespeare Library exhibitions. Admittedly, something is lost in the transcription and printing of these manuals; it is impossible to capture their essence without providing the original document with its varying hands and ink and the feel of its paper. However, no perfect solution to this problem exists, and at least the transcriptions, perhaps read alongside the Perdita scans, provide access to the artefacts, in the way looking at the photo of a painting provides access to that painting.

The authors and dates given for these manuscripts are hard to pin down, as inscriptions, dates, and the number of hands within the texts indicate they were collectively compiled and passed on from one generation to the next. (Despite the collective and generational compilation of these manuscripts, it is still convenient, for simplicity's sake, to assign a single name to each.) All three manuscripts are, I believe, particularly good representations of the genre, as all three contain some combination of recipes, remedies, and household tips, and all three offer unique self-expression of the women who compiled the manuscripts. Mary Granville's manuscript includes a telling inscription regarding her own use (or lack thereof) of the manual, as well as recipes from the period of time her family spent in Spain. Constance Hall's manuscript begins

with a very decorative title page, conveying a particular reveling in the act of writing itself. And Lettice Pudsey declares her ownership of her book partway into the manuscript, after it was begun by someone else.

As a starting point, it is still worthwhile considering the compiler to whom each manuscript is attributed; who were these women? This is a difficult question to answer, as the clues that the texts provide can be misleading. For example, specific ingredients or attributions might point to a geographic region, but such a “lead” might be meaningless because some recipes originated far from the compiler’s immediate social circle. Similarly, while pastry-making, confectionary-making and distilling were all upper-class activities (Pennell 239) as they used expensive ingredients, and were so time-consuming and labour-intensive they could have been undertaken only in households with a certain number of servants (Thirsk 107), it is certainly possible that women with no means to carry out these recipes might still copy them down; they could serve as “aspirational” recipes. On the other hand, as explained in the Historical Introduction, the similarity of diets and common values of economy and self-sufficiency across classes means that some upper-class women also had recipes for homely dishes; a relatively wealthy woman such as Mary Granville included in her manual recipes that made use of all parts of the animal, such as “To stew a Calves Head,” thrifty recipes such as “To make Short Paist Without Butter” and recipes for preserved wild foods, such as “To make Gooseberry wine.”

Manuals that were neatly organized were probably copied from published works and may be even less indicative of the compiler’s life, except insofar as this tells us something of her life as a reader, and to the books to which she had (direct or indirect)

access. Simple dishes were more likely directly received: Lady Dorset's book (1649), for example, "cites recipes that she got from Goodwife Wells for rennet, Goodwife Rivers for liver cake, and Goodwife Cleaves for hog's cheek. These were plainly homely dishes made by homely neighbours, not recipes passed on by grand ladies" (Thirsk 209). Meat recipes also offer clues that might be helpful—or misleading. As noted in the Historical Introduction, not only the well-to-do ate meat; however, methods of cooking pointed to class difference: "Meats to be roasted needed plenty of fat in them so most meat was better suited to being boiled or stewed" (Robertson 91), suggesting that roasting recipes were suited for richer households and boiling or stewing recipes for poorer. (Boiling and stewing are also standard ways to make small amounts go further.) However, again such indications could be misleading, as professional bakers "also baked items prepared by their customers and on Sundays lit their oven in order to bake joints of meat for those without the means of cooking them themselves" (Robertson 96). Similarly, many towns also had communal ovens, meaning that even if a household was not wealthy enough to have a bread oven, the housewife's manual might still have bread recipes. Imported items could also be misleading; currants, for example, which were highly popular in late medieval and early modern England, were enjoyed not only by the wealthy, but also by the poor during feast days (Wilson 333). Similarly, the amount of citrus imported suggests its consumption could not have been limited to the upper class: it is estimated that in 1694-5, nine million oranges and lemons were imported into London (Thirsk 136). Thus, while the recipes seem to reveal social and economic information about the authors,

this information is not unambiguous, and it would be unwise to draw hasty conclusions in terms of the authors' wealth and status.

The books themselves may also provide clues to the economic situation of the women who owned them—although again, the helpfulness of these clues is uncertain. While access to paper has traditionally been regarded as a marker of means, recent research suggests such assumptions might not be accurate. Mark Bland notes that any generalizations regarding paper are risky because “There is reason to believe that at least c.95 per cent, possibly as much as 98 per cent, of the paper that was used in the 16th and seventeenth centuries has perished” (Bland 214). Similarly, Heather Wolfe at the Folger Shakespeare Library is currently conducting research that suggests that paper, while still special and carefully reused, was not the rare and expensive commodity it was once believed to be. Ink was also readily available; as the recipes in Mary Granville’s text attest, it could be made at home. Quill pens were as accessible as the nearest goose, and *The Compleat Servant Maid* (as noted above, sometimes attributed to Hannah Woolley) suggests that writing women were not limited to the upper class. This work instructs the maid in “How to make a Pen,” “How to hold your Pen,” “How to fit to Write” (e.g., “Draw in your right elbow, turn your hand outward and bear it lightly...”), and then “Directions for Writing the most Usual and Legible Hands for Women; as Mixt Hand, Roman Hand, and Italian Hand,” with samples.

One characteristic of household manuscripts is the significant number of hands they contain. It is admittedly difficult to ascribe these hands to particular people as these works were kept and added to throughout a woman’s lifetime and then passed down in families, usually from mother to daughter. A single woman’s hand, therefore,

can appear as that of a child practicing her writing skills, and then later as that of a confident, skilled adult. All three manuscripts contain a combination of secretary, italic, and mixed hands.

Note on Mary Granville's Text

Mary Granville's *Receipt Book*, MS V.a.430, is dated c.1640-1750 and is attributed by the Folger Shakespeare Library's catalogue to both Mary Granville and her daughter, Anne Granville D'Ewes. It was acquired by the Folger Shakespeare Library in Washington, DC by bookseller W.A. Meyers in October 1965; the seller did not include any information on the book's history. The Folger includes some historical information about Mary Granville in its catalogue description of the work:

This book was given to Anne D'Ewes at the time of her marriage to John D'Ewes in 1740 by her mother Mary Granville, who was herself the daughter of Sir Martin Westcomb. Both Sir Martin and the Sir Martin before him, (his father?), were for years the English consuls in Cadiz and this book contains a group of recipes from these years, many dated at Cadiz, 1665-1687. There are also some household recipes, including several from different countries for making ink. Sources are sometimes given.

The D'Ewes family, the entry also notes, lived in Bradley, Worcestershire; this is indicated in the inscription in the inside front cover.

As Mary would have been a child (or not yet born) during the writing of the Spanish recipes, the manuscript was perhaps begun by her mother or an aunt, and not Mary herself. Thus, the recipe "To make double Incke kalled in French ancre luisante/ this is the way and receat my brother Mr/ John wescombe gave mee in January 1671" is likely a reference to Mary Granville's uncle. A John Wescombe was consul of Bayonne from 1662? to 1688, and he was the brother of Martin Wescombe (Westcomb); the

phrase “My brother Mr John wescombe” must therefore be the words of Sir Martin Westcomb's wife or sister, the mother or aunt of Mary Granville. Such a history explains why Mary Granville of the manuscript's inscription regrets not having made better use of the receipt book: she did not begin it, but received it by gift or inheritance from her mother or aunt. However, as the Spanish recipes appear in a different hand than those that begin the work (and we might assume that these recipes were indeed written by the mother or aunt), perhaps Mary Granville's mother or aunt *also* received the manuscript by gift or inheritance. If this is true, then Mary Granville is the third-generation owner of the manuscript, and Anne D'Ewes the fourth. Thus, while Mary Granville and Anne D'Ewes are chiefly associated with the manuscript, it is quite clear that the work was begun generations earlier.

Further information on the family is available through the *Oxford Dictionary of National Biography*: Mary Granville and her husband Bernard, a Royalist colonel, lived in Wiltshire in southwest England; Bernard's brother George was Lord Lansdowne, whose wife's recipe for French bread is included in the manuscript. A *National Archives* document lists Lord Lansdowne and William Wyndham as co-defendants in a court case, and Lady Katharine Windham's powder recipe is also included in the manuscript. Besides Anne, Mary and Bernard had another daughter, also named Mary, and a son, also named Bernard. Daughter Mary was active in court circles and was known for her paper collages of flowers. Son Bernard was a supporter of music and personal friend of George Frideric Handel, who willed Bernard a Rembrandt painting, possibly returning a valuable gift that Bernard had previously given him (McLean 598). Correspondence between the sisters Mary and Anne was published by Anne's

granddaughter Lady Llanover, herself a Welsh baroness and author of a published cookbook, *The First Principles of Good Cookery* (1867).

The manuscript is 21 cm tall by 16.5 cm wide, and has a light brown smooth leather cover and light brown binding that seem to be the originals. The cover has two metal clasp plates, but the clasps are gone; the front outside cover has a stain and a hole in it. The book is bound by three strips of paper with string in the middle of each (visible between, for example, pages 60 and 88) and the paper is relatively thick. The watermark is an abstract sideways sunburst or comet, with regular rays on the left side and only three, irregular rays on the right. The ink is mostly dark brown and written with a very fine pen; later it becomes lighter for some recipes, then almost black for others, and is blotchy in some recipes.

The words “Mrs Ann Granvills Book / which I hope shee will make / a better use of then her mother / Mary Granville”, then, in another hand, “Now Anne Dewes / Bradley 8 September. 1740” are written on the inside front cover. The outside back cover has “MW” and “MC” written on it. Many pages are missing; the current book skips from page 18 to 25, from 26 to 37, from 54 to 59, from 60 to 88, from 111 to 121; and from 127 to the end numerous pages are missing, sometimes individually and sometimes in a sequence. Some pages have stains or holes in them. Generally, however, the manuscript is quite clean—it does not look like a cookbook that was frequently consulted right next to the counter or stove in a kitchen.

A number of hands are evident in this manual:

* From pages 1 through 60, all recipes are in the same neat italic hand (Hand A), and include carefully drawn horizontal lines separating recipes and vertical lines indicating

margins. This hand is distinctive in that it includes a small c-like mark or small circle over many letters, especially e, but also f and s. Page numbers in this hand are always on the left-hand side; the first page has “Page (1)”; then there is simply the number in parentheses.

Beginning with “To make Sirrop of Gilliflowers” on page 88, numerous hands appear, sometimes for a short sequence of recipes; others only once, suggesting the recipe donor herself wrote the recipe, as in the case of “To make Shrub Mrs Carryl.” Some of the hands reappear again later in the manuscript. Unsurprisingly, some spelling conventions shift from one hand to another as well; in “To make sirrop of Gilliflowers,” sugar is suddenly spelled “shugger,” whereas it was previously usually written “suger.”

* Hand B is a looser, messier italic hand; its generally light touch contrasts with dark inkblots in some graphs. It appears on consecutive pages, suggesting perhaps these recipes were contributed in one sitting by a relative or neighbour. This hand appears from pages 88 through 91.

* Hand C (92-102, 104-109, 111-123, 155 (top recipe)) appears beginning with “To Make a cake Mrs Margaret Melborns Way Viz.” As the second recipe in this hand was given the author “by a Portuges” and then the Spanish recipes follow in this same hand, perhaps *this* is indeed Mary Granville’s mother’s or aunt’s hand, and Hand A was that of an ancestor or perhaps even a professional scribe, if the manuscript was initially a gift.

* Hand D appears for one recipe (103), and the note on the page (in Hand C) makes evident that this hand belongs to Hand C’s brother, Mr. John Wescombe.

* Similarly, Hand E appears for one recipe (110), and the “autograph” at the bottom identifies the scribe as Captain Francisco del Poço de Rota. He says he gave the recipe to Consul Martin Bisconde in Cadiz (Bisconde likely being a Spanish variant of “Westcomb,” as Martin Westcombe was, as stated above, Consul of Cadiz, and “w” is never used in Castilian). Again, the insertions and note at the bottom of the page are in Hand C.

* Hand F (124-125 top recipe) might belong to Mrs. Tauerner, as the first of the two recipes in this hand is attributed to her.

* Hand G (125 bottom recipe through 127, 202-204, 206 (finishes bottom recipe begun by Hand H), 208-209, 233) is a very messy, perhaps shaky, italic hand with no indication of the identity of the scribe.

* Hand H (140-142, 148-153 (top recipe), 154, perhaps 166b-171, 181 (lower recipe), 184, 206 (top recipe and beginning of lower recipe)-207, 209-210, 214-216, 236 (lower recipe)) is perhaps that of a child; the letter forms are rounded and careful, and the spelling includes multiple corrections, plus the light lines would have facilitated neatness for a young writer. “To make surrup of gilliflowers” (216) is completed in another hand (Hand J’s?).

* Hand I (143, 145, 153 (lower recipe), 182, 305-306) initially appears for two recipes, and is likely that of Mrs. Gloster, to whom the first recipe is attributed (and the second recipe is really an addendum to the first). This hand appears again later in the manuscript suggesting Mrs. Gloster was a friend of the family or at least a regular acquaintance.

* Hand J (144, 186-202, possibly 216, 236 (top recipe) 237-239 (top recipe), 240) contains a certain amount of variation, but the majuscule T, ampersand, and ascender on minuscule d suggest that this is one hand. As this hand includes “Lady Katharine Windham’s Receipt./ Powder for Convulsion fitts” (239), this might be the hand of Mary Granville. Lady Catharine Wyndham, as noted above, and Mary’s brother-in-law were certainly acquaintances.

* Hand K (146) is unique in the manuscript. It is consistent in terms of letter forms, but perhaps a bit shaky, so might be the hand of an elderly scribe.

* Hand L (147) probably belongs to Mrs. Mary Hills, to whom the recipe is attributed.

* Hand M (155, lower recipe) likely belongs to Mrs. Carryl, to whom the recipe is attributed.

* Hand N (156-166, 180-181, 185, 187-188, 210-213) offers a number of recipes in a loose, messy hand with decorative capital letters.

* Hand O (183-184) appears for two recipes, without any indication of the identity of the scribe.

* Hand P (205) appears for two recipes, without any indication of the identity of the scribe.

* Hand Q (234, lower recipe) appears for one recipe and there is no indication as to the identity of the scribe.

* Hand R (235) appears for one recipe, and is probably that of Mrs. Berker, to whom the recipe is attributed.

* Hand S (239, lower recipe) appears for one recipe, and is probably that of Mr. Bamber, to whom the recipe is attributed.

One could speculate forever on the relationship between the various writers of the text. To whom does Hand A belong? Are the recipes written in a child's hand Anne's? Does a more mature Anne's hand then reappear later, or do the neater, more confident hands all belong to other women altogether? And who actually did the cooking, and added the marginal comments? In some cases it is obvious that a missing letter or ingredient was inserted at the time of writing, as the hand and ink are the same as those in the rest of the recipe, while in other cases a new hand and ink indicate the note was made at a later date, by a subsequent cook. Considering the Granville women's social and economic standing, they would have employed cooks and other servants. But Mary Granville's inscription suggests the women did some cooking and curing as well. As is evident in the case of Elizabeth Grey, the Countess of Kent, the ability to cure and share knowledge further elevated the status of noblewomen.

What is clear is that this cookbook is the product of many women. And the comments and corrections and tweaking of the recipes reveal their intimate engagement with the text—both with the recipes, and with the language itself. The latter is evident through corrections to spelling and to capitalization, as when the writer (presumably Mrs. Gloster herself) of “To make Raison Wine for Elder Mrs. Pain of Glosters Way” (143) cannot decide which case to use and suggests that the practitioner “put a Tile Stone on the Bung or the/ bung.”

This manuscript was exhibited at the Folger Shakespeare Library in 1998 (page 1); 1999 (pages 6-7); 2005 (page 42); 2009 (page 1); and 2011 (page 59).

The Recipes

Granville's text begins with medical rather than culinary recipes, which is somewhat rare (although not unique) amongst seventeenth-century household cookbooks. Beginning with "To boile a haunch of Venison" (7), the text contains intermingled culinary and medical recipes, and then there is a gradual shift toward a greater proportion of culinary recipes.

The recipes in this manuscript involve a notable diversity of exotic and expensive ingredients. Gold, coral pearl, and myrrh are called for in a number of medical recipes; gold does not appear in either Hall's or Pudsey's manuscripts. Likewise, large numbers of certain difficult-to-obtain ingredients also support the fact that this text originally belonged to a woman of some means. "To make Cynamon Water," for example, calls for a pound of borage flowers and a quarter of a pound of rosemary flowers; such a quantity of blossoms would have required hours of work by a servant, or money to buy the flowers. Other ingredients are decidedly more humble. Hog's soil, cow dung and hen dung (often used medically) are the most obvious, but penny loaves and numerous plants that are native to and grow abundantly in England (such as ivy, yarrow and bindweed) all reflect a willingness to make use of homely ingredients as well. And while some recipes call for stills and other expensive equipment, others call for much more basic techniques—such as sinking spices for mead in a canvas bag with "pebblestones," swinging wet herbs in a cloth to dry them, or using a feather to ice macaroons.

Several works seem to have served as sources for the Granville text's recipes; however, in nearly all cases the recipes include important variations. "To make the

greene Ointment,” for example, seems unique among known variants in its use of snails. While green ointment recipes themselves were common, and like Granville’s made use of an array of herbs, were to be made in the month of May, and supposedly served as somewhat of a cure-all, all other versions call for deer’s or sheep’s suet or hog’s grease instead of snails. Other recipes are similar to those in the Countess of Kent’s *A Choice Manual*, although with slight variations. Granville’s “To make Oyle of Saint Johns wort” is much like the Countess of Kent’s “Oyl of Saint John’s Wort,” although, while the former specifies that the glass filled with the oil and herbs be buried in warm horse dung, the latter simply states that the glass should be kept in the sun or water. Others are similar to items in Philiatros’s *Natura Exenterata* of 1655, and to W.M.’s *The Queen’s Closet Opened* of 1659.

Other recipes include attributions. Some are famous or at least known in other works, such as Doctor Chambers, whose medicinal water appears in Hannah Woolley’s *The Queen-Like Closet* (1670); Doctor Burges, whose recipe here is almost directly copied from Philiatros’s *Natura Exenterata* (1655), although the qualification at the end is the scribe’s own; Doctor Butler, whose “Receipt against a consumption” is similar to W.M.’s “China broth for a Consumption”; and Doctor Buggs, who is referenced in George Thomson’s *Loimotomia, or, The pest anatomized* (1666) but whose “sirrups of Violett” does not seem to appear in other cookbooks. John Wescomb, the source of an ink recipe, is, the scribe states, her brother. And Lady Katharine Windham, whose recipe for “Powder for Convulsion fitts” appears in the manuscript, is likely Lady Catherine Wyndham (d. 1731), wife of Sir William Wyndham, baronet and politician.

The other attributions are likely neighbours or simple acquaintances of the various scribes: Mr. John Rutters (whose name serves as the title of the recipe), Goodwife Lawrence, Mrs. Patts, Thomas Blothers, Mrs. Margaret Melborn, Mrs. Lake, Mrs. An Melcombe (who procured Mrs. Lake's recipe), Mr. Leonard Wilkes, Collonel John Belasyse (who had Mr. Wilkes's recipe with him), Mrs. Rebeca Ashan, Captain William Webbers, Mrs. Rebecca Ash, Juan Baqueriso, Mr. William Fens, Doña María Leal, Mr. Henry Sheers (who gave his recipe to Marshall Howard), Captain Francisco del Poço (who gave his recipe to the Consul, Martín Bisconde, otherwise known as Martin Westcomb), Captain Felpes of Bristol (who gave his recipe to Mr. John Emilli), Señor Lucs de Molina, Mrs. Tauerner, Mrs. Pain of Gloster, Mrs. Mary Hills, Mrs. Looks, Mrs. Carryl, Doctor Lower, Mrs. Badge, Mrs. Landsdown, Mrs. Capel, Mrs. Salvage, Mrs. Berker, Mr. Hugh, Mr. Bamber, and Mrs. Rogers.

It is not entirely clear who actually used the recipes in this text. As noted above, the inscription at the beginning of her book suggests Mary Granville was not a serious cook, although that does not mean the woman who began the book or Anne or others were not. In any case, remedies such as "The white oyntment for an Itch" (2), which calls for two or three hours' grinding and pounding of the ingredients with a mortar and pestle, suggests that at least some recipes and remedies were perhaps carried out by a servant. The recipes assume skill on behalf of the cook or practitioner; "A Medicine for the Greensicknes" calls for the concoction to be stirred "with an easy hand" (8), and "To make Bread A la Roine" depends upon the cook's knowledge and expertise in calling for "good Flower of good wheat, ground in a good mill," and then "the oven must not bee heated too much nor too little but according to the Judgement of the

Baker” (10). And clearly the scribe of Hand A considered herself an expert; as she writes at the end of “To make a water for a Squinancy,” “This is the best medicine for a sore Throat that ever I met with” (11). There is likewise a sense of practice and repetition implied by these recipes; “A Receipt to make Meath,” for example, notes that “if the hearbes bee dry it will doe as well as if they were green” (13)—suggesting, of course, that the author has tried the recipe both ways. It is in this same recipe that she comments on her own varied results, suggesting that “long running” made her own mead strong, and that if it were made at Michaelmas “it will not be ready to drinke till lent but the smaller you make it the the sooner it will bee ready for drinke” (13). Of course, some comments regarding a recipe’s worth were added by later writers; one recipe “To make Meath” is followed by the words, in another hand, “the best Way.” A letter “x” before, after, or next to some recipes might indicate they were tried and deemed not good (see this before “A Recept for hams of Bacon” (308), for example). The Spanish recipes reflect new ingredients and, at least in the case of the recipe to get rid of bedbugs, new needs.

There are a few oddities in this manuscript:

* The recipe “For the cough” (10) calls for the cook to take white suger candy then “burne it to a syrrop”; one would assume the scribe mistakenly wrote “burne” rather than “boil,” but in fact it appears “burne” might be written over “boil” (as explained in the footnote).

* The recipe for “The manner of distilling a water to honey” (38) includes lengthy directions for heating honey in a still. Essentially, this recipe suggests that a white vapour will be given off, and that this will cool and condense into a red liquid. A bit of

magic seems involved here, although Granville's recipe for red quince marmalade (18) seems to involve the same trick: simply covering the pot and adding a bit of water to a recipe for white quince jelly causes the color change.

* "To cause sleepe in feavors ore any other Distempers" (90) is a bit complicated because of the scribe's ambivalent use of "one" and "on," and "off" and "of." Her note to "take the cold of one [linen cloth] and applye it to the forehead and the temples" thus likely means to "take the cold off on [the linen cloth]"; that is, to warm it slightly.

* In "To Make a Cake" (186), "Sow" means to stitch the paper, and "compass" likely means diameter.

* A number of recipes are repeated, often with variations, such as those for French bread and ointment for the rickets, or identically, such as "To make Lemon Wine" ([191] and [195]). The recipe "To make clouted cream" (206) is repeated (210), but without the speculative comment that it might be good with apple pastry.

Note on Constance Hall's Text

Constance Hall's *Receipt Book*, MS V.a.20, is dated 1672. Little is known about Constance Hall, although her name appears in Anne Denton's *Prose Miscellany*, which is also in the Folger collection. The *Perdita* biographical section on Denton notes that Constance Hall was the daughter and co-heir of Francis Hall (esquire) of Ledbury. She married Anthony Biddulph in 1680. Sir Bernard Burke's *A Genealogical and Heraldic Dictionary of the Landed Gentry of Great Britain for 1852* adds that Anthony was a high sheriff, and that the couple had three sons: Robert, Francis and Michael. The note "A London Receipt" alongside "To make a Sack possett" (20) also suggests that Constance Hall lived outside London.

The slim biographical information available on Hall (both what is there and what is *not* there) indicates she was not of equal social standing to Mary Granville. It would of course be dangerous to explain differences between the two women's manuscripts as based on their social standing (as Victoria Burke notes, patterns in women's manuscript writing are not yet obvious (*Women's* 141)), and, as noted in the Historical Introduction, recent scholarship on women's education and access to books and paper suggests that many more women than previously thought were capable of writing. However, there are significant difference in the number of attributions and of the social standing of the sources in the Granville and Hall manuscripts, in the rarity of ingredients themselves, and in the amount of spelling variation in the two texts, all of which is described below.

The date of this manuscript appears on the cover page, and "Receipt 1672" is also stamped in gold letters onto a brown patch of leather that has been affixed to the binding, perhaps indicating when the book was begun. The book is hard-cover smooth tan leather with a rough brown leather sleeve partially covering both the front and back cover. It is 19.2 cm tall by 15.1 cm wide. The edges of the pages are tinted red, and the watermark varies, suggesting that the book was bound using paper from various sources; at times the mark is a sideways heart with swirling designs above and below; in other places it is a large flower-like shape. The book includes many blank pages—approximately only the first half contains recipes—suggesting that, at some point, the book's owner no longer made use of the manuscript. As Ezell notes, "In a 'domestic' manuscript rather than in a print format, the writer's life itself kept the narrative open" ("Domestic" 46). The recipes are generally written in either dark brown or black ink.

The title page of this work is particularly decorative. Emily Bowles Smith has written about this page and the evident practice of handwriting in the manuscript in her online Folger Library essay, “‘Let them Compleately Learn’: Manuscript Clues About Early Modern Women's Educational Practices.” (Anne Kendall Cater’s recipe manuscript, also in the Folger collection, is similarly decorated, with skilled drawings of fish and women’s heads on a number of recipe pages.)

As with Mary Granville’s cookbook, this manuscript is written in a number of different hands, and these show significant diversity in letter forms as well as spelling and punctuation. Letter sizes in Hand G are particularly irregular; especially “C/c” and “S/s”. Many Hand B recipes end with a series of short lines, while Hand K ends most recipes with a virgule or a slash. The scribes also treat line breaks differently; in some cases, the word is simply broken (without punctuation) and continues on the next line—as with “an” then “chovies” in “Sauce for all sorts of boyled fish.” In other cases, the author seems to change her mind in beginning a word at all; she crosses it out and begins again on the next line—as in the recipe “To make lugailus Balsom,” where she writes “tur,” crosses it out, apparently rethinking the amount of space until the end of the page, and begins again on the next line: “turpentine.” There are a number of repeated words in this manuscript.

One characteristic of many of the hands in Hall’s manuscript is highly variant spelling. Many of these variations do not seem to be archaic or regional or phonetic spelling forms, but rather mistakes, and in these cases I have not included them in the glossary. Where their meaning is, I think, obvious, I have simply left them alone in the text; examples include “corch” (scorch), “chrush” (crush), “curst” (crust). As explained

in the Note on the Text, where a word's meaning might be ambiguous I have included the correct word in square brackets; examples include "lald [laid]," and "nealed [sealed]."

* Hand A (2r-3v) is a neat, mixed hand, combining the backwards minuscule secretary "e" with otherwise italic forms. The majuscule "P" is distinct for its spur to the left of the letter (see "Preserve" in the title and "Plumes" in the ninth line).

* Hand B (4v-7v, 8r (lower recipe)-10v, 12r (lower recipe)-13v, 14v, 15v, 16v-18v, 19v, 21v (lower recipe)-24r, 42r-46v, 48v-49r, 57r-59v (top recipe), 62r-63r (begins recipe)) is a loose italic hand that often uses a majuscule "C." Minuscule "t" and "r" are sometimes very similar in form, and miniscule "p" looks similar to "y." Recipes in this hand often terminate in a series of short lines or plus signs. This is one of the most common hands in the manuscript, and so is perhaps that of Constance Hall.

* Hand C (8r (top recipe)) is a rounded italic hand, and the recipe ends in a decorative mark that might be a monogram. The spelling might indicate an unsophisticated scribe: in this one short recipe, variant words include (but are not limited to) "avoyd," "gravill," "verges," "wineger," "oynon," "boyl," "peece" and "slict."

* Hand D (11r) is a neat, straight hand. It uses a long "s" and dashes as fillers at the ends of lines.

* Hand E (11v), used in "To make the Duke of Yorks Cakes," includes a back-slanting, looped ascender on the minuscule "d" and a top-looped majuscule "C."

* Hand F (12r), used in "To Make a Searecloth," uses a mixed hand that includes a secretary minuscule "e."

* Hand G (14r, 15r, 16r, 20r-21v (top recipe), 19r, 24v-25r (top recipe)) includes varied letter sizes, especially “c/C” and “s/S,” and it is very difficult to determine the scribe’s intention in capitalization.

* Hand H (18r (lower recipe)) is a round, decorative hand. The curls (such as on the majuscule “S” in the title of “to Cause Sleepe in a weake Porson”) and the spelling suggest that this scribe is a child.

* Hand I (25r (lower recipe), 51r-52v (top recipe)) is also a rounded italic hand. This might be a child’s hand, both because of the roundness and the crossed-out recipe on 51r; this crossing-out suggests a certain immature frustration at the scribe’s own copying errors.

* Hand J (26r) copies previous recipes in the manuscript, presumably in order to practice handwriting as the page is carefully lined. She does not quite get it all right: see “stram” rather than “strain.” However, this scribe is not a child just learning to write; she uses a mixed hand and the letter forms are confident and the writing has a consistent slant.

* Hand K (26v-41v) is a secretary hand and ends most recipes with a virgule or a larger slash. Letter sizes are also varied with this hand; again, the ambiguous letters are usually “c/C” and “s/S” although “v” and “w” are also sometimes scarcely distinguishable. This hand includes earlier conventions such as double f.

* Hand L (47r) is similar to Hand M but the ascenders are taller and narrower (see majuscule “M” and “W,” and minuscule “l” and “h”).

* Hand M (47v-48r, 50r-50v (top recipe)) also seems to be a child's hand because of the curved letters and the variation of letter forms; this scribe does not yet seem to have an established style.

* Hand N (49v (with addition in Hand M?), 50v (bottom recipe), 52v (bottom recipe)-56v, 59v (bottom recipe)-61r) is a small, tight, messy italic hand.

* Hand O (63r) completes a recipe begun by Hand B and is unique in the manuscript: see the looseness of the descenders, such as "p." One can imagine another woman beginning to dictate the recipe, and then simply taking over the writing of it as well.

This book was exhibited at the Folger Shakespeare Library in 2006-7 (the title page) and in 2011 (page 27).

The Recipes

This manuscript contains mostly culinary recipes, with occasional medical recipes interspersed here and there. Perhaps accordingly, the ingredients called for are generally not as exotic as those in Granville's manuscript (although musk and ambergris are listed). The medical recipes generally contain more instructions for use; while both Granville and Hall include very similar recipes for plague water, only Hall's suggests "your first sort being/ the strongest you may give to old folks your/ midle sort to any and your third to Children/ but what ever sort you give mix some of your/ Last sort with it," perhaps indicating particular familiarity with the recipe. This same recipe adds a note that certainly suggests repeated practice: "you must not lett your/ fier be to hot under your still and those/ things that are too harde to Cut beate in A/ mortar but not small" (14).

In the culinary recipes, Hall makes good use of local ingredients, such as broombuds to replace capers, and measurements are sometimes homely: “To preserve Apricookes green,” for example, calls for fruit “about *the* bigness of pigeons/ egges” (2v). Some of the quantities called for are enormous: “How to make A Cake” calls for ten pounds of currants! The cake was probably either meant to feed many people in a large, middle- or upper-class household or to last over a few meals: “the gargantuan size of many dishes, possibly reflect[s] the origin of a recipe in a household (or published cookery book) where meals were designed to produce leftovers” (Pennell 248). Hall does, however, also include some “foreign” recipes, such as “To make freanch Bred” (47), which is directly followed by “A frigisee.”

One source of the recipes in Hall’s manuscript is likely M.H.’s *The Young Cook’s Monitor* (1683); “To make a quaking puding” ([22v]) and the three recipes that follow in Hall’s manuscript also appear, in the same order, in M.H.’s publication. Another source seems to be Sir Kenelm Digby’s *The Closet of the Eminently Learned Sir Kenelme Digbie Kt Opened* (1669) as Hall’s recipes for plague water (14) and white-pot ([9v]) are very similar to Digby’s. Hall’s recipes for surfeit water (27) and “lugaiillus Balsom” [Lucatellus’s balsam] ([42v]) are also similar to those in John Pechey’s *The London Dispensatory* (1694).

Other sources appear to be friends or acquaintances. There are far fewer attributions in Hall’s manuscript than Granville’s: only Mrs. Beale, Lady Hull, Mr. Parkers, Mrs. Best, Madam Buttler and Doctor Morus or Morns are listed, and each shares one or two recipes. Doctor Morus/Morns was likely local; his name does not

seem to appear in any other early modern recipe books (unlike that of Doctor Stevens, whose curative water is common in manuals and published books).

There are a few oddities in this text that merit further discussion:

* “To make A whitepot” ([9v]) calls for baking the pudding “in a very soft oven/ ðf of a yeallow brone, one marrow bone/ will doe....” Here, “brone” means “brown.” Sir Kenelme Digby’s cookbook includes a similar recipe for white-pot, and says that when the bone marrow turns brown, the white-pot is done. Most other white-pots (including those in the Countess of Kent’s book) do not include bone marrow.

* In “to make sasinges” ([16v]) the scribe calls for “two pound of ientle line of a hodg.” As noted in the glossary, “line” here likely refers to lineage; a “ientle” (“jentle” or “gentle”) line thus would mean a fine breed of hog.

* “To make a woodstreet cake” (20) calls for the cake to be baked in a mold made of papers sewn together. The paper that will form the sides of the mold must be a yard and a half long; when they are sewn together, they must be “halfe quarter & naile” deep, a measurement that must mean “half of a quarter of a nail.” A nail in English measurements of length was two and a quarter inches, so one eighth of this length would be just over a quarter of an inch.

* The title of “To make a Lubard Py/ Second Course” (21) highlights the fact that many dishes contained both savoury and sweet ingredients. Although this recipe calls for various meats, it also calls for cloves, mace, rose water, candied citrus peel, dried fruit and preserved fruit, and a last step is to “Sweeten it well with/ Shuger.” Sweet pies, meanwhile, often called for marrow or suet (such as Hall’s rice pudding on page 23).

* The recipe “To make Surfitt water” (27) calls for “cominout.” As noted in the Glossary, the scribe likely meant “cinnamon,” as is called for in a similar recipe in M.H.’s *The Young Cook’s Monitor*, Hannah Woolley’s *The Queen-Like Closet* (1670) and others.

* “Mrs Bests way for clear Cakes” notes that the mixture will “crome”; as noted in the brackets, this might be a variant of “crumple,” meaning “develop a wrinkled skin on top.”

* “To make Conserve of damsons” ([62r]) suggests at the end of the recipe that the conserve can also be altered: “you may make set tart of it adding a littill rose water.” This is an odd note, as adding rose water would make the conserve less, not more, “set” or firm. Hannah Woolley’s near-identical recipe in *The Accomplish’d Lady’s Delight* (1675) does not include this final note.

* A number of recipes are repeated throughout this manuscript, some with subtle differences, others appear to have been directly copied from the same source or one from the other. Recipes for stewed lamprey, apricot cakes, hashed calf’s head, sugar puffs and others appear twice in the manuscript; those for almond pudding appear three times; those for orange pudding and rice pudding appear four times.

* The copying of the entire string of short remedies from folio [24v] to page 26 suggests that, as Emily Bowles Smith suggests above, someone indeed used this manuscript to practice her handwriting.

Note on Lettice Pudsey's Text

Lettice Pudsey's *Cookery and Medical Receipt Book*, MS V.a.450, is dated circa 1675 in the Folger catalogue, but circa 1700 on the inside cover of the manuscript. The book is 18.2 cm tall by 14.4 cm wide. The original vellum cover has been removed from the text due to its poor condition. Some pages are missing (between leaves 7 and 8, where stubs remain) and the manuscript contains some pages with spots and/or water damage, while the last page is full of tiny pin-holes. Again, the watermark varies. On some leaves it is a sideways chalice with the letters "RO" inside, while on other pages there is a flowery design and a crescent moon. Folio numbers have been added on recto sides in pencil, presumably by a cataloguer. The inside front cover also includes a small orange sticker reading: "SOLD BY THOMAS THORNE, Bookseller, 49, Blakett-st., Newcastle-on-Tyne, BOOKS BOUGHT."

The original cover has what appear to be two letters (perhaps EJ), then below these the name "E. Jackson," on the front. The original inside back cover has "To make meade" written on it but no recipe below; also, on this inside back cover appears, "not her hand" and then below, "Eliz Jackson." It is thus interesting that this manuscript is attributed to Lettice Pudsey rather than Elizabeth or Eliza Jackson who, one might assume, is responsible for Hand A (unless the back cover note applies to the entire manuscript). Pudsey's name appears only on folio 8v, after nearly three dozen recipes.

This page announces,

Lettice Pudsey, her Booke
of receipts, These following
are written with my owne hand

and, indeed, a new hand is introduced at this point.

Little is known about Lettice Pudsey. However, she might have lived in Derbyshire, as recipes in this manuscript are attributed to two Derbyshire women: Lady Shirley and Mrs. Okeover. Lettuce Okeover was the wife of Thomas Okeover; his sister Catharine was Lady Shirley (Glover 63-64). The nature of Pudsey's relationship with these women is not clear. The *Oxford Dictionary of National Biography* notes that Edward Pudsey from Derbyshire (the eldest of nine children of Thomas Pudsey) also kept a commonplace book, which included notes on Shakespeare's plays that he had seen at the theatre in the early seventeenth century, although there is no evidence he was a relation of Lettice's.

As with Granville's and Hall's texts, this manuscript is written in a number of hands. The recipes in Hand A were originally written in red or brown ink, and these were then overwritten with black ink, but the headings were not; traces of the original writing and lines are still evident. On folio 4 recto and verso, a wash has been applied that allows the light ink to be more visible; Heather Wolfe, the curator of the Folger Shakespeare Library's manuscripts, indicated to me that she had not seen such a substance used before.

While this manuscript is roughly contemporary with Granville's and Hall's texts, it incorporates some older conventions, such as particular contractions and use of a long, Roman-numeral "i" ("j"). The spelling also includes a great number of spelling variants. Much of the spelling is phonetic and, in some cases, it seems that the scribe might have been slightly dyslexic (as suggested by her writing of "smallage" as "slam ledg" and "wrame" rather than "warne").

* Hand A (1-5v) is a mixed hand that uses Roman numerals (including a long “i”) and tildes to indicate double letters (as in the title of the first recipe, where there is a tilde over the “m”). This hand evidently used red or brown ink initially, and then the recipes (but not their titles) were re-written, in the same hand, in black ink. As stated above, on folio 4, some kind of wash has then been applied over the title to allow the title to be more visible; this wash is not evident on the Perdita scan.

* Hand B (6r-7r) is a seemingly hastily written mixed hand. It also uses Roman numerals. It is similar to Hand A although its minuscule “e,” for example, is entirely different.

* Hand C (7v-32r, 33r, 34r-36r, 37r-38r, 39r, 40r, 56v-58r (top) 59r, 60r-61r (top), 62r, 64r-65r) is Pudsey’s hand. It is an italic hand characterized by its frequent use of colons and virgules as end punctuation. It also includes a particularly high number of variant spellings. Minuscule “u” and “v,” and sometimes “r,” are almost always indistinguishable in this hand; except in cases of exaggerated letter forms that indicate otherwise, I have assumed modern spelling of words with these letters.

* Hand D (32v) is a somewhat shaky italic hand with a curly majuscule “Y.”

* Hand E (33v, 36v, 38v, 39v, 42v, 44r, 45v, 47v-50r, 53r-54v, comment on 56r, 58r (lower recipes)-58v, 59v, 61v, inside back cover) is a relatively vertical italic hand. It often uses a colon under superscript letters in abbreviated words, and sometimes includes a dot or colon within a word; see “slice:d” ([36v]), “role:d” ([39v]) and “com·on” (44), as well as “Slice:d,” “bruise:d,” “stone:d” ([45v]). The majuscule “T” is also distinctively wavy in this hand.

* Hand F (40v-42r) is a very slanting hand with particularly angled descenders.

* Hand G (43r, 45r, 46r-47v (top), 55v, 61r (bottom recipe)) is similar to Hand C although the minuscule “p,” among other letters, is distinct, as is the ampersand.

* Hand H (43v) belongs to W. Oldfeld, as is clearly indicated at the bottom of the recipe. This hand is very decorative, perhaps surprisingly so for a man’s hand.

* Hand I (50v-52v, 66v) is a curvy, tight hand in that words are packed quite close together. Minuscule “t” is often loosely written and is only rarely crossed. Recipes in this hand are quite messy, with numerous strike-throughs and corrections.

* Hand J (55r) is a neat hand with long descenders and a single dot under superscripts in abbreviated words.

* Hand K (63v) is a neat hand with a distinct indefinite article “a,” which is written as a small majuscule “A.”

* Hand L (65v-66r) is a sharp mixed hand that uses the backward minuscule “e” and has a distinctive, backward-sloping, looped minuscule “d.”

The manuscript was exhibited at the Folger Shakespeare Library in 2011.

The Recipes

Lettice Pudsey’s manuscript also contains a mix of culinary and medical recipes. The clusters of medical recipes suggest the scribe copied each cluster in one sitting from another work. No work on *Early English Books Online* seems to contain more than one or two of the recipes included in Pudsey’s manuscript, so perhaps her own recipes were copied from another manuscript, or else from a published work that is no longer known, or simply is not on EEBO.

The recipes in this manuscript, like Hall’s, include a number of comments that indicate repeated practice. Pudsey’s manuscript furthermore suggests a particular

closeness to the land and the work involved in cultivating and collecting ingredients. Her “To feed chickings geeses or duckes” ([8v]) is a good example, and the various recipes calling for “a young cock” or “an old cock” imply that the cook would have a choice of animals at hand. Also, this manuscript’s extensive use of the second-person perspective seems to assume a familiarity with the ingredients and with cooking; “take your chicken” or “First adde to your ordinary bruing” implies an assumption that the reader has her own chickens and normally does her own brewing. Likewise, the use of the second-person perspective enables a particular closeness with the recipe and directly shared experience with the reader; “To breake the stone,” for example, directs: “Take A Cocke of An Eare owld and open him/ and yow shall find in his maw smale white/ stones take them and beake them in a Brasen/ Morter very fine put itt in good whit wine & drinke” ([4v]). One scribe is particularly honest and direct, crossing out a recipe for pickles and writing, “This Receipt is good for nothing.”

As with Hall’s recipes, Pudsey’s do not call for the extent of exotic ingredients that Granville’s do. In fact, Pudsey’s recipes are perhaps even more rustic than Hall’s. Many recipes call for native plants and berries (such as elderberries and gooseberries), and the recipe “To rost a shoulder of mutton in *the*/ blood, to look like venson” ([61v]) reveals the attempt to improve upon the presentation of humble ingredients, mutton, of course, being more readily available than venison.

Pudsey’s manuscript does share at least one recipe with James Hart of Northampton’s *Klinike; or, The Diet of the Diseased* (1633). Pudsey’s recipe for “An Exceding restorative for on *that* is brought lowe” (3) is similarly described in Hart’s book:

Take an old Cocke, and after a long combat with another Cocke, kill him, pull him, and cleanse him of all his intralls; then fill his belly with barlie prepared as it ought, raisins of the Sunne stoned, violet leaves, maidens haire, a little hysop and peny-riall, with a little salt: boile him till the flesh come from the bone, then bruise him well, and squeeze out all his moisture, and of this broth take a good draught. There are yet many sorts of broth used for severall ends and purposes; some to coole, some to strengthen and cherish nature, &c. Amongst restorative broths, there is one in frequent use, especially in consumptions and great weaknesses. (179)

Pudsey's recipe "To kepe *the* Eys cleare and coule from readnes" ([4v]), meanwhile, is almost identical to Thomas Collins's "most singular good Medicine to keep the Eyes clear, cool, and from redness, and to kill the Itching of them" in his *Choice and Rare Experiments in Physick and Chirurgery* (1658) and to John Partridge's recipe of nearly the same title, in *The Widowes Treasure* (1588). This latter work also includes a near-identical recipe to Pudsey's "To breake the stone" ([4v]).

A few of the recipes in this manuscript are attributed to specific people. Doctor Steven's water (14) was a common recipe in Englishwomen's household manuscripts in the seventeenth century. Lady Shirley and Mrs. Okeover, mentioned above, each contributed a few recipes. Cousen Rugley is clearly a relation; Lady Wendy, Lady Folliot, Mrs. Risley and Mrs. Kinnersley might have been friends or acquaintances and their names do not appear in other household manuscripts or recipe books of the period.

There are a few oddities in this manuscript:

* "Broth for Ani that is Brought Low" (2) begins, "take a younge Cocke cutt him in peeces and bruse him tho." The final word in the line is accurately transcribed, but meaning here is ambiguous. Perhaps this is a short form for "thoroughly."

* "To make a mans appetite to his Meet" ([2v]) might mean this is a remedy for loss of appetite.

* “For the humor in the eies a fine plaster” (13) calls for “the claye of the stoping of beare,” which is not an obvious ingredient. Probably the scribe means clay used for sealing beer casks. (Hamlet refers to this practice in Act 5, Scene 1, when he describes the dust of Alexander the Great stopping a barrel hole.) Perhaps this clay would acquire a film of the beer’s yeast.

* The recipe “to make gingere bread” (47) calls for the “rolls” of gingerbread to be baked to the point that they are hard enough to rattle together without breaking.

* “To reggou a brest of veale” (49) calls for “a dozen borss of veal.” The two “s” letter forms are questionable (especially the first, which is larger than the second); while the transcription is as accurate as possible, the word intended here must be “bones.” The bones are to be parboiled to soften the remaining meat on them, which is then cut and fried.

* “To make cowslipp wine” ([49v]) calls for “barm & a bole=dish.” The instructions are not clear; perhaps this means a bowlful of barm.

* The recipe that lists four ointments, beginning with “unguentum” (60), has no title.

Note on the Text

The art of bibliography [that is, the study of the written and printed word] is to let the page speak, not of its otherness, but of itself: so that it may account for all the variety of influences that gave it form.

– Mark Bland, *A Guide to Early Printed Books and Manuscripts* (9)

This edition offers a semi-diplomatic transcription. My first aim has been to preserve the richness of the original texts, including their peculiarities; however, emendations have been made where necessary for accessible and unhindered reading of the text. My textual approach generally follows Folger Shakespeare Library conventions used in manuscript courses at the library.

Original spelling and variant letter forms have been retained in this edition, although “y” meaning “p” has been replaced by “*th*.” Original capitalization and punctuation are also retained; however, borders, underlines and flourishes/decorative marks have been omitted, line fillers have been omitted and a single end-punctuation virgule is retained when the manuscript contains a repeating pattern of end punctuation. Connected words (such as “Ared cabbage”), split words (such as “a nother”), and repeated words have been retained. In a few instances where the reader might struggle with meaning, omitted letters are supplied in square brackets (as in “w[a]y” or “tops of min[t]es”), as are, rarely, omitted words (such as “for [lack] of it”) and clarifications of unclear words (such as “an earthen pot well nealed [sealed]”).

Superscript letters are silently lowered. Abbreviations are expanded, with supplied letters in italics; there are a few exceptions to this rule: “Mr” and “Mrs” are not expanded, numbers and some units of measurement are not expanded, brevigraphs such as “&” and “&c.” are not expanded. Tildes are expanded when they represent an

abbreviation, with the supplied letters in italics; if they do not represent an abbreviation, they are considered otiose and are omitted. All diacritics are retained in the Spanish, as they affect pronunciation.

Interlinear insertions appear between carets. Words corrected in the manuscript by imposing one character over another are represented by inserting the new character between two carets next to the character it is replacing, and canceling the replaced character. For example, when “if” is altered to “it” by transposing the “f” into a “t,” this alteration is represented as “iƒΛtΛ.” Words blotted out or crossed out in the manuscript are struck through. Where an entire section is crossed out, the section is struck through uniformly and a footnote describes the larger marking. Inkblots and intentional scribbling and rubbing-out of words have rendered some words indecipherable. I have indicated these areas thus: <...>, with one period representing one letter to the best of my perception. Footnotes are used to explain textual ambiguities.

Lineation is maintained. Foliation is indicated in the margins, with added page and folio numbers in square brackets. Catchwords and their punctuation have been maintained. Marginal annotations and manicules are placed in the outer margins, closest to the line in the manuscript next to which they appear.

Modern English translations of Mary Granville’s Spanish recipes are placed at the end of the section transcribing her work; these translations are my own, with the assistance of Ann de León at the University of Alberta.

Changes in hand are not indicated in the text, but are discussed in the Textual Introduction.

Mary Granville: *Receipt Book*

Mrs Ann Granvills Book
which I hope shee will make
a better use of then her mother
Mary Granville

Now Anne Dewes
Bradley 8 September. 1740⁶

late seventeenth century Delaney Family
MS⁷.

Page (1) To make one sleepe.

Take house Ivy Leaves stamp in a mortar till a spoonefull
or lesse quantity bee strained thereout, put thereto a like quantity
of white wine vinegre, make the same Luke warme, in a
porringer, or Sawcer, and therewith annoint, both the temple
and forehead, and wett two linnen cloathes therein, and bind
them over the forehead and temples, and then lett the
party apply himselfe to sleepe.

For purging Rheume, and phleagme, from the
head and Stomacke.

Take 8 figs slitt att the top, and mustard seed putt therein
and boyled in a pint of clarrett wine, till itt come to halfe a
pint, then take outt the figs, and eat them, and drinke a
good draught of the wine, and halfe an hower afterward, if
you can walke after itt, taking thereof.

To cure an Ague.

Take a handfull of Garden Auins Boyled in a quart of
clarrett wine, vntill itt bee dissolved to a pint, and drinke itt off
an hower before the fitt comes, then goe to bed thereon and
keepe your selfe warme.

⁶ The inscription appears at a 90-degree angle in the inside front cover.

⁷ This information appears on an angle in the corner of the inside front cover.

(2) A medicine for a burne or Scald.

Take litharge of gold, and oyle of each 4 ounces, of Vitrioll three ounces bare waight, of hogs soile two ounces five drams and a halfe, take your litharge and oyle, and boile them smipering on the fire, untill itt will sticke to a Sawcer, then take your hogs soyle, and putt to the litharge and oyle and boile them together, till it will sticke, then take the vitrioll and putt to them, and lett itt simper a little while and then power itt into a Bason of cold Water, and then make itt up into Rowles, and keepe it for *your vse*.

A Medicine for a searecloth.

Take a pint of oyle of oliue, and seeth itt till it simpers then put in halfe a pound of red Lead beaten to powder and well seirced, stirre them together continually, till they cast a little blacke, and then dippe *the* cloathes in itt.

The white oyntment for any Itch.

Take a quarter of a pound of litharge of gold, 4 ounces of oyle of Roses; 5 ounces of the best white wine Vinegre putt all these together in a Morter, and grind or pound them, for the space of two or three howers, till they bee well mingled, & soe apply it to *the* place grieved.

(3) A Medicine for a sore Breast.

Take a pint of new milke, boile it very well, then take a peny loafe, grate it and put it into the milke, and boile it thicke to a poultesse, then put into it a little saffron, and a little barrowes grease, lay it to *your* Sore, and it will heale if it have holes without tenting of itt.

An Excellent Medicine for a sore breast with the Ague, it will both breake it, and heale, without any other thing.

Take a pint of the dregs of ale or new beere, then bruise, a good handfull of flax seed (alias linseed) boyle this till itt bee thicke as a poultis, and put into it two spoonefulls of lin seed oyle, for want of that, take oyle of roses, or Barrowes – Grease (butt the linseed oyle is best) and apply itt to your Breast if it bee not too farre past, it takes it away without breaking att all.

To make the greene Ointment

Take Eight pound of butter in the moneth of may fresh without salt, a pottle of black snailes, your butter being melted in a Kettle, then putt in your blacke Snailes and lett them boile halfe an hower Stirring them all the while, then take itt off the Fire, and take two handfulls of Rosemary, of Balme, of Lauender, of Lauender cotten, of Southernewood of corsemay, of Elder Leaves, of Buglas, of Brookelime, of Camomile, of sage, of Bay leaves, of hearbegrace, of mint, of wormewood, of each of These two handfulls, which must
bee=

- (4) Bee gathered in the heat of the day for they must not bee washed, but shread, and bruised in a mortar then set your butter againe upon the fire, and putt in all your hearbes, letting them boile till it comes to an ointment, when your hearbes bee halfe boiled, put in a porringer of cow dung, and hen dung newly made, put all these together to boile *with* your spices as followes. 3 quarters of a pound of the best frankincense, two ounces of nutmegs sleted, two ounces of mace bruised, when it is boyled to an ointment take itt off the fire, and straine itt, and soe lett it stand two dayes, then clarifie it upon coales, & soe put it up for your use, This is an approved good oyntment, for any bruise or old ach, as alsoe for the spleene or the Gout. itts alsoe good for a wrench or spraine =

A Medicine for sore Nipples

Take an ounce of Bee wax, an ounce of Deere suett, and halfe an ounce of fine Suger, a quarter of a pint of rose water, boile all these together till it bee salve, and spread itt upon a cloath, and lay it to the nipple warme, This will heale any choppe or skinne broken in the nipples.

Mr John Rutters

Take woodbind leaves, Sage, Bramble tops, Plantine, and Red Roses, of each halfe an handfull, boyle them in 3 pints of Barly water to halfe the quantity, to which when it is strained cleare ad sirrurp of Violette and Syrrup of mulberries of each an ounce, burnt allum powder, halfe a dram, spirit of Vitrioll ·3· or 4 drams, rose water an ounce – mix them al together for your vse.

(5) Goodwife Lawrence her Salve.

one pound marking pitch.	¼ of a pound of deere Suet
one pound of Rosen.	½ a pound of Barrowes grease.
3 penyworth of turpentine.	¼ a pound of mutton Suett
½ an ounce of mithridate.	1 handfull of hissop
3. or 4. spoonfulls of honey	1 handfull of Sallindine
1 ounce of Bee wax.	1 handfull of camomile
1 ounce of oyle of spike	1 handfull of smallidge.
1 ounce of oyle of Roses	

The deares suet and Barrowes Grease beat in a mortar together, let them stand 3 dayes couered close, then boile them together with all the other things except the oyle of Spike and oyle of Roses, which must bee put in, when the others bee boiled, and strained; for a Bruise take some of this and melt itt and putt in to it hoxy croxy an ounce =

To make Balsamum

Take halfe a pound of Turpentine, a pint of Sallad oyle, fower ounces of yellow wax, an ounce of storax, liquid oyle of hypericon, red Sanders, mirhe of each one ounce, oyle of camomile, oyle of Roses oyle of firre, oleum balsamiae = oyle of Baies of each fower peny worth, dragon Blood Six pennyworth, orris powder an ounce, damaske powder an ounce, oyle of mirhe, & oyle of Juniper of each fower peny= =worth oyle of cedar, and oyle of dill, of each three peny= =worth, one dram of Camphire, Lastly of corral Pearle and amber finely powdered, with powder of gold a quarter of an ounce first in an earthen pipkin make
your=

- (6) your wax liquid, and in another your turpentine, then putt them together, next put in your sallad oyle and lett them boile a little while then put in your storax liquid, and then your oyle of hipericon, and lett them boile a little then take it from the Fire, and put in your Sanders, and stirre itt till itt bee almost cold then draine out the water att the Bottome, att a hole which you must make in the pipkin, then melt it againe, and put in all the Rest of the forenamed things, and stirre itt till itt bee cold, and it is Finished.

A Receipt of water for a sore throat or mouth.

Take of knot marjoram, Sage, mother of time, of each two handfulls, shread them small, & boile them in 3 quarts of water untill 3 pints bee consumed, then straine out the hearbes, and put to the liquor a quarter of a pound of english honey, and lett it boile a little, then skum itt and straine itt againe and soe keepe itt for your vse.

To make Oyle of Saint Johns worte.

Take a quart of sallad oyle of the best, and put it into a glasse putting therto as much saint Johns worte, as you can well stop into itt, keeping it very close, with a peice of parchment, and then sett it in horse Dung couered over for the space of nine Dayes, casting warme dung euery day upon itt Thus doing itt will bee very good.

(7) To make an Oyntment for a Bruise.

Take a quart of Elder flowers green from the Tree, dried by the shadow in the space of 12 howers, then beat them in a mortar of stone, and put thereto a pint of beane flower finely boulded, and being compounded in a Morter, put them into a glasse or gallipot, adding thereto a quart of sallad oyle, with halfe an ounce of fenigreeke or more being finely beaten and seirced, the meale and elder flowers must bee beaten till they come to the likenes of paste, before they come to bee put into the glasse of oyle, or into the fenigreeke, whereof you may adde an ounce if you please, the grosse substance of the oyle you may use in manner of a plaister, this vse of this oyle is thatt you must annoint your greiued place by the fire, chafing it in with your hand, then apply thereto a red Cloath, and soe lett it lye from one dressing to another keeping the party griued very warme, especially if itt bee in Winter.

To boile a hanch of Venison.

Boyle it in water and salt, and after it is halfe boiled, stuffe itt with a little beefe suet, and sweet hearbes, and nothing and nothing in the stuffing saue the Grauey, put to it a little Clarett wine, with 2, or 3 yolkes of eggs, and a little sampire cut small, then cut Brewes into the dish, and

soake them with the fat of the Venison and keepe it hott.
if you will boyle it with Colloflowers, boyle them alone, and
after put them into a pipkin, with the Remainer of the
Grauee, and some sweet Butter and some, three or 4
Anchoues. &c

(8) A Medicine for the Greensicknes

Take 6 ounces of new filings of Steele, wash them, cleane
And heat them red hott in a crucible, then quench
them in fower pints of Rhenish wine, doe thus thrice
then ad to the wine halfe an ounce of nutmegs, three
drams of Cynamon, two scruples of cloues, one dram of
dried citron pill, fower ounces of Suger, let these
stand together in a warme place 4 dayes together
then power off the wine with an easy hand not
stirring the powder in the Bottome.

Take first 4 spoonfulls of this wine in a morning,
fasting, and exercise for an hower after, but eat
nothing for 3 howers space, after the taking of it,
and after 4 dayes encrease your dose to six spoon=
=fulls and perseuere in that quantity. And.

Every 8· or 9 dayes take this following purge (vizt)
Take sena two drams. agarick one dramme, Romane
Wormewood one scruple, Rubarbe two scruples, ginger
halfe a scruple, mace 7 grains, infuse them in
sucory water, warmed 12 howers, then boile it a little
lightly to 4 ounces, then lett it coole and adde to the
liquor strayned six drams of syrupus Augustanus.

(9) The Wound Water.

Take Bolearmeniack 4 ounces, white coperis 4 ounces, cam=
=phire one ounce, then beat the camphire and coperis into fine
powder, and boile them in a little black earthen pot continuall
=ly stirring them till they bee melted, and become thinne
and hard, againe, and soe dissolved to a fine powder, as it will
bee with a soft fire, and long doing them; then beat the
Bolearmeniacke to powder likewise, and mingle them
together, and keepe the powder in a bladder, and when
you haue occasion to vse it take a pot of Running water
and set it on the fire till it beginnes to seeth, then take
it off, and put thereto, two spoonefulls of powder, and
Stirre it a quarter of an hower, & let it stand untill
it bee cold, and when you will vse itt let it bee of the
Clearest, and put it in an earthen pan, and set it on

the fire, and make it as hott as the party can suffer it. when you bath the sore bee bathing of it a good while very well and if it has a hole in it, syringe it, still very hott, halfe a dozen tymes one after another, till it come as cleane out as it went in, then lay thereon a fowerfold, woollen cloath, scalded well in the water that you are sure it bee wet through, then bind up the sore with the wet Cloath on it, and bee sure to keepe it very warme with many double woollen cloathes let this bee done twice a day att least, This water is alsoe good for sore eyes.

(10) To make Bread A la Roine

Take good Flower of good wheat, ground in a good mill make leauen with flower, and beere not bitter, and warme, yet not boiling, the leauen must bee made of the third part of all the Flower which is to bee used, then make the paste somewhat soft, and in the moistning of itt put in milke somewhat warme, egs butter, and salt, putt in butter sparingly, of the Rest you cannot put in too much, the oven must not bee heated too much nor too little but according to the Judgement of the Baker.

For the cough.

Take Aquavitae halfe a pint, 6 figs cut in halfe about 20 raysins of the sun whole with one ounce of white suger candy then burne⁸ it to a syrrop and of that syrrop take 3 nights together a small propor=
=tion about one spoonful when you goe to bed and god keepe you.

To make Doctor Chambers his water

Take a gallon of white wine it must bee Gascoigne wine, then take ginger, mace, cloues, annis seedes, Fennell seeds, carraway seeds, and galingall of each of these a dram, then take sage, spearmint = thyme, and wild Thime, Rose=mary, Cammomill, lauander tops and pellotory of spaine of each of These one handfull,

Then—

(11) Then Beat the spices small and the hearbes alsoe, and put them all into the wine and let it stand 12 howers,

⁸ It is impossible to determine for certain, but “burne” might be written over “boile,” even though boiling seems to make more sense here.

stirring it often then distill it in a Limbecke, and keepe the first water, for that is the best, the second is good too butt not soe good as the first, this is a most excellent water for weake people.

To make a water for a Squinancy.

Take a pint of running water, and make it ready to boile then take a handfull of dryed red roses and put therein & lett them stand in that hot water about halfe an hower, then straine the Roses from the water, and put in 3· or 4 drops of oyle of Vitrioll and as much syrrop of mul= berryes as will sweeten it; this is the best medicine for a sore Throat that ever I met with

A Sovereigne Balsum.

Take a quarter of a pound of yellow wax cutt it in small pieces, and put it into an earthen panne; or pot with a pint of sacke, then melt it on the fire, and when it is all melted, take halfe a pound of venice Turpentine, and wash it very well in Rose water, then take a pint & a halfe of oyle of oliue and poure both the oyle and the Turpentine into the pan when the wax, and the Sacke is well melted, then boile them alto= gether with a soft fire, untill they bee well incorporated then take it from the fire, & let it coole, and when it is cold take away the cake from the sacke, then melt it againe and putt into it an ounce of the best red sanders, & soe stirre it conti= nually till itt bee cold.

(12) To make an Admirable good Water against Melancholly=

Take a pottle of sacke, and put it into a Jarre glasse. such an one as you may stop close, put into it 3 handfull of Rosemary flowers, 4 handfulls of wallflowers, either double or single, also of Burrage and Buglas, and mary= =gold Flowers of each a handfull, of cowslip a handfull. of pinkes 6· handfull, the redder the better, of damaske Roses, 3 handfull, of Balme ·6 handfull, such of these Flowers, as have white bottomes they must bee cut off, then you must ad halfe an ounce of Cynamon, and two ounces of nutmegs, and one ounce of Annis seedes, you must bruise your spices, and your seedes, then ad three peny weight of saffron, put these things to your flowers and Balme, and let them stand two dayes stirring them once or twice a day, then put it into a still, and

past up your still close, lett it run into a glasse that hath two graines of muske tyed in itt, you must not lett it distill too fast for if you doe it wilbe the smaller, and you will haue the lesse. in all this water you must have 6 ounces of white suger candy beaten itt is very good for them that are heauy hearted, and haue a heauines in their Spirits; take two or three spoonesfull att a time and it will comfort you very much. Probatum est.

(13) A Receipt to make Meath.

Take to six gallons of water, six quarts of honey, or as much honey as will make it strong enough to beare an egge the breadth of three pence aboue water, when the honey is dissolued in the water put your honey and water together into a cleane wooden vessell, over night, and temper it well together, and soe let it stand till the next day that the honey may bee dissolued well, before you set it on the fire, then put it on the fire, in a Kettle or broad panne and boile it well att least an hower, and scum it as long as any scum will rise, then take halfe a handfull of egremony & as much pelitory of the wall, and wash that cleane, and boile them in itt some halfe an hower more (if the hearbes bee dry it will doe as well as if they were green) then take halfe an ounce of nutmegs, and cynamon, and soe much ginger, bruise the nutmegs and Cynamon but not too small, and slice the ginger thin, and small, then put the spice into a little canvas bag, and put little cleane pebblestones in the bag to make itt sinke, and when the meath is boiled enough put the bag of spice in the Kettle, and take it up presently off the fire, for the spice must not boile in it but scald, then power the meath into a cleane vessell againe, the same you tempered it in, and soe lett it stand, and coole, and let the bag of spice lye still in it, and the next day you may tonne it up, you must tye a thrid to the bag by which it must hang in the vessell, and not lie in it, if your vessell you intend to fill bee six gallons, you must take soe much water, and allow the honey for wast in boiling for it will wast soe much if not more, and if the vessell bee not quite full, it matters not much for this kind of drinke, but if it bee full it is the better, this receipt is as it is usually made. but if you like it not soe strong, you must take five quarts of water to a quart of honey (but I think it was the long keeping that made mine soe strong, if you make it att michaelmas it will not be ready to drinke till lent but the smaller you make it the sooner it will bee ready for drinke; you must not tonne up the very dreggs into the vessell.

(14) To make Poppy Water.

Take a pottle of Angelica water, and a pottle of Annis seed water; take thereof a quart or three pints, take of poppies about halfe a pecke; when the Blackes are clipped off the leaves, then put them into the water and let them lye a day or longer till they looke whitish, then straine the water from them, and put therein as many fresh poppies againe to that water, and let them stand till they bee whitish, and straine them as before, and soe repeat it seven times in all and then putt, and then put the water into a great glasse, with the other water, and put therein an ounce of cynamon, an ounce of nutmegs sliced, and halfe an ounce of cloues steepe these fowreteen dayes in the water, then straine the water from the spices. and put therein twelve graines of Bezar and a pound of fine suger candy, then hang in the glass six graines of muske and sixe graines of Ambergreece; This water is very good for a surfett.

An excellent water for a consumption

- (15) Take Turnips and pare them and slice them very thinne, and put them into a pipkin that will hold fower quarts, and Fill itt with your Turnips then put in fower spoonesfull of rosewater, as much white wine, and a root or two of Ennula campana – Campana, then cover it up close with paste, att the Top bake itt in an oven with browne Bread, and when it is baked straine itt through a linnen cloath, and when it hath stood till itt be cleare, then drinke six spoonsefull of it in the morning and at fower of the clocke in the afternoone.

To Take out the holes of the Small Pox.

- +⁹ Take 2 quarts of sherry sacke, and one quart of white wine vinegre, halfe a pound of bitter Almonds, two handsfull of Rosemary tops, 30 whites of eggs with halfe the shells, distill all these together, and then put to it one ounce of Suger candy wash with it 3 or 4 times a day. probatum est &c=

⁹ This sign might, like the Latin phrase at the end, indicate the recipe was tried and approved by the author. The recipe for mead on page 17 includes the same sign.

For a Consumption

Take snails in the shells halfe a pecke, wipe them very cleane with a cloath, and put them into an earthen pott, with a good quantity of sage. that the said snails may skowre themselves & let the pot bee well couered that they get not out, and soe lett them stand 24 howers therein, with an awle pricke every one of the snailes, through the shell, then take them and fill the holes with browne suger candy then put them into a Bag and hang the bag upon a naile, soe that it touch not the walls, and set a Bason under to receive the water that will droppe from the same, then put it into a glasse with a quarter of a dram of confectio Alkermis; take a little in the morning; afternoone, and at night, if you would keepe it for your vse, till winter it must bee boiled, and the scumme taken off.

(16) For A Consumption (vizt)

Take a pottle of Goates, or Red coves milk, with two handsfulls of colts foot, and halfe an ounce of annis seedes, and halfe a pecke of shell snailes, fresh purged with salt, then wash them and put them into astill, with a soft fire, and when it is distilled sweeten it with the finest loafe suger, and take 6 spoonefulls att 7· of the clocke in the morning, six spoonesfull att 11· at noone, six spoonesfull att 4· of the clocke in the afternoone, and 6 going to bed, if the party bee troubled with the spleene, distill with itt a handfull of Tamariske.

To make syrrop of Succory with Rubarbe.

Take of french Barly, the rootes of Smallidge, the roots of fennell, the rootes of Asparagus, of each two ounces; of the hearbes, Succory, Lyon-tooth, Endiue, of each two hands full, the hearbes llettuce, liuerworte, femitary, and hops, of each one handfull; maiden hair, white maiden hair, centerach, lycorish, winter Cherries, Dodder, of each Six drams boile these in 12: pints of water to the consuming of the third part; in which decoction being strained, infuse all night 6 ounces of Rubarbe; of spikenard 6· drams then straine itt and ad to itt 6 li of suger; clarified with the whites of Two eggs, and boile itt gently to the consumption of a syrrop, you may give two or three spoonesfull of it, and itt will purge gently.

(17) To make spleene Ale.

Take to 4 gallons of Alewort a handfull of harts tongue a handfull of Egræmony, a handfull of Dockrootes scraped and sliced, twice as much Tamariske, a good quantity of liuerwort. boile all these in the wort, and when it is ready to tonne up, put into your Vessel a handfull of wormewood being a little bruised, and soe att 3 or 4 daies end, drinke it att 7 of the clocke in the morning and 4 in the afternoone. &c. you must yearst itt as other Ale, and putt in what other hearbes you please.

A water to cure pimples in the Face.

Two ounces of litharidge of gold in fine powder, boile it the space of a quarter of an hower, in a pint and halfe of distilled vinegre, then straine it and put to it 4 ounces of oyle of Tartar, wash with it every night when you goe to Bed. and if you find it too sharpe put oyle of Almonds into it

To make Meath. *the best Way*¹⁰

+ To one quart of honey take 8 quarts of water, put them together, hang it over the fire, and when it boiles scum it cleane, then put thereto an ounce and a halfe of these spices, (vizt) Ginger, Cynamon, mace, and nutmegs. this quantity you may put to 8 quarts of honey then keepe it boiling for an hower and a halfe, and better; it being boiled put it into a cleane Tub, spice
And

(18) And all, and let it stand till the next day, then tonne it upp spice groundes and all together, the Tub must bee quite full and you must stoppe it very close, and when itt hath stood 3 weekes or a moneth you must bottle it vp.

To make Agua mirabilis

Take 3 pints of sack, one pint of Aquavitæ and halfe a pint of the Juice of cælandine, cloues, mace. ginger nutmegs, cubebees=cardamomum, galingale, meliots Flowers, of each a dram, well bruised together and put them into a glasse to infuse 24 howers, then still itt

¹⁰ The words "*the best Way*" have been added in another hand.

with a very soft fire, and let the still bee pased vpp close, you may add juice of mint if you please; if you have a glasse still it is best and sweeten it with white suger of candy; The virtues of this Water are very many.

To make Quince Marmelade with Jelly white, or Red

Take a pound, and a halfe of double refined suger, boile one pounds to a suger againe, beat the other halfe pound, and set it by, Take quinces and grate them, then straine them as quick as you can through a Jelly bag, or apeice of cotton till it be as cleare as white wine, then take parboiled quinces halfe a pound, cut them in pieces and put them into that suger that is not boiled then put the boiled suger to them alsoe, and a pint of that Juice that was strained, and one spoonefull of water then boile them as fast as you can till it will Jelly let not the Fruit bee above the liquor, you must make the Red the same way; onely you must put in 3 spoonesfull of water, and cover it a little &c=

(25)¹¹ To make a plaine cake.

Take to Six pound of flower, three pound of sweet Butter rubbed in the Flower, one pound of sugered Carrawayes, a quarter of a pound of fine suger beaten mingle it with the carrawayes, one pint of thicke creame, one pint of Ale yearst, knead your cake and lay it before the fire to rise halfe an hower, and when you goe to mold it, put in your carrawayes and suger, and soe lett it stand 3 quarters of an hower in the oven.

To make a Fricacee.

Take an onion and cut it in halfe, and fry it in a pan with a piece of sweet butter, till the butter tast well of the onion, then take 4 pigeons, and parboile them, then cut them into pieces, you make take larkes alsoe, and cutt them in halues, put them into the butter and fry them a good while, then take a quart of oysters well washed, letting the liquor stand till it bee cleare, and then put itt to them againe, and soe put your oysters into the pan to your pigeons, and when your oysters bee more then halfe boiled, take the yolkes of seuen eggs beaten & mixed with

¹¹ Pages 19-24 are missing from the manuscript.

a little wine vinegre, nutmeg, and cynamon according to your taste, put these into your pan stirring it altogether till you thinke it thicke enough, and to put into your dish you may ad a pound of Sawsages to it if you please. I Thinke that leamon wilbe better then Vinegre.

(26) To stew a Calues Head

Take a calues head let it bee halfe boiled, then cut it in pieces, and season it with nutmeg, and salt; stew it with a quart of wine put to it two onions cut in quarters with a good quantity of samper, and a small bundle of sweet hearbes, lett this stew altogether till you thinke they bee almost enough, then take a pint and a halfe – of oysters, put away some of the liquor from them, & season it with a little wine large mace, salt and an onion, set them over the fire to take the Rawnes from them. then put them to the other things with some of the liquor, and a piece of sweet butter, take ared Cabage boile it in water and salt, with the bones of 4 or 5 – anchoues, when it is boiled enough take it up & cut itt into quarters, and lay it about the dish. if you please you may put in the Juice of a leamon.

To make a Pye.

Take a handfull of spinage another of lettuce; al=
=most as much of sorrill as both the other, parsely, and sweet hearbes a top or two, when you haue washed them, cut them a little, put them Into your paste with butter suger, and a little nutme.g., any fruit that the season of the yeare will afford, some little pieces of flesh as veale mutton or lambe. when it is baked put in a little white wine, or Sacke and Butter. &c=

(37)¹² Bottle and set them vpon soft embers and let them boile leisurely the space of two howers, then take them off, and set your bottle by for a day, and a night, then straine it out ~~fr~~ from the spice, and put it into your Bottle againe, then take a pound of browne suger candy, bruise it and put it in, and 6 graines of muske tied in a linnen rag, and soe put it into the bottle, and thus you may keepe it all the yeare.

¹² Pages 27-36 are missing from the manuscript; the recipe at the top of page 37 is thus partial.

To make Cynamon Water.

Take fower gallons of canary sack, and halfe a bushell of Damaske roses buds, and a pound of burrage flowers, a quarter of a pound of rosemary Flowers, two pounds of reisin of the Sunne stoned, two pound of cynamon, steepe all these in your sacker, and distill them in a limbecke, in the put that it runs into put a pound of white suger candy broken into peices as big as a nutmeg, and a pint and a halfe of Juice of pippins.

To make a pretious drinke good for the wind in the stomacke, or to bring off any meat or drinke that lieth upon the stomacke.

Take two quarts of small aquavitæ, and put into it cowslipp flowers, sage, rosemary Flowers, and sweet marjoram of each a pretty handfull, of pellitory of the wall a little, cynamon and nutmegs of each halfe an ounce, fennell seedes, annis seedes, corriander seedes, carroway seedes, grumwall seedes, and Juniper Berries of each a dram, bruise your spices, and your seedes severally a handfull of reisis of the sun stoned, and 2 or 3 figs sliced, put all these into a wide mouth'd glasse, then set it 20 daies in the sun, and stirre itt e euery day with a little sticke, then straine it out and put therein halfe a pound of fine suger, and let it stande in the sun till the suger bee melted, stirring it about sometimes.

(38) To make SIRRUP of Vinegre

Dissolue a quarter of a pound suger in 6 spoonesfull of Rose water, and a quarter of a pint of wine vinegre, and Boile itt to a sIRRUP.

The manner of distilling a water of honey.

Take two pound of the purest white honey being both cleare, and pleasant in taste, which put into a body of glasse being soe big as 4 of the 5 parts may remaine empty the same past strongly aboue settling the head after on itt and a receiver aptly to the nose of the still when you haue thus done then make a gentle fire under itt att the first but after increase the fire to heat more and more, untill certaine white smoake appeare in the head of the glasse body which ma[i]nly coole. and turne it into water by wetting of linnen clothes in cold water, and lay on the head and nose towards the

Receuer, for that turneth into water as red as bloud, and being all come put it into another glasse stoping the mouth close, which let stand soe long untill the water become very cleare, and in coulor like to Rubie, now it being on this wise as aforesaid distill the same againe in Balmeo maria, and soe often repeat this vntill you haue distilled itt Six, or Seven times over that the coulor bee changed and in the end be like to the coulor of gold, which then is most pleasant of saour, and soe sweet that nothing may bee compared like to it in fragrantnes of smell, itt doth dissolue gold, and prepareth it to drinke, itt is alsoe very comfortable to all those that are apt to haue swoun=
ding=

- (39) swounding fitts, and are vsed to faintings in the stomacke, in giuing to any one two or 3· drams to drinke, likewise if you wash any wound or stripe with this water it doth in small time heale the same; this pretious water doth mar=
=uelously helpe the cough, the Rheume the desease of the Spleene, and many other deseases scarce to be beleiued; This water was administered, to a person sicke of the palsie for the space of 46· daies, and hee was by the mightie helpe of god, and this miraculous water, throughly healed of his desease, alsoe this helpeth the falling sicknes, and preser=
=ueth the body from putrifying, soe that by all these wee may learne that this is as it were a diuine water from heauen, and sent from God to serue vnto all ages.

To preserue Walnuts.

Take some walnuts about the latter end of June or the beginning of July when the shells are like a Jelly or before they bee tuffe then pare the vpper thin skinne off like an apple, and make a hole with a Bodkin through every one of them, put them in water and shift them twice a day for 4 daies, then boile them till a rush or straw will goe through them, Then way them, and take as much suger as they way, and put as much water as will make itt a sirrup, and when the suger is melted put in your walnuts, and for halfe a pecke of walnuts you may allow halfe an ounce of cloues, an ounce of cinamon, and halfe an ounce of ginger, or els butt a quarter of each, boile alto=
gether till the walnuts be prety tender, then take out the walnuts and boile the sirrup as for other things.

- (40) To boile a capon larded with leamons

Take the capon being scalded and bruised and put him into a pipkin, with a fagot of sweet hearbes, and strong mutton broth, put in a little large mace, one nutmeg quartered and soe let it boile till hee bee almost tender, then take him out and lard him thick with lemons, put to your Broth manchet, and the yolkes of 2 hard eggs, garnish your dish with stewed pares, and Barberies and Season itt with suger.

To make hipocras for a consumption

Take a pint of malmesey, and as much wormewood water put them into a fair glasse of a pottle or more, and putt thereto an ounce of cinamon, two drams of case gingerr\ which is pure and white within, bruise the cinamon, and ginger great, and put it into a glasse, and put to this fine suger, 4 ounces or more, and soe let it stand fast stopped three dayes, and at the third dayes end give it to the sick 6 spoonefulls in the evening and as many in the morning and let it bee warme and at euery time you take of it shake the glasse.

To make Harts horne Jelly.

Take a quarter of a pound of harts horne scraped boile it gently in a pottle of spring water, till you see by taking of some upon the point of a Knife, and laying it on a dish that it gelly then straine it and sweeten it to your taste with suger, rosewater, and Juice of lemons.

(41) To make plague Water.

Take red Egrimony; wormewood, sage, salandine, balme mugwort, dragons wood sorrell, scabius, wood betony, browne mayweed, Avens. Angelica, turmentill, pimpernel, carduus benedictus ~~of each a pound~~ Ennula campana rootes, burnett marigolds, featherfew ^ of all each a pound^ =two ounces of hartshorne, and two pound of rosemary; mingle all these together, and chop them very small, and then steepe them in 5 gallons of the best ~~white wine or sack~~ ^{white} wine or sack 3 daies, stirring it once a day, then still itt in a common still with a soft fire.

Doctor Burges his direction *against* the plague.

Take 3 pints of malmesey, and boile therein a handfull of sage, a handfull of rew, till it be wasted, then straine

itt, and sett it over the Fire againe, and put thereto a pennyworth of long pepper, halfe an ounce of ginger and a quarter of a pound of nutmegs, all beaten together then lett it boile, a little, and take it off, then put to it 4 pennyworth of mithridate, 2 pennyworth of London Treagle, and a quarter of a pint of Angelica water, keepe this as your life above all wordly Treasure, take it always warme both euening, and morning, a spoonefull or two if you bee infected, and sweet thereupon, if you are free of infection three quarters of a spoonefull, at morning, and halfe a spoonefull at night is sufficient, in all the time of the plague; under God trust to this for this neuer did faile either man woman or child, this is alsoe good for the measles, smallpox, and other Kinds of Deseases

(42) To make = Inke = Verie Good



Take a quart of snow or raine water, and a quart of Beere vinegre, a pound of galls bruised, halfe a pound of coperis, and 4 ounces of gum bruised; first mix your water and vinegre together, and put itt into an earthen Jug then put in the galls, stirring itt 2· or 3 times a day letting it stand 8· or 9 daies, and then put in your coperas and Gumme. as you vse it straine itt. &c=

To make Almond Puddings

Take a pound of the best Almonds, put them in water over night, and in the morning they will blanch when you haue blanchd them beat them with a little rose water; take also 12 eggs, and boile them hard, and chop them very small; mingle them with your Almonds and 6 penny loaues, grated and sifted, seuen eggs beaten, with three pound of suet, a little Cynamon, mace, and nutmegs, and as much suger as will sweeten itt very sweet, wett it with as much creame, as will make it not too thinne and soe fill them in your gutts, and boile them, butt Note that a little boiling will serue.

(43) To make the cocke water.

Take of Burrage, Buglas. 2 handsfull of each, tyme penny royall, Rose mary flowers, one handsfull of each, a pound of

reisins of the Sun stoned one pound of currants, halfe a pound of dates, 2 quarts of sacke, 2 quarts of new milke, and a cocke well beaten not washed but dried with a cloth, and put itt into these things whilst itt is warme, and still them altogether in an ordinary still, and let the water drop into a glasse, with suger candy and leafe gold in itt, well beaten, together with some magesterium of pearle if you please, you must take of this water 4 spoonefulls before dinner an hower or two, and as much att fower of the clocke in the Afternoone.

A Drinke for the Ricketts

Take two good handsfull of scurvie grasse, 4 handsfull of water creasis, 2 handsfull of brookelime, one handsfull of Harts tongue, one handsfull of lungwort, 2 handsfull of liuer wort, one handsfull of Betony, and one handsfull of egrimony. wash them purely cleane, and swing them well in a cloth, that there bee noe water in them, and beat them well in a stone mortar, and put thereto a quart of red coves milke warme from the cow, then straine them through a Fine cloth, put it up into a Bottle, and let it bee close stopped, and let the child drinke of itt. It must stand in a very coole place.

(44) An Ointment for the Ricketts

Take a pound of fresh butter well beaten, or washed out of the Chirne, clarify itt, and take two handsfulls of woodrose or spurrey, shread itt very small and boile itt with the Butter a good while leisurely and when you vse itt haue a care the child take noe cold; annoint the Breast and belly of the child, spreading the breast and stroaking downe the Belly; keepe the child warmer those dayes you annoint him, then att other times.

To make Jelley of Calves Feete

Take two pair of calves Feete, open them and take out the knott of fatt in the middle of them, then boile them in two gallons of water untill it come to a pottle, keeping it cleane scum'd all the while, Then let it stand till it bee cold, and take off the fatt; put to this one pint of sack, one pint of white

wine, coriander seedes, nutmegs, ginger, cynamon, mace, Rosewater, and suger, to your taste; put in these ingredients when itt is cold, then lett itt boile on the Fire, and cleanse it through a Jelly Bagge, till itt bee cleare enough, you may ad Juice of lemons if you please, and itt will tast the quicker.

(45)

To make a thicke creame.

Bring 2· or 3· Cowes according to the quantity you will make, as neare the place you set your creame in as may bee, and milke them with all the speed that you can, soe that the milke may bee strained as hott as possible you can into the pans, for the warme=
=nesse of the milke from the cow is the reason of the thicknes of the creame, soe lett it stand 24 howers if you thinke itt will keepe noe longer sweete, and then take itt up as thick as the creame will afford; & you will find itt a very thick creame, and cleane another Taste if you exactly obserue the Rule.

To make a Friccacee of Veale.

Take a Breast of Veale, cutt itt in small pieces and lay it in water a quarter of an hower to make itt white after that take a skillet and put in a pint of clarrett wine, and a pint of water, and a whole leamon after you have taken away the pill of itt and put in salt, and when this boiles, put in your meat skum itt often, then put in a quarter of a pound of Butter, then take 12 cloues, halfe a nutmeg, and 2 or 3 blades of mace, and a little pepper, and beat all these together, and put them into the skillet, if this bee too much spice you may put in according to your liking, alsoe put in a few sweet hearbes, then take 6· yolkes of eggs, the Juice of a leamon and one orange, & a little of your broth beat all these in a porringer take off from the fire your skillet & put in these, then take itt vp and serve itt in.

(46)

To make a possett

Take two quarts of very sweet Creame, and when it boiles take itt off the Fire, and stir itt least itt curdle, putt into itt *the* yolkes of Six new laid eggs, finely beaten with a little Creame, before

the cocks treads bee taken outt, sett itt two or three minutes over the Fire againe, stirring itt continu=ally, then putt itt into the Sacke (*which* must bee ready att the same tyme) thus; Take the third part of a pint of the best Canary, and putt into itt 3· nutmegs quartered, 3 quarters of a pound of suger, sett itt on the Fire till itt come to a sirrup, then putt in your creame as afore=said; if you like itt you may lett 2 graines of amber greece boile in your Sacke.

An excellent approved plaister for *the* spleene *which* hath cured divers given over by the Phisitians=

Take halfe a pound and halfe a quarter of Deers suett, as much wax, and olibanum, Rosen, and Frankincense of each halfe a pound, masticke, and camphire of each halfe an ounce, of the best Turpentine halfe a pound and halfe a quarter, melt all butt the Turpentine, and the Camphire

and=

- (47) And when itt is melted, stirre in the Turpentine and Camphire, then power all into a Bason, the bason hauing a quart of white wine in itt, and worke itt into little Rolls, and soe Keepe itt, lett the Camphire and all bee throughly Dissolued before you power itt into the wine.
probatum est:

A Receipt to take away the red spotts out of the Face after the small pox are gone.

Take of Femitary water a quarter of a pint, wild tansy water a quarter of a pint, sulphur vivum, a quarter of an ounce unbeaten; 3· or 4 lemons, powder of cam=phire a quarter of an ounce, and a pint of the best white wine, then wring the Juice of the lemons into a thing by itt selfe, and boile the pith with the two waters and the camphire, and when itt is cold, mix itt with the Juice of the lemons, (when you haue strained) you must straine the lemons alsoe, then poure itt to the white wine, and lett itt stand 5· or 6 daies in the Sunne.

Another Receipt

Take ½ a pint of white wine, 2 lemons, 4 graines of powder of camphire, and a pint of milke; boile the milke

and putt the Juice of the leamons into the white wine, and when the milke boiles make possett take of the curd, and then putt in the Camphire and lett itt boile.

- (48) An Ointment to take the spotts out of the Face after the small Pox=¹³

Take an ounce of deeres suet, cut it small, & put it into a pipkin with $\frac{1}{2}$ an ounce of camphire; melt them together and take of sulphur vivum 2 peny worth, beat ~~them~~ it very small, and sift it, and put it in when the other is almost cold.

A very good ointment for a tetter or any Itching

Take of lithridge of gold, beaten, and Searced into very fine powder, halfe a pound, and put itt into a mortar and stirre itt well sometimes with oyle of Roses, and some times with wine vinegre, till you haue consumed the Best part of a pound of the oyle, and halfe a pound of the vinegre, by which time itt will bee an ointment and whitish, you must doe itt with a wooden pestle –

A Receipt for a Consumption

Take Dandelion, wood Sorrell, scabius, watercreses, bloudwort, yarrow, and parseley, of each of these one hand=
=full; liuerwort parsely rootes, and fennell Rootes, of each of these, two handsfull; red rose water one quart, red Cocke Chickens six, hunted to Death, and chopped into little pieces all parts except the gutts, the hearbes must be chopped, which when you haue done distill all these in a common still, with 20 or 30 pieces of gold, and when the water is distilled, put therein a quarter of an ounce of prepared pearle $\frac{1}{4}$ of an ounce of prepared corral, $\frac{1}{2}$ an anouce of confectio alkermus, and 2 ounces of manus Christi, and then give 3 spoonefulls to him to drinke att a time that hath need of itt.

- (49) Doctor Butlers Receipt against a consumption

Take China rootes thin sliced 2 ounces, steepe them 12 howers in 8 pints of fair running water, letting itt stand all the Tyme warme, and close couered in an earthen pipkin

¹³ The title and recipe that follows are in different hands.

or Iorne pott, then sett itt on a cleare fire to boile with a cocke Chicken, and a piece of Veale; keepe it cleane scum'd, then putt to itt raisins of the Sunne, and Currants of each 2 handsfull; maiden hair and Colts foot, of each an handfull; licorish scraped and Bruised two stickes, 4 dates, 3 blades of large mace, and the bottome of a manchett, boile all these together in the Pipkin, with your broth till itt bee of a reddish coulour, and bee not in quantitie above a quart, then straine the Broath, and bruise the Chickens bones all in a stone mortar, and straine the Juice into the broth, then sweeten itt with suger candy and Drinke a good draught warme 2 howers before Dinner and supper dayly, for 12 or 15 daies using still your ordinary Diett.

To make Mackaroones

Take a pound of Almonds laying them in cold water two daies shifting the water twice a day then blanch them out of that water, and pound them in a stone mortar, with halfe a pint of Damaske rose water, till they bee small, then take a pound of hard suger, and beat with them, then put them in a dish, adding the broth of 4 whites of eggs, and neere a peny white loafe grated, and searced through a sive, then make them

Boile=

- (50) Boile a little, and soe drop them on wafers cakes in fashion of a macaroon, washing them over with the froth of eggs with a feather, and scrape double refined suger on every one of Them, which will Ice them, then put them into an oven, which must bee as hott as for manchett, looking to them that they doe not colour too fast, and when you conceive they bee baked, take them out, the finer your suger is itt makes your mackaroones the better, and the whiter they will looke.

To make Violet Cakes.

Take Violets, and cutt off the white ends of the leaues, put them into a pewter dish, and sett them into the oven after white bread hath been baked therein, the heat whereof will dry them, which done beat them to powder and sift them through fine Taffany, Then take gum dragon, and steepe itt in rosewater till itt bee like starch, then take 4

ounces of fine suger beaten and searced, and make paste with your gum, that which you make must bee pretty stiffe, putting as much powder of the violett thereto, as will coulor itt according to your owne desire, Then roll itt out like paste very thin and cutt them into what Flowers you please, laying them on glasse plates to dry, if you will haue your cakes red put 2, or 3 drops of Juice of Leamons to itt, of white nothing but suger and Gum.

(53) To make Diett cakes

Take ten of the palest coulered hen eggs, taking the skin and cock Treads from them, and putt them into a deepe stone pan, that will hold about a pottle, Then put a pound of double refined suger finely beaten vnto Them, and soe beat them with a stick made flatt att the end about an inch broad, some 3 howers neuer letting them stand still, in the Interim heat an oven as hott as for house hould bread, when the oven is hott take a pound of fine flower, and stir into the eggs, and suger with a few carraway seedes, and a little Amber greece, and muske, they must bee baked on tin or pewter plates, which must bee buttered within the brims and then drop a spoonefull and halfe of your bater, on each plate, and soe sett them into the oven, not aboue 3· or 4· att a time, because one must stand att the ovens mouth, with a slice, and turne them as they see occasion when they rise up in the middle, and looke yellow, they bee enough, when you haue baked them all take them off the plates, and lay them on white paper, setting them into the oven, some three howers after, when itt is almost cold to harden.

(54) To make Doctor Buggs sirrups of Violett

Take violett picked and cutt, and put them into a deepe gally pott, then heat water seething hott euen ready to boile but it must not boile, and poure in as much of that water into the Violett, as when the Violett are sunck you may presse a spoonfull of water over them, then couer the pot close with double paper and sett it in warme embers, but take heed they bee not too hott for if they bee it will spoile the coulor of the Juice; let the pot stand in the embers, about 18· or 21 howers then presse them out as hard as you

can, and take to a pint of Juice almost 3 poundes of double refined suger, beaten and serced, then mix the Juice and suger well together, you must not lett the Juice come into any mettall, but put it into the same, or other stone pott, which couer close with paper picked full of holes, soe sett the pott into a skillett of cold water, setting it one the fire to boile till the sirrup hath a white crust on the top of it which crust take not off for that will keepe the coulour of the sirrup, when you haue occasion to spend any of itt make a little hole in the Crust, and power out the sirrup Through itt.

(59) An Approved medicine for the Hickockes

Take such a proporcion of warme milke from the cow as the party is in case to take, for it may bee administred to one very weake, giving itt to them very often if need soe require.

To make Paracelsus plaister

Take ·6 ounces of sallad oyle, one ounce and halfe of bee wax, 4 ounces and halfe of lithridge of gold, one ounce of Amoniacum, and one ounce of Bdelium; Galbanum, opopanax, and oyle of baies of each of these 2 drams; two drams of tapis callimmaris; two drams of Aristolochia; both long and round, two drams of mirrhe, and two drams of frankincense, and one ounce of Venice Turpentine, the powders to bee beaten seuerally, first powder the lithridge of gold, and searce it very fine then boile itt with the wax and oyle till itt will not stick to your finger being cold, Then before it be cold putt to your gummes, but first dissolue them together in white wine vinegre, and straine them into itt, lastly ad to itt the powder, the oyle of Baies and the Turpentine soe make itt up into Rolls. &c=

(60) A Medicine for one that is in a desperate fitt of the stone, and that cannot urine.

Give the party a glister of halfe a pint of possett ale, wherein pellitory of the wall and parsely have been boiled, put to the strain'd liquor as much as a wallnutt in quantitiy of Castill, spanish, or hard soape, dissolved in the warme liquor, and foure

spoonefulls of Irish Butter mix all and give itt
the party luke warme, for a glister, lay the party
on his backe upon a bed, lift him up by the legs thatt
his body may Rest upon his shoulders shake him
well divers times, to se if the stone may bee removed
backward from the neck of the bladder, Then
putt him in a bath, up to the necke, or onely to
the short ribs, keeping itt in a Temperate heat
by the fire side, giue him a draught of possett ale,
and 3· or 4 hiue Bees dryed and beat to powder,
whilest hee is in the Bath, where lett him remaine
an hower, make a poultis of leekes, parsely, and
Black soape beaten together with a little fresh
Butter, apply itt warme to the bottome of the
Belly, next aboue the Share Bone, and
betwixt the cod and Fundament. &c=

To make sirrop of Jilliflowers,

88¹⁴

Take of flowers the whitts cutt of, one pound of them and
infusse them all night in 2 pints of springe Watter In a
balmeum, In the morninge strayne them out and add to the
licquor fower pound of the best loafe shugger then sett
it ouer a gentle ffyre vntill the shugger bee Disolued
Without boylinge Then strayne it leist there bee
anye drosse in the shugger takenge of all the
skumme ass it Risseth In the same manner you
maye doe it With sack onlye 3 pound of shugger
Will bee Enough and mee thinkes the Sirrup much
better,

To cleanse Teeth Well,

Take a quantitye of Powder of Corralls as much
Powder of the pomye Stone mingle it With a little
honneye and musk and soe keepe it and applye it
at your need of Rubbing your Teeth

89

To Pickle ffrench Beanes

Cut of the stalkes of the Beanes and Laye them
In Watter and salt for about a Weekes space then

¹⁴ Page numbers are underlined as of this point, and recto page numbers appear in the top-right corner of the page. Oddly, even numbers are now on the recto pages.

take them from that Watter and green them in
fayre Water and When they are Verie green
And drained from that licquor Put them Into
The Vessel you intend to keepe them addinge
White Wine Vineger and Salt to them cover
them with an oylie Paper and Sett them
by for your Vse in the Winter

An Excellent Recept for A Soare Brest to keepe it
from breaking ore for anye other swellinge one
it ore for any bruise viz, Mrs Patts

Take in Equal quantitiye of honny And Aqua Vitta and
Stirr it Well together over the ffyre vntel it bee a little
thicker then oyle Then Beath your brest Well With it
over the coales and dipp a cloath in it and Laye it
Moringe and Eveninge vntell you fynd Ease

To cause sleepe in feauors ore any other Distempers

90

Take the yolk of a new layd Egg a large nuttmegg gratted
as much bay Salt as halfe the nuttmegg beaten the salt must
bee verie fine mix these well together and spred it uppon a
fine Lynn cloath take the cold of one it and applye
it to the forehead and the temples and let it soe lye six
howers and if need doe Require it you maye doe it agayn
but Obserue that commonlye the first time does
the Worke of Causinge Sleepe

To Cure A Canker in the mouth ore the mouth anye Waye Soare

Take a quantitie of hony and halfe that quantity of Roach Allum but
burne it and beat it to powder then mix it with the hony in a pewter
ore silver dish heat the End of the tongues ore the like Iron redd hott
and then stirr the allum and honny together with the said Iron
heating it still hott untill the Ingredients turne black and then use
it three ore fower times a day with a little Ragge uppon a stick

91

To Marriante Soles Ore flounders,

ffrye your fish first as you would doe to Eat it and
have in a reddines Whit winne Vineger two ore three
Cloues of garlick bruised Ten cornes of Peper craked
Laye your fish in the Sawce and turne it once a day you
Maye Eat it as it is done ore keepe it at pleasure and the
Sauce you must obserue must bee accordinge to the

quantiye of your ffish

For Aches Thomas Blothers Seare Cloath,

Take a quarter of a Pound of White Lead one ounce and a quarter of Ceruse Three Large leaves of gold halfe a pynt of sallet oyle put the oyle in a broad Erthen pann skillet set it one the ffyre a little While then put in the ceruse and stir it with a stick tel it bee cleare and black, then make it upp in Rolles Spread it one a cloath and Lay it one Warme Where your payne is and let it lye one vntel it falls off of it Selfe

To Make a cake Mrs Margaret Melborns Way Viz

92

Take fower pound of flower three pound of Currans Verie Well pickett and dryed after washed three ounces of fyne shugger a quarter of an ounce of these spices mace nutmeggs and synamon fynlye beaten mingle all these together take tenn Eggs halfe the Whites taken away halfe a porrenger of ale Last beat these Well together and put it to your other things, Then take a pynt and quarter of thick creame boyled melt halfe a pound of sweet butter in it and let it stand tell it bee but blood Warme then mingle it With the other things it Will bee soe thin that you must sett a hoope one your paper and power it into it It must bee baked in a quick ouen and Eaten New,

To Cure a quartan ore doble quartan
ague given me for Excellent by a Portuges

Olibenum mastick and safran mixt with one peny worth of Venice Turpentine of Each 1 d Worth beaten to powder Lay it one your navell one hower befor the fitt comes Playster Wayes / Cures all manner of Agues

93

To Make Juyce of Licquorish Mrs Lakes Waye Viz

Take a pound of English Licquorish Scrape and kutt into small peeces sliced and bruised and put it into a deepe gallye pott and put into it Coultsoott Watter horehound Watter Isope Watter Scabius Watter of Each of these a pynt Tye vpp the pott verie close and sett it in a skillet of Watter let it boyle in *the* Watter Fower howers then take vpp the pott and take out *the* Licorish and Beat it verie small in a marble mortar put it in to the pott agayne to the same Licquor and let it boyle in *the* skillet of Watter fower howers more then strayne it out into a

silver basson and sett the basson one a skillet of boyling watter uncoverd that the thinnest part of the Licquor maye evaporate then add to this a pound of white shuger candie finlye beaten and searced and when it hath melted well together power it in to severale cheynie dishes and sett them in the sunne ore a stove and stirr them everie daye with a wooden knife soe keepe it in a stove till it is stiffe enough to roule vpp into knots ore lozenges you Maye add in the making vpp of it a little musk ore ambergrisse if you please and dipp your finger in powder of Licquorish to keepe the powder from stiking to *the* Stuffe drye *them* in a stove ore in the sunne, This is most Excellent for consumtive coughs of the Lungs –
This Reecat Mrs An finis /
Melcombe procured mee /

To Make Excellent Orenge Watter Viz

94

Take two quarts of the best sack halfe a pynt of aqua Vita ore brandye Wine then take the Rynds of halfe a hundred of orenge pare them as thin as possible *that* noe white appeare one them then steepe them all Night ore 12 howers in the *said* Licquor *then* still all with a soft ffyre and your still must bee Luted vpp which is pasted *that* noe ayre come in and this water you must sweetned with shugger candie ore *the* best Loafe Shuger as you please *the* first quart is the best every time you still / finis

95

Mr. Leonard Wilkes Reecat for Good chocolate
And the mixture it oft to haue of things

A Milliar <.> 1000 Cacaus tosted & soe taken the husks off Beinge Computed fower pounds Neat
Requires 3 Ounces of Synamon
6 Bynillas
3 pownd of Shugger

If you please to put Muske to it a dram will serve for ffortye ore Sixty pound to put it in *your* chocolate you must beat it in a mortar with some white shugger and when your chocolate is redy to bee taken of the stove you must mix it
You must have a great Care in the Tastinge of your cacao perpetually stirring of it while it is one the

ffyre for not to burne which if it happen will give it a
badd tast

You must tost int in a new Cassuela *that* hath not been
used befor for not to give it a badd tast

Your Spyces must bee sifted ass fyne as possible to
preuent any settlinge in *your* chocolate dish at the time
when it is taken,

Collonel John Belasyse

had *the* receat with hime

Cadiz 4th 8ber 1665

For the Eys Mrs Rebeca Ashan,
Excellent Receat of a Powder for them Viz

96

On ounce of Prepered Tuttye
On ounce of white shugger cady beaten & searced
On ounce of *the* powder of Skutell Bone ore shell,

To all Thes Powders as Much burnt Allum beaten
fyne as much as will lye one A groate
Mingle all these together and blow thes powders
once a day into *the* Eyes with a quil,
You must distil some Rotten Pepins and wash *the*
Eyes with it vpon a ffether the watter of it,

To make Inke *the* Spanish Waye Viz



To 3 Alcarrasas of Rayne Watter

2 quartillos of wine vinegre

8 ounces of gaules

4 ounces of Copres

2 ounces of gomme Arabicke

Stirr thes things frequently in an Erthen
pott for 7 ore 8 dayes & when you vse it



97 A Receat for any Bruise an Excellent thinge

Take 1 pynte of ffayre watter 1 pynt of *the* best
winne vinegre 1 handfull of peny royall greene
is best, use drye yff noe other 6 ounces of Lichorish
slyced and kutt small and soe let it simper in the
above *said* Lichour but not to boyle fast, and let the
quart boyle to 1 pynt litle more ore lesse and
boyle it in a new pipkin and soe boyle it upp
the licquorish you may chew it in *your* mouth
as longue as the vertue last, take the Licquor

for a bruise, chauffe ore shortness of breath
and alsoe to bringue one to a stomack take
two ore three supps and fast alwayes one
hower ore two after & soe vse it at *your* pleasure

To Make Orenge Bisquit

98

Take orenge Peells and watter them all night next
day boyle them verie tender shiftinge the watter
once in the boylinge then scrape out all the white
pulpe leaueinge onlye the redd rynde verie thinn
and beat them verie fyne in a stone mortar, to this
you must put all the meat of the orenge first
boylinge it in a silver Tankard in seething watter
a good whyle the boylinge soe is to take away all
the rawnesse, put away all the Juyce as cleere
as you canne without squeeinge ore wringing pick
owt all the hard skinns and seeds and put the pure
pulpe soe boyled to the beaten orenge peeles and beat
them boath together, but befor you put the pulpe to
the peeles you must waye the peells and to Euerie
halfe pownd of peells you must waye one pownd
and halfe of doble reffynde shugger verie fynlie
beaten, then beat your pulpe peells & shugger all
together untill it bee well mingled, then let it
stand in the mortar till the next day, Then
beat it well agayne and spred it upon peeces
of glasse ore plates and when it is a little dry
you maye kutt it into whate shape you please
And then sett it in your stoue, yff you dry it hard
you must take all the meat cleane out of the
orenges Peells befor you watter them and the meat
soe taken is it which must bee boyled in the *said*
Tankard

99

finis

Captain *William* Webbers Reecat for the
Cureinge of most paynes & aches
Cadiz 1669

Take a pynt of white ffrench winne in a
pynt pott 10 leaues ore blades of mace 30
spriggs of sweet margerim Tyde with a thred
put boath these into the *said* winne & boyle *them*
untell $\frac{1}{4}$ *part* bee consumed Then strayne it
through a cleane lyninge cloath into

another vesell and beinge strayed retorne
it into the same pynte Pott & reafill it
with good sallet oyle with 2 spoonfulls
of white shugger, now thus brew *them*
together Untill comes to bee noe warmer then
can bee suffered to drinke, and *then* drinke
The same ffastinge in a morninge in your
bedd then off shirt & cover *your* selfe verie warme
head and all for an hower lyinge fflatt one
your back, Then one hower more with hott
cloathes from the ffyre continewally frotinge
ore wypinge all the bodye ouer then begin by
little and little to take off the cloathes
from the bedd to coole *your* selfe by degrees
but still wypinge that noe sweat retorne
into the body for the space of an hower
and soe repeat *the* medecin as you
fynd it needfull for a Tottall Cure
finis

100

101

Mrs Rebekah Ash her most
Excellent Powder for the Eyes

Take one ounce of Prepared Tuttye one
ounce of shugger Candye the whitest, beaten
and serced one ounce of *the* powder of scutlebone
to all these powders as much burnt Allum
beaten fyne as will lye one a groate, *then*
mingle all these together and blow these
powders once a day into the Eyes with a quill
you must still some Rotten Pepins and wash
the Eyes with some of the watter noat that
the burnt alome London
must bee alsoe searced,

Para haser buena Tinta¹⁵
Cadiz 6 de noviembre, Juan
Baqueriso guarda de navio
que asido *Maestre* de escrevir y contar




Alna a sumbre de aqua llovidiza sin sisar

¹⁵ Modern English translations of these Spanish recipes are listed at the end of this section on Mary Granville.

3 oncas de agallas negras rompidas de un golpe
3 oncas de caparosa
y vna onca goma arabiga
Mejido todo en esta olla nueva puesta en la sombra por
doce dias y meneada 2 veses al dia con palo de higuera
hondido decrus al Cabo solo, y cita saldra muy buena
tinta=

Mr *William ffens* recat to make rare
Inke given mee in Maalaga Ano 1646


102

 Take halfe a pound of Gaules blacke & small &
break them in as few peeces as you canne & steepe
them in three pynts of fountayne watter for 2 dayes
then boyle the said watter with the gaules untill they
consume to the quantitye of one Pynt *then* take the
quantitye of three quarters of an ounce of copris
and put in it & then put it over the ffyre agayne untill
it boyles vpp a little then take it off and put it a cooling
and there will proceed good Inke you may strayne it
yff you please,

Nota that

said Inke must bee made in a new Erthen Pott and all
the whyle its one the ffyre, & off vtill it bee cold
it must bee stirred; finis;

103 To make double Incke kalled In ffrench ancre luisante
this is the way and recat My brother Mr
John wescombe gave mee in January 1671

 To three pynts of ffrench wine must put one pound of gaules
which you must putt in an Earthen pott Eather in *th[e]* sunne
ore neere *the* fyer soe *that* it may heat without boylinge duringe
three dayes, stirringe it with a stick of a figue tree three
fower or more times a Day=

It will bee good after *the* Tow ore three dayes Infussion to aproch
it neere *the* fyer for fower ore five howers time, *that* it heat without
boylinge and afterwards when its could to straine it through
a Linnen Cloath= you must afterwards take one ounce of copres
and put into it with halfe an ounce of arabicque gumme, all well
pounded & stirre it from time to time vtill you see *that* all is well
dissolved,= & afterwards must adde to it halfe an ounce of vitriol ^of^
roman and let it all remaine duringe three fower ore more
dayes, and finally you must straine said Incke a second
time through a Linnen Cloath, & put it in *your* Bottle the *which*

you must leaue exposed to *the* heat of *the* sunne duringe
6 ore 7 dayes fore *the* more you leaue it *the* more it will
shyne & obseruinge these things you shall haue perfect

+

Recetta de Doña Maria Leal mi
Comadre para hazer Agua de Ambar

[104]

9 libras de rossas limpias
½ aroba de vino de Lucena
2 onzas de clavo de comer
2 onzas de canela
2 onzas de nues muscada
4 onzas de benxui
1 onza de ostoraxe
1 Puño de Alxusema
½ libra de Cimienta de Trevol
½ quartillo de aguardiente de Cauessa

Todas las especias y lindas¹⁶ refferidas bien
mixadas y echar todo en vn lebrillo ama=
sando con fuerca de brassos hasta que se aya
embenido todo el vino y despues echar en una
tinaxa ô orza tapar muy bien con vn couertor
dexando todo estar nueve dias y despues sacar
ô destilar todo por Alquitara con poco fuego, y a
los picos de las Alquitaras atar vnos Algodones con
vna poca de Algalia y a cada asumbre de esta
107¹⁷ Agua se eche vn quartillo y medio de Agua
rozada vn quartillo de agua de azaxar y
medio quartillo de agua de Frenol Todo
esto echar en vn perol ô Olla nueva
muy bien tapada y dexar hervir vn
poco y a esta cantidad se eche vna
adarme de Ambar dos de Algalia y
media de Almiscle y vn papel de
Poluos de Ambar y despues desbaratar
todo esto en vn Almires Caliente y
echar todo esto, en los flascos quando
el agua esta caliente tapandole muy
bien y poner dichos flascos al sol *quanto*
mas sol mexar estara *dicha* Agua de

¹⁶ In the original manuscript, the “das” in *lindas* is written as a superscript.

¹⁷ There is a pagination error here; this page should be “105” as the recipe from the previous page does indeed continue. Page numbers are no longer underlined, nor included on the recto pages at this point.

Ambar /

Cadiz Año de 1676=

Mr Henry Sheers receat Given My lord
Marshall Howard for *perfummige* of
lether an Excellent way año 1670 January

[108]

4 ounces of Ambar
2 – muske
1¼ – Civit
3 – oyle Jesemi
3 – Gum Dragon
2 Pyntes rosse watter



Proportion of Ingredients

The Ambar is first beaton small in a mortar by it selfe and afterwards is put to it oyle of Jesemi *with* which it is agayne beaten and mixed verie well ore Elce the ambar will wast in the Dryinge, beinge well mixed *with* oyle of Jesemi *which* requires 3 howers labour they then put to it Gumm dragon dissolved in rosse watter and strayed through a fyne linyng cloath beinge thus mixed they put to it the Civet stirring and well mixed together then they put in the muske which is first well beaten in a mortar by it selfe and Temperd *with* rosse watter, still puttinge in and Tempringe the Composition therewith untill it bee of the Consistance
of thicke cream

109 it is Applyde by asmall sponge and one quarter of one howers Sunne in Madrid, viz Sol de Membrilla aboute the month of Jully perfects the worke

the proportions above mencioned
perfumes viz

7 Cordouans 4 of *them* beinge Twice layd one
7 kidd skrins for fans
6 payre of weamons Gloves
finis /

Memoria Como se hace el Picadillo de Xigoter
de Carnero

[110]

Primera mente sepica la carne, y despues selaua bien y lue=
go, sepone en vna caçuela, a sancochar con agua, y su sall, y
vnos axitos picados=
Tenestando medio sancochada sesaca y seba êchando en

vn Almirez, y seba malando, por sibubiere algun nerbe=
suelo en la carne por mal picado, por este camino sepuede facil-
mente quittar,= Luego se echa en una caçuela acoçer, ^con manteca de puerco^ y sele=
èba suespeçeria de ^nues muscada,^¹⁸ azafran, canela, clauos, decomer, y Pimienta
Yantes de sacarla, para lamesa, levanten vnas Yemas de
huebos con suagrio de Limon, y sehecha enla Caçuela
todo y semenea, y de alli selleva este Plato de Pica=
dillo ala Messa=

Receta del Capittan Francisco del Poço
de Rota quela Remitio a Cadiz al Sr
Consul Don ^n^¹⁹ Martin Bisconde
a 22 de Agosto de 1682

Ojo, con su manteca de puerco ô manteca de flanders²⁰

- 111 Receta que me dio vn Relixioso en
Orleans a 23 de Mayo Juebes de 1675
por cosa muy cierta para matar y destruyr
cinchas en las camas y Paredes

Azoge, Hiel de Buey ô Vaca, Vinagre
fuerte, y cal, seca;
Misturar todo en Proporsion y battir y despues
de hecha pasta, ponder della alos abuxeros
delas paredes y en qualquier parte dela cama
que estubieren y matara todas las chinchas
sin criar chincha alguna adonde dicha pasta
aya estado, esta receta es verdadera &a

white Cerus two ounces, Liturage one ounce myrrhe
halfe an ounce, Lapis Calaminarus halfe an ounce
Champhir a quarter of an ounce, white Lead halfe
an ounce, Bolus halfe an ounce, frankincence
halfe an ounce, Turpentine a quarter of an ounce
Rosin a quarter of an ounce, Bees wax foure ounces
oyle of Roses foure ounces, all the things that are
hard must be prepared in fine Pouder, take the
Rosin, Oyle, & wax in an Earthen Pipkin, & boyle
them over a soft fire, then put in all your other
things keeping it Stirring, and Let it boyle a quarter
of an houre, then make it up with cold watter, into

[120]²¹

¹⁸ This insertion and the previous one are in another color of ink.

¹⁹ It seems as if a correction was attempted, although this seems limited to fixing the handwriting, not the word itself.

²⁰ This note is written in another color of ink.

²¹ Pages 112-119 are missing from the original manuscript.

roles, when you use it must be spread thick upon
 Leather, Prickt with the point of a knive before
 you spread it, one plaster will last a fournight
 wipeing it every day,
 if it be an old wounde wash it every day when
 you dress it with this watter, a pint of running watter
 two or three spriggs of rue, three ounces of honny
 a litle allome, Let all these boyle together softly, till
 halfe be consumed, it must be hot when you use
 it,

A most Excellent Plaister for all kind of
 wounds or old zoars, *this* receat I had from my sister
 Melborn in Essex *the* 12th of June 1683=

121 Para Mejorar y Conseruar Vynillas

Majar 4: ô 6 vynillas *para* aliñar vn ciento y avn
 ducientos, y en vna poca de Agua tibia desleir *dichas*
 Vynillas Junto con una poca de azeite bueno ô de Al=
 mendras Dulces, y batido muy bien esto, entonces
 se untaran ô fletaran las Vynillas con este ingrediente
 caliente poniendose vn dedal de Ante sobre el dedo
 pulgar y passandolos vno a vno con el Jugo de *dicho*
 Ingrediente ambos lados de la Vynilla con
 este Beneficio se purificaran y temaran nuebo
 Jugo, Lustre y olor; despues de esto hecho
 se tendran al Ayre par vna ora ô dos
 sueltas porque atandolas luego se pondrían
 majosas y de peor calidad de lo que estaban
 antes de beneficiarlas

recetta del Sarjento de vn Ojo Gordian fentura
 Fernandes Vecino de Xeres / Cadiz 18
 de Settiembre de 1685 = que vino en la flotta

Captain felpes of bristoll his receat given Mr
 John Emilli in Cadiz, *the* month of *January* 1687=
 for the Voydinge of Grauel & stone Experienced
 upon hime selfe viz t

[122]

Take watter cresses beat & strayne them at *your* need
 & drink the quantity of halfe a pynte mixt with some *white*²²
 french wyne ore renish
 thes watter cresses are called in Spanish Verros

²² The abbreviated form here is w^{tt}.

of which *said* nation often times Eate as a good
Sallet as others Eat lettices
said Felpes lerned & procured from *the* mours when
hee was a slauē in Barbery Then much tormented
with *said* Payne Till hee applyde This remedy *which*
vnder God Did cure hime;

123 Remedio para Affixar Muelas y Dientes
 vizt

Tomar Dos *quartillos* de vino
dos ô Tres coxollos de Torbisco macho
dos ô Tres Agallas
cuatro quartos de sangre de Drago
dos o tres coxollos de romero

que quesen todo esto hasta que quede en la mitad
reducido y tibio enjuagarse la boca a discretion
hasta que *dichas* muelas ô dientes esten firmes &a
Cadiz 22 de Junio de 1685 en el officio del
Señor Lucas de Molina vn Señor *lizenciado* me dio esta
memoria ô receta &a

To Make a seed cake Mrs Tauerners way

[124]

To a pound of flower you must take a pound of butter,
you must drye your flower very well, then rub your butter
into it, then take six spoonfulls of the best alle yest and
twelve egges takeing away 6 whites beat all this very well
together with your hand adding as much cream blood warm
as will weet it, when it is well beaten alltogether you must
couer it with a clean cloath and lett it stand by the
fire to risse about half an hower then take a pound of
sugar carroways and strew them in with your hand mixing
them well together then put it into a hoop with paper
under it which with the hoop must be buttered that the
cake stick not then tye the paper crosse up to the
hoop that the cake run not out at the edges, it must
stand in the ouen a bout an hower, the oven must be
pritty quick and you must haue a care of scorching it

125 A very good reseipt for Beef steaks

You must take the tenderest part of the Beef and cutt
it very thin and beat them very well then strew them
with a little peper and salt, then take some butter

and put it in the frying pan with a pritty larg onion holle, you must stirr the butter till tis melted that it dos not oyle, then put in your steaks which must be kept shakeing all the time they are ouer the fire, and you must keep them turning, your fire must not be rash and when they be fryed enough haue the yolks of 2 or 3 egges beaten and mixt with some clarritt wine and Juce of leamon and a little nuttmege which putt into the pan to the steaks takeing out the onion so toss it up till it be thick and then serue it up

To make a carrett pudding

Take *the* quantity of three large Carrotts & boil *them* tender in Beef broth, then beat *them* in a stone mortar to a paist, sweeten it with half a pound of sugar or more, some salt & *the* greatest part of a nutmeg, a little Orang flower water, then grate a penny loaf & sift it thro a ~~sive~~ cullender, then put a pint of cream scalding hott to your bread, & when it is a little cool, ~~mit~~ mingle six eggs well beat & soe put all into *the* mortar together to beat *then* put it into a Dish with puff paist & soe ~~balk~~ Bake it

[126]

A Plain Bak'd pudden

Take a two penny loaf grate it or slice it thin & scald it in a quart of Milk, *then* before it is quite cold put to ^{^it^} three quarters of a pound of Beef suet finly shred²³, a whole nut=
=meg, some salt, three quarters of a pound of sugar, a quarter of a pint of sack, eight Eggs and soe Butter your pan & Bake it _

To make a Rice pudding

Take *the* ~~the~~ third part of a Pound of rice flower, & put it into a quart of new milk sett it over *the* fire, & keep it stirring till it is as thick as you wou'd mix a pudding, beat six eggs, & putt *them* in with spice, & stir *them* all to=
=gethar soe put it into a dish, & half an hour

²³ The first letter of this word is ambiguous, although “shred” makes sense.

will Bake it, if you please put marrow, or half a pound of butter.

127

~~To ming~~²⁴

To pickle Artichoaks

Cut *the* Bottoms clean from *the* leaves & Choak & lay *them* to steep in salt & water for an hour at least, prepare a pickle with *the* best white wine vinegar, Horse Radish & Jamaica pepper, if you please a g clove or two of garlick, when your pickle is boild, wipe *the* bottoms of *your* artichoaks dry, & *then* put *them* in *the* pickle & give *them* a gentle boil, & *then* pour off your pickle & lett it stand till it is luke warme & *then* pour it agin upon your Bottoms & soe lett it remain.

To make Orange flower Cakes

140²⁵

Dip your suger in watter & set it over a quick fire Let it boyle til it is almost suger again then put to, it three spoonfulls of water to the quantity of half a pound of suger Let it boyle til it is clear then put in your Orange flowers & Let them boyle up then pour it out on Silver or china & dry theme
ø^i^n a stove til they come out +

To make them another way

Take a pound of Orange flowers the leaves only melt 4 pouⁿd of double refined suger with a little water over *the* fire & when *the* suger is clear and that you find it begins to candy cut the orange flowers very small & put them imediately into the suger and keep them allways stirring take *the* pan of *the* fire and spread *them* all on a great dish and put *them* to dry in a place where sweetmeats are commonly kept putting ^a chaffing dish of
coales

141

near, *them* you must make *the* surrup run al over *the* dish, when they are almost dry breæk them in peices and turn *them*, heap *the* smalest peices one upon

²⁴ This title is partially rubbed out, rather than struck through.

²⁵ Pages 128-139 are missing from the manuscript.

another and ^make^ the surrup run between both—

Lemon Cream

142

Take a large lemon & pare of *the* yelow skin as thin as tis posible ~~then~~²⁶ then take *the* skin par'd of to *the* white & put it into allmost 3 quarters of a pint of spring watter & lett it lye 3 hours *then* take ~~seven~~ nine whites of eggs & beat them very well squse *the* juice of four lemons & half a spoonfull of Orange flower watter, & halfe a pound of duple refiend suger beaten, stire *them* together, *when the* suger is melted straine it through a tifyny sive into a sliver skilet or stone pipkin sett it over a quick fire & keep it sittring all one way till be as thick as cream *then* ~~tha~~ take it of *the* fire, stirri^n^g it tell it is cold, so put it into glases.

143

To make Raison Wine for Elder Mrs
Pain of Glosters Way

Five pound of Maligo Raisons clean pick'd & Chop'd small to one gallon of water, wine measure; boyl the water & let it stand 'till it is blood Warm, then pour it to the Raisons keeping it stir'd every day for fourteen days, then strain it off, & put in a Pint of Elder Juice to every Gallon; & Stir it well together then let stand eight Days in the Vate, then pour it off from the settlement & Tun it, & when it hath done Working put a Tile Stone on the Bung or the bung: slightly In 'till it is fine then Bottle it off: you must prepare the Juice as follows²⁷

To pot Beef

[144]

Take a good ~~hand~~ fat buttock of beef weigh= ing two stone, a pound of common salt; two oz of salt petra, 1 oz of pepper a large nutmeg, half an oz of all spice, a quarter of an ounce of mace. Beat *your* spices and salt, & mix 'em all together very well, & rub your beef well with *that*

²⁶ It is actually the abbreviation yⁿ that is struck through.

²⁷ The recipe to prepare the juice, however, does not follow.

quantity, let it lye in itt three nights & 3 days
then bake itt all night with bread, Larding *your*
beef with a pound of fatt Bacon, & *the* marrow
of two Large bones. put *your* beef in a pott *that*
will hold itt laying *the* bones at *the* top, & put
in a pint & half of pump water, after *your*
beef is bak'd take it out from *the* pott & drein i
t from *the* gravy and put it into *the* potts
you design to keep it in breaking it smal
with a spoon, & as you break it put in enough
of it's own fat to ~~keep~~ ^make^ it moist then flat it
145 down even, and as close as you can. When
'tis cold Butter it up for your use. be sure to
pott it hott

To keep the Juice of Elder to
make wine at any time

Pick the Berrys off the stalks, then
put them in a Pot & draw the Juice
in an Oven, then strain off the
Juice but let it run as long as it
will that you do not bruise the Berrys,
then put it into Wide Pans like
Milk Pans, & in a day or Two there
will be on the Top a perfect thick barm,
which you must scum off, then when no
more rises put it into a Bell-Mettle
Kettle, & boyle it & scum it as long as
any rises, after which the Juice
will be as fine as any Wine, then pour
it out into a Pan & when 'tis quite Cold
Bottle it & Cork it but not too Close

To preserve Orange flowers

[146]

Take *the* Largest flowers you can get, and
to a pound of leives take four pounds of
treeble refined Sugar, bruise the leives a
little between a Napkin, and boyle them
in a good deal of water till they are tender,
if the water grow yallow in the boyling
change it for more, which is likewise boyling
hot, then take your sugar and dip it in
fair water, and put it over *the* fire till his
melted, into a syrrop and twill scum

and when tis cold put your flowers, into
it, cover it close and let it stand all night
then boyle all together till the syrrop
is thick and put it into Glasses or pots
you must boyle *the* flowers in silver or
pewter, and very quick, &c.

147 To pickle Walnutts Mrs Mary Hills Way

Take an hundred of *the* Largest french Walnuts
at the beginning of July, before they are hard
shell'd, just scald 'em that *the* first skin may
rub off them, throw them into brine *that* will
bear an Egg, for 9 or 10 days changing them evry
other day & keep them close from the Air *then*
dry 'em & make your pickle of good Vinegar,
black pepper, Ginger, of each one ounce,
cloves, mace, & Nutmeg of each half an ounce
beat the spice with a Large Spoonful of
Musterd Seed, boiling your Spice in *your* pickle
put *your* pickle on *them* boiling hot 3 or 4
times. If you see occasion, be sure to keep
them close Stop'd. A Spoonful of this
pickle is good in any sawce. 3 or 4
cloves of Garlick does well if you do not
dislike the tast. two quarts of Vinegar
to this quantity.

the Queen of hungarys water

[150]²⁸

take two Gallons of the best brandy Ten pound of
Rosemary flowers let them steep in a new well glase^{ed}
e^arthen pot with a cover to it four or five dayes either
in a warme place or in the sun keep it so close stoped
that it loose none of *the* spⁱ^rits and then distill it in a
limbeck *the* head being very close passted on a & as you
draw it of in order write *the* first second and third if you
use it outwardly for baithing it must with *the* strongest=

A receipt to pic^k^le oysters

open *the* quantity that you designe to pickle into a basin
wash *the* oysters in the liquor very well then strain it

²⁸ Pages 148-149 are missing from the manuscript.

through a fine sive or thin cloath put the oysters into
the liquor again seasoning them with whole white peper
& mace according to your taste put them over a very quick
fire and just let them boile up then separate the liquor ^{^from^}
the oysters and put to *the* quantity of a quart three spoonfulls
of Good white wine vinegar and give it a boile or two
over *the* fire then when *the* liquor and oysters both are cold

- 151 put them together adding half a dozen bay leaves
if you finde the liquor too fresh you may add a little
salt according to your taste and pray observe they
wont keep above two months

To pickle musarunes

[152]

Take your musarunes wash and Clean them well
in fair water & salt with a peice of flanel when dun
put them into a pipkin or silver skillett and boyl
them fast up in watter & salt then take *them* out &
and put them into Cold watter till cold then take
them out and lay them upon a Clean Cloath till
dry then to prepare your pickle take good vine vinegar
according to your Quantity of musarunes put into it
mace cloves Ginger black pep^{^p^}er and a nutmeg a
little bay salt & when well boyled let it stand ~~‡~~ till
Cold then your nutmeg will slice also put in your
spice into the musarunes and cover them with your
pickle tye them down close put oyl upon them if
you think fit

- 153 To make Mrs Looks Balsom

Take a pound of *the* leafe barrow Hog Take of
*the*²⁹ skin and beat it well with Rose watter then
Take two ounces of stone Pitch two ounces of
bees waxe a pint of *the* best Oyle Incorporate
these over a soft fire till they be all in one body
Straine it through a cloth then put to it 4 ounces
of oyle of St Johns one dram of spermesity give it
a warm over *the* fire to mixt *them* well put it up ~~un~~
in a pott with two grains of ambergreese /

To make Fritters

²⁹ In the original manuscript, thorn is followed by a crossed-out e, with the superscript e then placed above.

To a Pint of Small beer two Eggs
some Ginger & Salt & make it
into a thin batter with flower
let it Stand Stirring it often a
good while before you make them,
you may Slice your apples or
chop them.

To make wiggs

[154]

Take 7 pound of flower & 6 or 7 eggs & a
pint & halfe of good ale yeast put into the
flower some ginger finely pounded then rub
in the yeast and eggs lightly then make it up
into a light past with 2 pound of butter melted
in some new milk just so hot as to melt the
butter then let it stand covered warm by *the* fire
for halfe a hour to rise then you must werk
in half a *pound* of pouderd suger mixed with one
ounce of caraways seeds /

- 155 Take toddy arack and bath watter
an equal quantity Juice of
orange sweetend with white
suger drinck it hott & tis
amost sovereignn medicin
for the Colick

To make Shrub Mrs Carryl

Take *the* rinds of 10 Lemons very thinly
pared & also the juice strain'd, put both
into 3 quarts of Brandy, & let it stand close
cover'd in ^{^a^} warm place 2 Days, then boile for
half an hour 3 pints of Spring Water; when
so boiled put to it one pound ^{^& quarter^} of double
refin'd sugar, boile it another half hour
& scum it very well, put it hot to *the* Brandy
& Lemons, & let it stand close cover'd about
30 hours, then strain it thro' a jelly Bag &
put it into Bottles, & when it has stood a
fort'night strain it again into pints –

To make *the* red Powder

[156]

Cardus	The roots of Elicampain
Draggons	Gentian
pimpernell	Tormentill of
Scabius or Devills	each a handfull
bitt; of each a handfull	

Slice the roots & shred *the* herbes & steep *them* in a quart of good strong white wine 24 houres or more close cover'd; take a pound of bolearmonak. the cleanest from filth and made into fine powder put itt in a pewter dish & strain as much of *the* wine from ~~the~~ *herbes* herbes as will wett it as thick as a hasty pudding. Sett itt in the Sunn and strirr itt 3 or 4 times a

Day

157 and as it dries put in more till all is strain'd hard from *the* herbes then put in an ounce of Methridate an ounce of harts horn in powder & a dram of Saffron in powder or desolved in a Little of *the* Juce and mix it all well to gether and when itt is pretty stiff make it into balls and dry it in *the* Sunne

A Powder to be given to a woman in Labour.

[158]

Take some grains of parradice and the like quantity of Saffron and so of date stones and ^of Cummine^ as much as all the rest make all into fine powder and if the Labour stops give of this powder 15 graines & 10 graines of Myrrh in powder in caudle or alebury; if it does not do give the same quantity once in two houres; but be sure *the* child come right for 'tis a great forcer & ought not to be given But when there is great Occasion, if *the* after paines trouble her, give her one dose: ~~of this~~ if you would keep this powder by you make it up in balls with harts horn Jelly

159 Dry itt and so itt will keep as
Long as you please

Docter Lowers bitter Infusion

Take filling of Steel two ounces
infused in milk watter one quart
Gentian watter compound 8 ounce's,
wormwood watter compound 6 ounces,
digest itt cold for 16 Days *then* power i
t off from *the* Steel, *then* add to the
Liquor Gentian root half a scruple,
the tops of Century one pugill,
Roman wormwood half a pugill
Cardus Bennedictus seed 2 dram's;
then Digest it again six houres *then*
bottle itt.

Take 6 spoonfulls night &
morning

To make a very good Plumb Cake

[160]

Take seven pound of Flower dried att
the fire: put to it a pound of Lofe Sugar
an ounce of mace and a Little Salt, the
yolks of 30 Eggs *the* whites of 14 well
beaten; 3 pints of yeast, & a Little
orange flower watter a lttle brandy if
you please. & some musk & amber
grece *that* must be steep'd over night then
take a good quart of sweet Creame,
set it on *the* fire; & put in five pound
of butter to melt, put *the* Eggs & yeast
through a hare sive into *the* flower & on
the other side *the* Cream with the butter
that was melted in itt warm; mix alto=
=gather very well like a stiff pudding &
throw a little flower on itt & set itt
to the fire about a quarter of an
hour

162³⁰ hour till you see itt rise then take
12 pound of Corrinths wash'd prick't &
warmed at the fire. work *them* into

³⁰ A page-numbering error occurs in the manuscript; the number "161" is missing, and now even numbers appear on verso pages again.

the Cake pritty quick with some Cittron
and Orange peel if you please then
butter *your* hoop and power itt in,
Set itt in a quick oven and bake itt
about an hour.

To make an orange Tourt or Puding

Take a Cevill orange peel: boyle it
very tender then scrape out all *the*
skinns *then* put it in a marble mortar
with half a pound of Butter & half
a pound of Double refin'd Sugar;
beat *them* well together till itt be Like
a past: *then* grate in almost two Naples
Bisketts & take *the* yolks of 7 Eggs.
the whites of 5 & a very little Cream
beat them well & put altogether with
the juice of an orange and orange
flower watter to bake itt half an
hour with puff past crust under and
over itt roll'd very thinn.
Let not *your* oven be too hott.

[163]

A Receipt for a Cough.

Take 4 quarts of Spring watter, 2 quarts
of bran; a thick marsh mallow Leaf root
2 ounces of green Liquorish; boyle these
to two quarts strain it & sett itt on
the fire again; To every quart of this
Liquor put a pound of double refin'd
Sugar; a pound of malago reasons
& an ounce and half of Cinamon
Let itt boyle very Slowly a quarter of
an hour; then strain itt again & Drink
of this every night after *the* person is
in bed; a Tea dish full made ^prety^ hott and
as much in *the* morning before they
rise

164

To Cure a Flux infaliably

A handfull of Oak bark 2 sheets
of the whitest paper about of an
ounce of Double refin'd sugar boyl'd

in a pint of spring watter then
strain it and put a Large wine glass
full of right french Clarret and
give a glass of it 3 or 4 times a
Day.

To Cure Deafness

Essence of Castor dropt 2 or 3 drops
into the ear and *then* put a Little
wool to be had in Devonshire street
at the Golden head.

To Make Spanish Pap

[165]

Take Three spoonfulls of fine rice
flower ~~to~~ ^4^ yolks of Eggs 6 spoonfulls
of Sugar Two of Orange flower watter
mix these Together & put them
into a quart of Cream & set them
on *the* fire stirring of itt till itt
comes to ^a^ reasonable thickness then
put them into cups or glasses.

166 To make Goosberry wine

Take 12 pound of green goosberry's as
they are ready to turn and beat them
in a mortar; then to every twelve pound
of goosberry's put a gallon of rain water
let it stand all night then strain it
out and to every gallon of water put
4 pound & half of ten penny Sugar
& let it stand another night and then
let it run through a Flannel bagg and
then put it into your vessel & to every
ten gallons put a quarter of an ounce
of Issinglass cut small into your Vessel
when it is fine Bottle it.

A receipt to cure any Infi~~r~~^la^mation or
Sweling In the Mouth or throat

[166b³¹]

³¹ There is a pagination issue here, as two consecutive verso pages are numbered 166 and 167.

To make the mouth water

Take of	Rose mary Red Sage Plantan Leaves & roots together Egrimony Alehoofe Scabius Sinfield Wood bine Leaves Bramble Leaves Cullobine Leaves Ground Ivy Leaves Horstale Issope	} }	each of these 1 handfull or <i>the</i> like quantity of each & lett them be Clean wash'd in Conduitt or spring watter – thro' 3 waters Then put them in a new Earthen Pipkin which you must keep one porpose for this use & put as much conduitt or spring watter to them as will just cover them, & boyle <i>them</i> upon a moderate fire about 5 hours
---------	---	-----	---

167

Then take the herbs Clean from *the* water and take of the best Hony 1 pound to each Gallon & one quart of water wine measure of *the* best Common Allum to Each Gallon 1 ounce Then put it upon a soft fire about a quarter of an hour Then strain it Thro' a Close hair Cive into an earthen pan or steen and lett it stand twelve hours untill it settles or becomes fine, Then you may eather draw it of from the Lee in a steen or into Bottles for you use Keep it alwais well stopt

To use the several things here mentioned
Take this Method

Take four or five spoonfulls more or less as The Malady may require it about blood warm then take a fine bit of a linen rag & drip it in the water lapp it upon the end of one of your fingers and put as much of *the* powder as will lie upon itt then goe tenderly & touch the place agrieved as near as you posibly can & shake of *the* powder upon itt & then take a Serringe full of *the* water & force itt as strongly as you Can to *the* place agriev'd and let the party Hold it in there

[168]

mouth, and gargle it upon the place then
 spitt it out into a bason this doe three or
 four times together then let them wash there
 mouth very well with the water after it
 then take a ~~linen~~ Peice of fine flanel
 not new and dipp itt in some of *the* oyntment
 very warm^{^^32} as possibly the agrieved person can
 suffer itt & bath *the* out side of *the* place
 agrieved very well then take your flanel
 & wring itt preety dry & pin itt under
 the chin & keep the place very warm
 then aply the Plaister as derected and
 lett the party Eat a porringer of white
 bread & milk sweetned with double refine
 sugar & put a good peice of fresh butter
 in itt then goe to bed and ~~ley~~ lay the head
 prity high & lay upon the side least agriev'd
 Take care your bare hand or finger doe not
 touch *the* place agrieved either inside or out
 side

169 To make the powder

Take one ounce of the best white sugar
 Candy of ordinary allum halfe an
 ounce Burn'd and as much Bolearmorick
 as will just couler it red & beat
 them together to a fine powder
 then Cift them through a fine
 Cive & soe use it Keep it dry
 in a box or Gally pot Close
 cover'd

Observe, The water & powder are suffitient
 to cure any sore mouth or gumms
 or any inflamation in the throate
 where no impostumation does apear
 but if your throat mouth or gummes be
 swelld or impostumated it will require
the use of *the* plaister and oyntment
 following

To make the Plaister

[170]

³² The meaning of the small cross above this word is unknown.

Take Two ounces of cumminseed bruse
them very well in a glass mortar
& put one handfull of *the* finest
Rye flower you can gett to *the* seed
then mingle them together with the
best white wine vinegar untill itt
be like a paste then spread itt
between a sheet of halfe pound
brown paper for each plaister (make *them*
both of a size proportianable to *the*
persons head *who* is to use them) Then
bake them in a fire shovel untill
they are pritty dry & put one of them
to *the* Gnape of *the* neck and the other
to the mold of *the* head & binde them
on with a fillet that they may not
remove.

171 To make the oyntement

Take A quarter of a pint of *the*
best oyle of olives or Sweet
oyle, one fowrth part of a Rolle
of Diacalum Slice itt very thin
& put itt to the oyle then Lett
itt upon a soft fire untill the
Diacalum be melted & put itt
in an Earthen vesel to keep for
use.

Mrs Badge's Plaister

[180]³³

Take ^{of} the best white Rosin you can get one pound
beat *your* Rosin & to a pound you must take 3
ounces of the best yellow bees-wax Slice it into
Just as much sallad oyl as will melt itt. When 'tis
melted put in *your* Rosin and *then* put in two ounces
of Common Black pitch Syber it together 'till
'tis all disolv'd *then* make it up in Roles for *your*
use

To Make french Bread

Make your milk a little warmer than new milk

³³ Pages 172-179 are missing from the manuscript.

to 3 pound of flower half a pint of ale yeast, a very little salt. mix these together not very stiff when it begins to rise put it into little wooden dishes & let it rise in the dishes when *the* Oven is ready (which must be pretty quick) Turn *them* upon *the* peal *the* bottom's upwards. & set *them* not too close in the oven. When bak'd rasp or grate of *the* out-sides. flow'r the Dishes well before you put *the* Bread into Them

181

To make Black Currant Wine

You must boile *your* Water & Sugar toge-
=ther a good while till you have scum'd it
that it looks very clear. then pour it boiling
hot upon *your* Currants and let itt stand
'till you think it of a good Colour *then* pour
itt off without pressing the berries much. And
tun itt up. If you find itt don't work of it's self
in a week's time or such a mater bung it up
close. When 'tis fine and *the* sweetness pretty
much Lost bottle itt off. to each gallon of
water. two pound & half of sugar. and about
<-> ^2^ quarts of Currants. You must not bruise
them.

To make a potato puding

Take 2 pound of potatos & boyle tender then beate them in
a stone mortar with 3 quarters of a pound of butter till they
are well mixt then add a quarter of a pinte of Sack a
little Cinamon & 8 eggs half an hour will bake itt

To Make Puding for a Hare
or Stuffing For Veel.³⁴

[182]

Take to a penny whit Lofe a quarter of
a pound of beefe Suet or if you please
half bacon Shred them very fine a little
Spinage winter Savory & time a little
onion or Shalot Shred fine mix all these
to geather in a dish Season it with
peper & Salt then Slice in *the* bread &
pore in as much boyling milk as will
make it pretty moyst cover it Close &

³⁴ This line has been added in pencil.

lett it Stand till it is almost Cold &
then brake in two Eggs & beat it very
well together /

183

To make plum porige

Take a large leg of Beef & Cragg
off mutton to 4 gallons of water a litle
salt in the boyling when the meat is
boyl'd to rags strain it off & sett it by
till it is cold. the take off all the fatt
& sett it over the fire & putt into it
the quantetty of 3 penny white loafes
gratted & lett it boyle halfe an hour
then put in 2 pound of Currants *that* are
plumped in watter & when they have bin
in a quarter of an hour put in 4 pou'd
of reasons *when* they are halfe boyled put in
2 *pound* of pruments & a handfull of salt then take
2 *pound* of suger 1 quart of red wine 1 pint of sack
1 ounce of cinamon 1 nutmeg halfe a quarter
of an ounce of mace 12 or 14 cloves
& a litle Jemeca peper Beat & sift
all this spice & mingle it with *your*
wine & suger give it but one boyle
before you use it

[183b]³⁵

To make minced pyes

To a pound of neats tongs take
^one^ 2 *pound* & halfe of beef suett a pound of
Currants & halfe a pound of stoned
reasons Cutt small one quarter of a *pound*
of pruments cut also; halfe an ounce of
cinamon halfe a nutmeg 4 or 5 blades
of mace 7 or 8 cloves & alitle Jemeca
peper beat & sift all this spice take ~~fore~~
4 ounces of ^candid^ orange peale 2 of candid
citron 2 of canded lemon peale *the* rine
of a fresh lemon shred very fine 5 or 6
pipins halfe a pint of sack verjuice & a very
litle suger

³⁵ There is a pagination issue here, as two consecutive verso pages are numbered 183 and 184.

The Milk Cordial Water

Take a Gallon of red Cows milk in the month of may
and distill it in a cold still, then take the water of the milk
so distill'd & add to it sixty snails bruised shells and all. also
one handfull of bettony & as much scabius, Houndstongue, Liverwort
clary & baume & eringo roots Five Grains of leaf Gold a quarter
of an ounce of Alkarmes the Gelly that is ~~betwixt~~³⁶ betwixt *the* foot
& leg of beef, one handfull of Dates one handfull of prunellos
4 ounces of Double refin'd Sugar Then distill it altogether.
Drink six spoonfulls at a time first & last

The Plague Water

Take of Sage, Salendine, Rosemary, Rue Wormwood
Mugworth Pimpernell Dragons Scabius Egrimony Baume,
Scordium Centory Cardus Bettony Rosasolis of each a good
handfull, Angelica-roots, Benjamin = roots, Turmindall Ledoary
Liquoras, of each half an ounce slice the roots & wash the
Herbs & dry them then chop them & put *them* all together into
8 pints of white-wine if *your* wine be small put 20 to it & steep
them in it Two Days & Nights close stopt then put it into an
ordinary Still, & so Distill it

To Make Queen Cakes

[185]

One pound of Butter, one pound of
flower, one pound of Sugar; you must
beat the ~~Beat~~ Butter and Orange
flower Water half an hour, then put
the yolks of six eggs and beat it
together, then stir *your* sugar and flower
and Butter well together, then add the
white of an Egge thereto, and set it
into the Oven, but not too hot— To this
Quantity a *quarter* of an ounce of mace. sift
some double refin'd Sugar over them just
before you put 'em into the Oven

To Make Elder Wine

Take 20 *pound* of Malago Raisons, quick rub & Chop them;
put to *them* 5 Gallons of water, let *them* stand 10 day's, then

³⁶ There does not seem to be a difference between the crossed-out word and the following word, although the x in the former is muddled.

strain *the* Liquor from *them* and put into it 2 quarts of the juice of Elders[^]=[^]berries *that* are full ripe, having been infused in hot water in a jugg or baked in an Oven, when it is Cold put it into *the* Liquor, stirring it 'till it is well mixt then strain it put it <----> in *your* Barrell & let it stand 6 weekes before you bottle it, put into each Bottle a little Loaf Sugar

To preserve Mulberries

To a pint of Mullberries, you must have, two pound of Loaf Sugar *which* you must dip in water, & make a thin syr^r^o^pe, when you have Scum'd it, put in *your* Mullberries which you must only scald, and set them by in the Syrope, 'till next day, & then boile 'em Moderatly and set them by for *your* uses

To Make a Cake

[187]

Take six pound of flower, six pound of Currants, 2 pound of Butter, 20 Eggs & use but 8 of *the* whites of em' one pound of sugar a pint & half of new yest, Cinamon; Nutmegs & mace of each a *quarter* of an ounce, a quart of Cream *which* when ready to boile take off *the* fire & slice *the* butter into itt. & stirr it together, let it stand 'till it be not scalding hott, *then* mingle *your* flower spices sugar & Currants (being wash'd & dry'd) together then put them all of ^a heap Cross *the* middle of *your* pan. beat *your* Eggs well & mingle them with *the* yest, & strain them & pour 'em on one side and *the* Cream on the Other side of *the* flower & mingle all well together. Then double a sheet of white paper 12 inches deep.

Sow

188 it in what Compass you please with white-
-brown paper at bottom & butter *the* paper when
your oven is hot to *the* degree of baking
penny bread put *your* Cake into *your* paper case
pretty thinn for 'twill rise very much, cover it
with paper that it be not Colour'd too much
Let it stand an hour in the oven

To make Andules

[189]

A Calves Chaldron ꝑ Boil'd, when cold mince

it fine, Take the like quantity of lean pig meat, mince that also, to four pounds of *the* minced meat put near a pound of Bacon fat cut to *the* bigness of Barley Corns, if you put any Leaf fat, let it be cut to *the* size of smal Dice, mix that with the minc'd meat, to 5 pounds of *the* meat, put 10 Eggs well beaten, You may put in half a pint of good milk, Season it with Salt, peper, cloves, Nutmeg, & a little Coriander Seed, some Marjorum Thyme, parsley, & onion, or Shallot, Season'd to the palate, Stuff your meat into Beviors ropes cut them in lengths at Discretion. Boyle 'em as you do Hogs puddings, they will keep good a month at least, Broile or fry them when they are to be sent to Table

190

To make Shrubb

Pare 12 Lemons very thin and pull off the White rinds; slice them but not through; put ~~to~~ them with the peals into 4 quarts of Brandy, let them stand three Days cover'd close, put to them a pound & half of Double refin'd Sugar, then take out the Peels and Squeeze the Lemons, *then* put in half a pint of milk and let it stand one night, after which add two quarts of french white wine; Strain the whole *through* a jelly Bagg 'till 'tis fine, then Bottle it

To make Syrrup of Jilly flowers

Take the quantity of Jilly flowers you design to do, when you have cut them, put as much boiling spring water as will wet 'em, let 'em stand close cover'd 24 hours; to a quart of tincture put a pint of sack, *then* squeeze the tincture from the flowers, & to a pint put two pound of single refin'd loaf sugar, melt the Sugar *enough* to raise the scum, let it ~~stand~~ Simber but not boile; when it's cold bottle ^{^it^} for use.

To make Orange Chees-cakes.

[191]

Take half a pound of sweet almonds, blanch'd, & beaten fine with orange flower Watter, half a pound of sugar sifted, 3 quarters of a pound of Melted Butter, Let it stand 'till 'tis almost cold, eight Eggs (leave out 4 of the whites) beaten. Boyle the peel of a Large Orange

very tender in quarters, shifting the Water 2 or 3 times.
Beat it fine in a stone mortar, mix them very well
together, make *your* past light, and smal, fill them pretty
full, Lemon peel do's almost as well

To make Lemon Wine

Take 12 quarts of water & 4 pound of Sugar, boile it
and Scum it 'till it be clear then put in the Peels of 7 or 8
Lemons & boyle 'em in it about a quarter of an hour,
take it off, and put it into an Earthen pott & let it stand
'till 'tis cold, then take the white part of the Lemons off &
slice them into it in very thin slices. & put in a pint of the
Best Brandy, work it as you do other wine, & tun it up
let it stand in the Vessel a month then bottle it off.

192

To make white Elder Wine

Take 20 pound of Malaga Raisins, Pick'd, & Chop't
boile 8 Gallons of Water, let it stand a while, put
it to the Raisins, with 4 ounces of white Elder Blossoms
the juice & rind of 3 Large Lemons, let it stand 9 Days
stirring it every Day, then strain it *through* a hair
Seive, & put to it 4 pounds of single refin'd Sugar
Stirr it well together, & Barrel it up, let it Stand
2 months, & bottle it when 'tis fine.

To Scower Pewter

Take half a peck of Wood Ashes & half
a peck of Lime a little slack'd, put
them into seven gallons of soft Water
& let it boile one hour stirring it
often; Let it stand 'till Cold, then pour
it off clear & Bottle it for use
You may use it hot or cold.

Palsie Water

[193]

Take Sage, Rosemary, Betany flowers Lilly of the
Valley flowers Single Piony flowers, Burridge & Buglos
flowers, Spike flowers, Orange flowers, of each quart;
put 'em into a Large Glass and put to them of Aqua-Vitæ
enough to cover 'em, stop it close, and tie it down fast with
a Bladder wet in water, then put in as many Lavender
flowers (Stript from the Stalk) as will fill a Large Gallon

Glass, & put in more Aqua Vitæ, let all these stand 6 weeks, then distill it carefully in an Alimbeck then put to this water Citron Peels dry'd, Piony Seeds hull'd, of each 6 Drachms, *then* put in Cinamon bruise'd, Cardimums, Cubells, Nutmegs, Yellow Sanders, each half an Ounce Lignum Aloes one Drachm, make these into powder put them into the Water Jujubes new and good Cut small half a pound *then* stop the Glass & cork it well as before let it stand 6 weeks *then* press out the Liquor, *then* put to it prepared pearl, Smarages, Musk & Saffron; of each 10 grains, amber greese a Scruple, Red Rose Leaves dry'd red & yellow Sanders, each an ounce, hang all this in a Sarcenet Bag in *the* water never to be taken out 'till the water is spent. Give 40 Drops to a man; 30 to a woman in Crumbs of Bread & Sugar Especially against the new, full, & Change of the Moon.

194 To make snaile Water; for a Consumption

Take the chips of^r oranges & Lemons, of each 2 ounces of Ground Ivy 10 handfulls, Hyssop, & Coltsfoot 6 handfulls of each Nutmegs beaten, an ounce & half, ^a peck[^] Snailles wash'd in whitte Wine & broken in a quart Let them be sprinkl'd with a quart of Canary, & let them stand 12 hours, & after add to them of New Milk 12 pints, Distill them in a rose still, take 7 spoonfulls of *the* distill'd milk, & *the* ^{like}³⁷ quantity of new milk, Morning & at the hour of rest, & every 4 hours, & when you do not use new milk, Sweeten it with a Spoonfull of the following surrup.

To make Surrup of Snailles

Take a quart of 3 pints of white Snailles with the Shells, wipe them very clean, & put them in an Earthen pott, with a Laying of Fennel at the Bottom, & upon that, a Laying of Snailles, & so between every Laying of Snailles, a Laying of Fennell, then cover them

over

with Fennell, this being done in the Evening, Let them stand all night, and in the morning wipe them one by one, and prick them, & fill them up, the Shells with the Snailles with double refin'd Sugar, of^r³⁸ white Sugar Candy finely beaten. then put them in a clean

[195]

³⁷ This insertion is in different ink than that used for the rest of the recipe.

³⁸ The correction is made in another ink.

strainer, Laid an hour before in red rose water, then hang it upon a Gally pott, *that* the juice of the Snailes with the Liquor may drop into it, then put up that Syrrup into a close glass, and take a Spoonfull of it, in the morⁿing,³⁹ & as much at night when you go to Bed, you must cover the pott close, when you Lay the Snailes with the fennel, Laying a weight upon it, Least the Snailes get out

To make Lemon wine

Take 12 quarts of water, & 4 pound of Sugar, boile it & scum it 'till it be clear, *then* put in *the* peels of 7 or 8 Lemons & boyle *them* in it about a quarter of an hour, take it off & put it into an Earthen pott, & let it stand 'till cold. Then take *the* white part of *the* Lemons off & Slice 'em into it, in very thinn Slices, and put in a pint of *the* best Brandy; work it it as other wine, & tun it, Let it Stand a Month in the Vessell & Bottle itt

196

To make Cinamon Water

Take a quarter of a pound of Cinamon, break it small into 3 quarts of Water, over night, stopping the Vessell close you put it in. on the morrow put it into a still *the* half of it, & as near as you can guess, unless your still be Large, if so you may draw it at once then pour over it 2 quarts of the best Brandy & 2 quarts of your Lees of white wine, Still it very gently, a very ~~Sm~~ Smal Quantity of fine Sugar put into the Bottles that receives it is enough, for 'tis apt in it self to be sweet, your water will be Strong enough, if you draw a Gallon from *your* Still, and draw one quart of Smal by it Self, which is very good for uses; ^{^where^} the Strong cannot be used. Five quarts in all

To make French Bread Lady Lansdowns

[201]⁴⁰

Take a peck of flower, make a hole in the flower & pour in a pint of milk blood warm, stir it very thin, put then to it half a pint of milk, & half a pint of yeast, *then* mix them together thin & cover it thin with flower, then let it rise a *quarter* of an hour, then take as much milk as will mix it all, then add half a handfull of salt

³⁹ The inserted n is in a different ink than the rest of the recipe.

⁴⁰ Pages 197-200 are missing from the manuscript.

& a quarter of a pound of Butter melted int the milk both. Mix itt together not too Stiff, & lap it up in a warm cloth, then make it up in roles and let it stand a quarter of an hour, and put it into the Oven imediatly

To make an Apple pudding

Take ten apples, scald *them* & make them into paps, then take *the* yolks of 8 Eggs, & two ~~spoonfulls of~~ whites, *the* crumb of a penny Loaf, one nutmeg grated, half a pound of Butter melted, the Eggs must be well beaten & strain'd through a sieve, put in a spoonfull of orange flower water (or sack), then mix 'em very well together, & sweeten it to *your* tast, let the dish be well butter'd before you put in *your* pudding then put it in the oven, being moderately hott, & let it stand a quarter of an hour

add a little grated lemon peel & if the apples are mellow some of the Juice⁴¹

202 To make Shrewsbury Cakes

Four pound of flower: two pound of sugar, both dry'd & sifted one pound and half of new butter, *the* Salt & butter milk clean wash'd out, rub it in the flower & sugar, 'till it all Looks like grated bread: then with 2 spoonfulls of rose water (in which was) a nutmeg Sliced & Steep'd all night) & 6 spoonfulls of fair Water make it up into a past: flat & role them out into what bigness you please, but not too thick, the Oven must not be too hot

The past for cheescakes or tarts

A pound of flower, a pound of butter, rub the butter into the flower, & beat 3 Eggs and wet it with them.

Nuns Biskett

Take 1 pound of beaten Sugar $\frac{1}{2}$ a pound of beaten and blanched Almonds, 6 Eggs, beat all these together 'till it's very white, then put in a quarter of a pound dryed flower, the rinds of two lemons grated or shred. bake them in such pans as you doe nape Biskett, sift Sugar over them. you may put candyed orange or Citron

⁴¹ This last line is written in different ink than the rest of the recipe.

sliced thin into them if you please.

To make a pleasant Bitter

[203]

To 1 quart of brandy take the Peels of 1 doz Oranges
& 1 oz Gentian let it Steep for 3 weeks.
Then put in a little Safron & Cochoneal let that
lye 3 weeks & then filter it off

For Worms in Man Woman or
Child

Two Drachms of Rhubarb, 2 of Burtnt
Hartshorn, ~~one~~ ^one^ of Worm-seed, put them
in a plane muslin bag, & steep these
in a Quart of small-Beere twenty four
Hours. give three or four spoonfulls fasting
in *the* morning, & at four, after noon, fasting
an hour after.

Probatum Est:

204

To make Short Paist Without Butter

Bake your flower first, then take a quart of
it & the yoalks of three Eggs & a pint of Cream
two ounces of fine sugar & a little salt, soe
make it into paist.

Walnut water or the Water of Life

Take green walnuts the beginning of June
beat them in a mortar, & distill them in an
ordinary still. keep that water by it self.
Then about midsummer gather more and
distill them as before, which alsoe keep by
it self. Then take a quart of each & mix
them together & distill them in a Glass-still
& keep it for your life.

The Virtues of this Water are as follows
good for dropsies & palsies drank with wine fasting,
one drop in *the* eye cures sore Eyes, it help Conception
drinck there of one spoonfull at a time in a glas of wine
once a day. good to wash *the* face with, Good for all
infermitys of *the* Body, drives out all corruption of
inward bruises, dranck moderatly with wine, kills
worms in *the* body, drinck much of it you shall live

till *the* world is weary of you. it recovers soure
wine in four days clos'd stopp'd

A Drink for *the* Ricketts

[205]

Take 6 or 7 Leaves of Hartstongue, of Liverwort and of Hy=
sop, wild yarrow, wood betony, Coltsfoot, Plantane, Egrimony, violet
leaves, strawbery leaves, Maiden hair, alehoof, of each of these
a handfull, Liquorish an ounce, anyseeds a spoonfull, currans a
quarter of a pound, 4 lent figgs sliced, 2 dates stoned, Raisons of
the sun ston'd a handfull; boyle all these in 3 quarts of running
water, 'till it comes to a quart, strain it off & put into it
an ounce of brown Sugar Candy & give *the* child 3 or 4
spoonfulls of it every day at 4 in *the* after noon & at
night

Oyntment for *the* Ricketts

Take Camomile, Featherfew, Rosemary, Lavender, Southern Wood, Bay=
Leaves, Rue, Hysop, Thyme & Alehoof, Then take a pound of unwash'd
butter boyl it skym it clean, *the* take of each of *the* aforesd herbs a
handfull, chop *them* very smal & boyl *them* in *the* butter half a quarter
of an hour, *then* strain it off & anoynt *the* child with it morning
& night for 3 weeks or a month together on *the* breast and
backbone & rub it well in before *the* fire, opening *the* breast
with both hands as you do it.

The drink is to be took at *the* time
you use *the* oyntment which is to be
made with may butter & used spring &
fall.

205

206

To make syrop of Violetts

Take three quarts ^of^ violetts: put a full pint of boiling
water, which must be kept close cover'd twenty
four hours. then strain it off & put your pint of
tincture cold upon 2 U of double refin'd sugar
finely beten; stir it often in a day: & in a weeks
time the sugar will be disolv'd the violetts must
be pick'd the leaves from *the* green: & *the* heel of
the violetts must be put to the leaves end

To make clouted cream

Take a gallone & half of new milk⁴² sett it on a clear fire & lett it boil then put in one quart of sweet cream & stir it about a little while over *the* fire, then pour it into two or three pans and cover it till the next morning then take it of carefully with a skimmer & put it into a dish one upon another, some eat it with sack & sugar but I think it excellent with aple pasty.

A Reci'p for black Cherry water

[207]

Take 12 pounds of black cheryes clean pick'd from the stalks bruse *them* in a stone mortar then put them in a earthen pan & pour upon *them* 2 quarts of *the* best Canary & 1 quart of *the* best french Brandy Distill this in a cold still with a clear fire keeping a wett cloth on *the* top of *the* still from this quantity you may draw 6[^] quarts of very good water

208

A Recept for hams of Bacon

x⁴³

Take a peck of spanish salt four ounces of peter salt and five pound of the bronest suger you can gett put all these into as much water as will beare an egg to the breadth of six pence the pickle must not be boild, put in your hams lett them ly three weekes in the pickle which will, keep a quarter of a year when you find it begins to decay then you must boil it and scum it and this will be fitt againe to put in fresh hams when you take them out of the pickle dry them well with a cloth and rub them over with any kind of fatt then hang them up and make a fire with sawe dust or muck of the stable: to dry them do not let them hang to long in the chimney. if you do beef thus it is admirable to eat fried or broiled as your rasures of bacon, to make dutch beefe they must be leane peeces but the other must be fatt, this pickle is

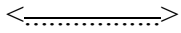
[209]

⁴² Beginning with "milk," the rest of this recipe is written in a new hand.

⁴³ The meaning of this x in the original manuscript is uncertain, but it might have been added after the recipe was written out and tried.

very good to salt tongues this quantity of
pickle will cover 4 hams and 5 or 6 tongues
beat the salt peter very fine before you put it
in:

To make a very good cake



Take a bare peck of flower 6 *pounds* of currats
half an ounce of mace, half an ounce of cinamon
a quarter of an ounce ^{^of^} cloves as much nutmegh
half a *pound* of ^{^fine^} sugar & as much rose water as
you please beat your spice, & put that & your
fruit with a lettel salt into your flower, then
take cream or new milk as ^{^much^} you think fitt
dissolve tharein 2 pound of fresh buter

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210⁴⁴

then put it in a basin with the sugar & a
pint of sack knead it with with a pint of
Ale yest till it rise under your hand let
all things be ready & your oven hot
before you go to knead the cake,
 half this quantity
 makes a larg cake

To make clouted Cream.

Take a Gallon and a half of new milk,
set it on a clear fire, and let it boy'l,
Then put in one quart of Sweet Cream,
and stir it about a litle while over the
fire, then poure it out into 2 or 3 pan's,
and cover it til the next morning, then
take it of carefully with a skimmer, and put
it into your dish one upon another, Some
eat it with wine and Sugar.

[211]

The Head Pills. Mrs Capels *Receipt*

Take of the roots of round Birthworth,
Gentian, Ditanum, Amber, white wax,

⁴⁴ Although the correct page number is written below the incorrect page number, the incorrect one is not crossed out.

venice turpentine, Myrrh, Chalk of each a pound, Methridate three drams, 2 ounces of Aloes, & as much Syrrup of Marsh Mallos as will make it into Pills. Take three – 4 – or 5 of them goeing to bed, and breakfast of gruel the next morning.

212 These pils, are good for any pains or disorders in the head, Cholick in the Stomack, any sharp or Cancerous humour Rheumatick pains, stone, gravel, or ulcers in the Kidney's, the Gout, worms in children, and has often cured the green sickness when steels would not, it is also good for Mellancholy, & causes Sleep, and may be taken 2 or 3 times a week as you se occosion. and requires no confinement.

To Make Red Powder
Mrs Salvages Way

Take three pints of white wine, & put to it of Tormentill roots, Angelica, Pimpernell, Dragon and Carduus of each one handfull, shred them small before you put them into the wine, let them infuse 12 hours, then take a pound of the best Bole Almanack then pour upon it so much of the wine as will make it as thin as Batter, and let it into the Sun to dry, stirring it every hour; when it is dry wet it again till itt hath soaked up all the wine: at the last wetting put to it Methridate, Diascordium, powder of Elecampane, Burnt Harts horn, and Crabs eyes, of each one ounce, Saffron and prepair'd pearl of each three drams let it Stand in the Sun till it is stif enough to make into Balls, and then make them up, and let them dry in *the* sun if the sun be not hot enough you may dry them in a stove.

[213]

You may ad to it two drams of powder of Virginia snake weed root.

Blanch & beat half a pound of Almonds
 as small as possible with as much orang:
 flower water as will keep 'em from oyling
 then put to 'em half a pound of fine
 sugar three quarters of a pound of melted
 butter and ^x 8 eggs mix & beat 'em all well together x^ bake 'em in a quick Oven in
 patty pans In past made with flower. &
 butter if you beat *the whites of the Eeggs*
 all to froth by them selves twill be *the*
 better & grind the Almonds as you doe
 mustard thay will be finer then thay
 can be pounded

Yow must put but half a
 pound of Butter, and strain the
 butter thro' a sive, & put the
 Eggs the last thing when the
 Butter begins to grow Cool.⁴⁵

Bake 2 spoonfulls of Barley & a quart
 of watter the barly must be boyled In 3 waters
 And the 3ed water must be put to the <....>
 Almonds. To a pound of Almonds 4 quarts
 of water The almonds must be Blancht
 and beaten very well with Oringe-
 flower water, then put the Barly water
 to the Almonds Mix it well to gather
 and strain it, put it into bottles & into
 each bottle a Littele Sugar

Take one pound of clipt flowers and as
 much juice of Lemons as will wett 'em very well
 than take three *pound* of Sugar dipt in water, & boyled
 to a Syrrop, you must Press out the Liquor of *the*
 flowers hard & pour it into the syrrop upon The
 fire stir just once about with your spoon & take
 it off speedily, 12 Lemons comonly makes 2 quarts –

⁴⁵ This last line is added in another hand, in pencil.

To make a Whipt Pudding

Whip the whites of ten Eggs, beat extreamly and mix some flower & cream or milk with *the* eggs a little Salt & either Butter or Marrow bake it and it hott

To make Calves foot Jelly

Take 2 feet, 2 ounces of Hartshorn, & boyle it in four quarts of water & boyle it till comes to two quarts, then pour it out & let it stand till 'tis cold then scum off all the fatt on the top and take away all the dross of the Bottom then mix with it one pint of white wine or Rhenish wine, the juice

To make the Divine Oyntment

[233]⁴⁶

Take 22 ounces of Ox Marrow, well clean'd from strings or bones, steep it ten days together in spring-water, shifting the water twice a day. then take it out of the spring water, and steep it in Rose-water four & twenty hours, then take it out & put it into a fine linning cloath & hang it up to drain the water from it. afterwards get Benjamin, Storax, Cyprus and Florence orris-roots of each one ounce Cinamon half an ounce, Cloves & nutmegs of each one drachm, all which must be well beaten & powder'd, then mix in the marrow with a spoon, afterwards put it into a pott of two quarts, which must be well clos'd with a linning cloath, & flower with the whites of Eggs that *the* steam may not goe out. put *the* pott into a kettle of water which must boile three hours together with a moderate ~~heat~~ fire, reckning from *the* time it begins to boil, you must have another kettle of water boiling to fill the other as it waists, alway keep=
=ing water up to the neck of the pott, after three hours boiling take it from *the* fire & strain it thro a fine linning cloath, & put it into potts.

234

To drye artichoake bottoms

⁴⁶ Pages 217-232 are missing from the manuscript.

Boyle them as usually till *the* leves take well from *the* bottome on some flat thing & put them soe into an oven, after things ar drawn out of it when it is to be sposed it is allmost cold that thay may be but just dry keeping their green Colour

Syrrop of Elder

Put the Berrys into a Jugg & Stop it close. then put it into a kettle of water & let it simmer over the fire till all the Juice is drawn ofut, & to a pint of Liquor Put a pound & $\frac{3}{4}$ of sugar, & boyle it to a syrrop

To scow'r Irons

Take wet Sand, scow'r your Bars with it, then wipe 'em dry with a linnen Cloth, afterwards rub 'em with Woollen.

Mrs Berkers Receipt To Make a Seed Cake

[235]

Take a pound of Butter, wash it in Rose Water, then work it with your hand till 'tis as thin as Cream, then take a pound of flower well Dry'd, and a pound of double refin'd Sugar finely beaten Two ounces of Carraway Seeds, three thimbles full of pounded mace, mix all the dry things together and put them by degrees into the Butter then mix them well together then beat 9 Eggs, half the Whites, and 3 or four Spoonfulls of Sack Put these into the other Ingrndients, beat it all well with your hands, having your oven ready put *your* Cake into the hoop and have a double paper Butter'd to put over it if there is Occasion

One hour will bake it.

236 Mr Hugh's blist'ring plaister

Take Burgundy pitch Eight ounces, Venice Turpentine & Cantharidis finely powder of each two ounces and a half; Mix these ingredients Well together over a gentle fire, little or much of this may be made, by abating or

encreasing the Ingredients proportionably.

To make a Perfume

Put into four ounces of spirit of wine (that will burn all up) two scruples of Ambergrece, & one scruple of musk, tye them in a rag with a bit of lead to make 'em sink hang it in the middle of the spirit of wine & set the glase in hot water till *the* spirit has desolved the musk & Ambergrece, stop the glase with a cork stoped with hard wax or dip *the* cork in hard wax – a drop of this will perfume a quart of any Liquor

To pott Salmon

[237]

Take a whole Salmon, and Splitt it, and wash it very clean, and scrape out the blood *that* is settled at the back bone, then cut it into severall pieces, then season it with cloves mace, Jamaica pepper, black pepper, and Salt to *your* discretion. Then put it into a pot close down, and cover'd with butter on *the* top and a Layer of butter at *the* bottome, when it comes out of the Oven, bone it, and let it stand to drain the Gravy from it, When *the* Salmon is drein'd & cold, then press it, or, pound it, If you think it not season'd *enough* add more in the potting of it, of all sorts the butter that is baked *with* it will go a towards covering it.

If you pot it in pieces it requires more Seasoning

238

A Receipt for the Dropsie

Take of Sena	6 ounces
Polipodium Roots	6 ounces
Bay berries	4 ounces
Annis=seeds	3 ounces
Ash keys	3 ounces
Sasafras	2 ounces
Bind Weed	2 ounces
Rubarb	4 Drachms<.>

Bind Wheat, (Alias) Wave Wind, one handfull.

Bruise all *your* Ingredients & put 'em all into a bag, and let 'em hang in 4 Gallons of Ale 7 Days

It must be drank as *Common* Beer 'till Well:

The Same Ingredients will Serve twice, & be very good the Second time If you *immediately* put *the* Same quantity

of New Ale, and let it stand 7 Days as before directed, and Drink it as before Directed

Lady Katharine Windham's Receipt.
Powder for Convulsion fitts

[239]

Take *the* Herb call'd Lady's Smock Strip the Blossome clean from the Stalk & dry *the* Large Green Stalks by themselves, & *the* Blossoms by themselves, then mix 'em and powder 'em & sift it through a fine Sive, Give to a young Child as much as will lye on a 6 pence, to a Man, or Woman a Spoonfull, three Days before a new Moon, & 3 days after, & the Same before and after the full Moon

Mr. Bamber's Medicine for an Horse has the grypes

Take one handful of Green Onion tops, & one handfull of Marsh Mallows, put them into two quarts of water and boile it to one Quart, then put in to it two Onions chop'd and half a pint of Turpentine, strain it, and give it to the Horse, or Mare, warm.

240

A Receipt to make Veal Glew.

Take a Leg of Veal, cut of all *the* fat. Make a very strong broth of the Leg & Strain *the* Same through a Sieve; that it may be very clear, when this is done, put the broth into a broad flat Stew-pan that will hold it all and set it upon a high Chaffindish of Charcoal, & Stirr it Continually about, that it may niether burn nor boile the whole time it is upon *the* fire, which must be about 7 hours; After this set it by for a Day or two, & then cut it out of the pan, and Scraping off the Sedement (if any) put the clear Jelly into a China dish, and place it upon a Stewpan of hot Water, placing the Stew pan upon a Chaffing dish of Coals; the Water in the pan must be kept boiling, 'till by the Steem the Jelly grow of a Glewy Substance, which
it

To get out Iron moulds

[305]⁴⁷

half a pint of Juice of Sorrel,
half a *pint* of Lemon juice, of
salt & vinegar a spoonful, boyle
it together & bottle it for use,
it must be used hot & wash'd out
as soon as done

For a woman as soon as brought
to bed.

Gasgoin powder & spirmacite one
Scruple Dioscordium 1 scruple &
½, & juice of Alhermes to make
it into a bolous, to be taken at
night with a drought of Pennyroyal
Doctor Stephens Water, ~~three parts~~

x⁴⁸

306 The Red Powder Mrs Rogers

Take of Cardus, Rue, red sage Lillys of
the valley; Tormentile, pimpernel, Dragons
Bitony, Angelica, Scabious, Speedwell,
of each one handful, Snakeweed one
handful wormwood half a handful Vervain
Agremony of each a quarter of a handful
shred & bruise the herbs, & infuse them
in two quarts of white wine in a jug
Close Stop'd, & set it in the sun nine days,
then strain the wine from the herbs, then
take a *pint* of bole armoniac finely powderd,
then put as much of the wine after it is
press'd out as the powder will take up, &
set it in the sun to dry & as it drys up; put
in more of the wine stiring it two or 3 times
a day 'till all the wine is dry'd up in the
powder so as to be fit to work like paist,
then put in the same quantity of each sort
of herb as is infused dry'd & powderd,
one ounce of Diascordium, an ounce & ½ of

⁴⁷ Pages 241-304 are missing from the manuscript.

⁴⁸ The meaning of this x is ambiguous. In the original manuscript it is right next to "Doctor Stephens Water" but in the margin; it might mean "&" or it might suggest omitting "Doctor Stephens Water."

of Mithridate & ounce & $\frac{1}{2}$ of Venice Treacle

Translations for Spanish Recipes in Mary Granville's Manuscript

To make good ink
Cadiz November 6, Juan
Baqueriso navy guard
who has been a teacher to write this and tell of it

heaping *azumbre* of rainwater
3 ounces of black galls, ground
3 ounces of copperas
1 ounce gum Arabic

Mix all ingredients in a new pot placed in the shade for twelve days and stirred 2 times a day with a fig branch, only to a depth of the top layer and you will get very good ink

Recipe of Doña María Leal a
midwife to make amber water

9 pounds of clean roses
 $\frac{1}{2}$ arroba Lucena wine
2 ounces of cloves
2 ounces of cinnamon
2 ounces of nutmeg
4 ounces of benjui
1 ounce of storax
1 pinch of lavender
 $\frac{1}{2}$ pound of clover seed
 $\frac{1}{2}$ *cuartillo* of the first spirits drawn from the still

Mix all the above the spices and flowers well, then put everything in a basin, kneading well until it has absorbed all the wine, and then put it in a *tinaja* or an *orza*. Cover it very well with a lid, set it aside nine days and then take it out or distil in an alembic on a low heat, and at the tip of the alembic place some cotton with a bit of civet musk and to each pottle of this water add a *cuartillo* and a half of rose water a *cuartillo* of orange flower water, and half a *cuartillo* of water of clover seed. Put everything in a metal dish or a new pot; cover it tightly and let it boil

awhile, and to this quantity add an
adarme of amber, two of civet musk and
a half of musk and a paper of
amber dust and then crush
all these in a warm metal mortar and
put all this in the flasks when
the water is hot. Seal tightly
and place said flasks in the sun; the
more sun there is, the better this said amber water will be
Cadiz year 1676

Recipe for *Picadillo* of Leg
of Lamb

First prick the meat and then wash it well and then
put it into a frying pan, lightly boil it with water, salt and
some chopped garlic=
Once cooked al dente, remove the meat and pound it in
a metal mortar, and keep pounding it, for if any nerve
appears in the meat as a result of poor chopping, in this way it is easy
to get rid of it= Then put it into a cooking pot ^with pork grease^ and add
the spices ^nutmeg^ saffron, cinnamon, cloves, and pepper.
Before taking it out to carry it to the table, beat a few egg yolks and
eggs with lime juice, pour everything into the pot
and stir it all and thus carry this plate of
picadillo to the table=

Recipe of Captain *Francisco del Poço*
de Rota who sent it to Cadiz to the
Consul *Martín Bisconde*
August 22, 1682

Careful: use pork grease or butter from Flanders/

Recipe given to me by a monk in
Orleans Thursday May 23, 1675
for a sure way to kill and destroy
bedbugs in the beds and on the walls

Whip ox or cow bile, strong vinegar and lime, let dry.
Mix everything in proportion and beat and then
put this paste in the holes
of the walls and in any part of the bed
where the bugs may be and kill all the bugs
without leaving any baby bugs in whatever place said paste
is applied, this recipe is true

To Improve and conserve vanilla

Crush 4 or 6 vanilla pods; to season 100 or even 200, and a bit of lukewarm water dissolve said vanillas together with a bit of good oil or sweet almond oil, and having beaten this well together, then the vanilla will be smeared or spread with this ingredient, warm, putting your first finger over your thumb and passing them one by one with the juice of said ingredient both sides of the vanilla with this improvement it will purify and will have a new juice, luster and scent; after this is done, set it uncovered outdoors for one or two hours because if they were stuck together then they would become clumped and of worse quality than they were before improving them

Recipe from the sergeant of a one-eyed sergeant
Fernandes citizen de Xeres / Cadiz
September 18, 1685, who arrived in the flotilla

Remedy to make molars and teeth stick

Take two *cuartillos* of wine
two or three hearts of male spurge flowers
two or three galls
four quarts of dragonsblood
two or three hearts of rosemary

cook all of these together until it has reduced by half;
when it is lukewarm wet the mouth to your liking
until said molars or teeth are firm

Cadiz June 22, 1685 in the office of
Señor Lucas de Molina a gentleman lawyer gave me this
account or recipe

Constance Hall: *Receipt Book*

Constance Hall
Her Book
of Receipts Anno
Domini 1672

[fo.1r]

[fo.1v blank]

To preserve Apricocks Ripe

[fo.2r]

Take your Aprecocks & weigh them & to a pound of them A pound of sugar finely pounded and sifted, After they are weighed pare them verry thin then slit them one *the* crest side & fetch out *the* stone, then put a laying of sugar in *the* Bottom of *the* platter which *don* put in your Apricocks one by one & cover them with *the* Remainder of *the* sugar then cover them and let them stand all night *the* next day set them one some coles and let them boyle softly turneing them as you see Occassion before they are ready set them by and let them stand all night one *the* Morrow boyle them up and when they are cold put them up in Gallypots You must preserve them *the* same day they are Gathered

To preserve Apricocek green

[fo.2v]

Take green Apricocks about *the* bigness of pigeons egges pare them verry thin and as you pare them put them into faire water, before they are pared take *the* waight of them in sugar, when they are all pared boyle them in 2 or three waters & while'st they are boyleing in the Last water take another skillet, & dissolve your sugar in soe much water as you conceive will make sirrup to boyle up your plumes when the sirrup is boyled and scummed take them out of *the* water and put them in *the* sirrup and keep them boyling A pretty pace for they will not be apt to breake when They are

somewhat tender slit them one the side & take out the stone and put them in againe and let them boyle till they are green clear and the sirrup thicke then take them off the fire and let them stand till they be almost cold then put them up in gallypotts or glasse they must be kept turned or else one side will be greener then the other

To preserve Quinces Amber Colour

3

Take of *the* Fairest quinces you can get and core them then coddle them in faire water as tender as you can without Breaking then take a pounce and a halfe of powder shuger to one pinte of water clarify your suger and let it boyle to a full sirrup then pare A pound of your quince and put into it take some of *the* cores *that* you scrape out of your Quinces and picke *the* cernells Cleane from them then take about halfe an ounce of *the* cores and sow in litle bagges and put into *the* boyling of *the* Quince and with *the* backe of your spoone chrushe *the* bagges as they boyle up boyle them as fast as *the* quince will suffer you & when your si^r pup begineth to turne amber colour take up a litle of it in a spoon and see whether it will gelly: if it gelly it is enough then take up your Quinces and put them in a pott & make your sirrup pretty cold and then power it into the quinces but if you finde your quinces be enough and sirrup doe not gelly take up your Quinces and boyle your sirrup up againe as fast as you can make it boyle and then coole it and power it to your quinces take them as soone as they are gathered of *the* tree or else they will not gelly;

A Receipt for the seare 'Cloth

[fo.3v]

Take Half a pinte of sallet oyle, and a quarter of a pound of red Lead, put this in a new pipkin, and sture it, let it boyle till it be blak then put in a Lettel rossel Bees waxe permacitty then boyle it a gaine & then take it off and dipe in your Clothes

A Receipt to make a Caraway Cake

Take 3 pound of fine flower, a pinte of Creame, a pinte of aile yest & mixe your flower, Creame & yest together and make it stiff as for a manchett then sett it to the fire while your oven heats, & when

it is almost hott then worke in a pound
of Caraway Comfitts and put it into
the oven; Butter and then strew in your
Caraways;

How to make A Cake

4

Take to a pecke of flower 4 pound of Butter
Crumble it verry fine among the flower, 10
poundes of Currants, 1 pound of stoned Rays
ons, Chopped small 1 ounce of mace and a
half, one ounce of Cloves one ounce of nuttme
ggs aquarter of A pint of good Rose water;
and dessolve in itt 2 or 3 of the best muske
plumbs a little safforn a quarter of a pint
of mallego sack, halfe a pound of Carraway
Comfitts 3 quarters of sugar, and a little
salt, mix all these together; then putt 2
quarts of Cream, and as much good ale
yeast, it will take up most of it: the Currants
must be putt in when the Bread is made it
must not bee kned; one hower and a halfe
will Bake itt;

To Bake Beef Like venison

[fo.4v]

Take Buttake beef cut it in preaty thin
slises, take A way all the skins, then take
bacon cut cut in thin slises, lay A peace
of bacon beteen <e>very peace of beef, then
beat it together with a roleing pin, then
take a prety deyl of peper salt nutmeg
mace and Cloues all beaten, and seson your
meat with it, then take a quart of clarrit
wine and sprinkell it all ouer the meat,
so let it lie all night, next day put it into
a round pot and bake it with the browne
bred put past round the pot about the
edg to keep it close when it come out of
the ouen power of ^out^ the graue from it, &
let it stand a while and setell, then
power of the top of the grave, and put
it to the meat again then couer the
meat with Clarified butter then lay
A wait upon your meat to keep it

Clos

To make Curd Loaves

5

Take A porringer full of cheise curd four eggs whits and all & as much flower as will make it prety stif then take a littell ginger nutmeg & sum salt make them up into loaves and set them into an ouen with a prety quick fier when they begin to Chang colouer take them out & put melted butter sack & suger to them and so set them

How to make sausages

Take A pound of the lean of a leg of ~~pork~~ po^rke cut out all the sinnows then shrid it prety small and beat it in a stone mortar till it is very fine then mingell a pound of beef suit shrided prety small then seson it with peper salt & nutmeg a hand full of sage shrid, a littill perssly & time, put in a littill grated whit bread when you make them up mingel some yolks of eggs you must fry them with sweet butter let let them fry leasurly till they be prety brown

To make A creem puding

[fo.5v]

Take to a quart of creem 22 eggs put out 6 of the whits mix with it 6 spoonfulls of fine flower, sweeten it to your tast, put in some salt a nutmeg, a littill sack half a pound of Allmonds blanchd and beaten very fine with rosewater, mingell all together then butter and flower a cloth well, & tye it up put it in boyling water 2 hours will boyl it, when you make this puding you may beat the almonds over night

To make an oatmeall puding

Take A porringer of oatmeall beaten to flower a pint of creem one nutmeg foure

eggs 3 whits beaten a quarter of a pound of
suger a pound of beef suit, minced prety
small mingell all these together and so bake
it, an houer will bake it

To make an allmond Caudell

6

Take 3 pints of ale boyle it with sune Cloues
and mace, slice sune white bread in it
then have redy beaten a pound of blanch
allmond ~~ana~~ an stran them out with a
pint of whitwine and thicken the ale with
it, sweeten it to your tast, besure you skim
the ale well as it boyleth

To pickell broombuds

Take your buds before they be yallow one the
top, make a brine of viniger & salt, which
you ~~sum~~ must doe only by shaking itt
together till the salt is mellted then put
your buds in and keep them stirred once
a day till they be sunk with in the pickell
besure to keep them Close couered

To make A very good cake

Take A quarter of a peck of flower a pint
of creem ten eggs no whits beat the eggs
very well, 3 quarters of a pound of butter
gently mellted, pour a littill ale yeast one
the flower a quarter of a pint of rosewater
with sune musk & ambergreec dissolved
~~itt~~ in it, seson it with a penyworth of mace
and Cloues a littill nutmeg finely beaten/
3 pound of currants well washt pickt and
dried, a pound of allmonds, blanced & beaten
with sune rosewater to keep them from oyl
ing, half a pound of suger beaten very small
mingell all these together with your hands,
then let it lie before the fier to rise a hour,
Couer it with a Cloth then make it up, & put
it in a hope, or paper round it let not the
ouen be to hot nor to cold sumthing more then
an hour will bake it, Against you draw it
have redy sune ros^e^water and suger finely beat

[fo.6v]

en and well mit together, & wash the top of
the cake with it and set it into the ouen to dry.

To make whit pudings

Take 6 peny white lofes grat them, take 12
eggs all the white, beaten very well, then put
them to the bread, shrid in a good quantity
of beef suit, sume s̄ rose water nuttmeg and
salt, sweeten it to your tast, a good many
currance, mingell these all together, and fill
the gutts there with,

To pickell barberries

7

gather your barberries when they be dry ~~pick~~
pick out the fairest of the bunches and put
them in an erthen pot pick the smallest ons
from their stalks and boyl them in water
and salt till the liquor is strong then stran
it and put in sume red wine and when
it is cold power it one the barberries

To make puff past

Take A quart of flower, the yolks of 4 eggs
2 whits a littill cold water mingell it with
the flower and mold it up then role it a brod,
and take butter and lay all ouer then fould
it up again thoroughly beat it with a roleing
pin, so lay butter as at first and fould it up
again so doe nine times together and make
it up in what fassion you pleas

To make suger cakes

Take A pound of flower half a pound of
suger beaten and sifted, mingell it with the
flower, then take half a pound of butter &
crumbell it in to the flower and suger then
take the yolks of 2 new lald [laid] eggs 2 spoonfull
of sacke 2 spoonfull of creem, beat all those
together into a past and role them out thin
and cut them with a glas & lay them upon
papers or plates very well butter and flow
ered, so set them into the oven & be carefull

[fo.7v]

of them for a littill matter bake them, the
ouen must be prety quick but not to corch

To make an allmond creem

Take half a pound of allmonds and blanch
them and beat them in a stone mortar now &
then put in a littill rosewater to keep them
from oyling then have a quart of thick creem
put your allmonds into a littill of it and stran
it once or twice till all the verty be out of
them then grate in a quarter of a nutmeg
a littill mace sune rosewater and lofe suger
to your tast then put in the rest of the creem
and boyl it till it come to a pape then power
it forth into a sillver dish or a ston one when
tis cold strow sune cumfits of all collers on it
and serve it

To Stew Oysters

8

Put your oysters in a Stew pan one by
one to avoyd gravill then strane the Liquor
and put it to them, with sune verges
or wineger put a whol oynon sune
whole peper a Lettel wintersavery sune Larg
mace, & as they boyl scum them very
clean, when they are enough put in a
good peece of Butter & shak it till it is
thick then put ^them^ in a Dish & serve them
with slict Lemmon on the top

Sauce⁴⁹ ~~sauce~~ for all sorts of boyled fish

Take sune whitwine put in it sune an
choveys shelot sune sterd oysters
minct small sune mace a sprig of time
and winter savory boyl all these well to
gether then take out the herbs and beat
it up very thick with butter and power
it over the fish

to candy angelico

[fo.8v]

⁴⁹ This word is in one (unidentifiable) hand; the rest of the recipe is in Hand B.

you must part the leavs from the stalks
 and split the stalks that bee of any bigness
 but the little ons may goe whole you must
 boyl them tender in spring water and
 when they are very tender you must dry
 them very well in a clean cloth and cover
 them up whilst you make a surrop you
 must take the wait of them when they are
 boyled of duple refined suger and put
 to it as much fair water as will just melt
 it and boyl it in a puter bason or silver
 and when you begin to find it prety
 thick try with a spoone and hould it up
 and let it run from the \Leftarrow spoons and when
 it hang like a hair as it falls you may
 put in your angelico and stir it a bout
 till all the suger hang about it you may
 put in a few leavs raw in to the candy and
 when they be prety dry that you see the
 suger hang a bout them you must lay
 them out upon paper till they are quite
 dry if they want stoueing you must stove
 them in a stoue or ouen after bread that
 is if they grow damp

To make Cheas Cakes

9

Take to as much curd as a gallon of milk
 will make a pound and quarter of Butter
 3 quarters of a pint of creem being first
 Boyled with sume grated Bread and a
 littill grated nutmeg, then put it to the curd
 put in 5 eggs 2 whites very well Beaten put
 in a littill flower sume rosewater & suger
 to your tast But before you put in these ingred
 ence you must beat the curd in a ston mortar
 then put in these a Boue [above] mentioned ading sume
 currants you must beat the Butter with the
 curd Let the creem and Bread be cold before
 you put it to the curd, then make your curst
 with cold water, and Butter crumled into the
 flower 2 yolks of eggs sume creem a littill
 rosewater so mould all these up together and
 make it into what fasion you pleas

To mak⁵⁰ To make A whitepot

[fo.9v]

Take a quart of creem, take 8 eggs half the whits Beat them very well and put them into the creem bruse an nutmeg and sume mace and in it, slice in sume candyd lemonn and oring peel and cittura seson it with rosewater and suger to your tast then have a deep dish well Buttered and lay sume sippits of whit bread cut very thin at the bottom and sume prety great lumps of marrow upon them you must ston sume reasons and Lay sume of them between the bread and marrow then power on the third part of the creem then lay sume more sippits reasons and marrow as before and power on a nother part of the creem then lay on all the rest as before and power on all the creem so bake it in a very soft oven of a yeallow brone, one marrow bone will doe, half an houer will bake it

To make a sak possit

10

Take a quart of creem and boyl it with sume mace in it then take the yolks of 16 eggs beat them very well, and when your creem is prety cool put it to your eggs and make a smoth custard of it, then take all the whits of the 16 eggs and beat them with a wisk up to a high snow when it is half Beaten put in 3 spoonfulls of sack and to of Lofe suger and beat it up together, then take half a pint of sak and put it in an bason and put in suger enough to sweeten the hole possit put in a littill nutmeg and set it upon a chaffing dish of coals & Let it boyl then put in your custard s[^]t[^]uff very hot stir it round well together, Let it stand but a very littill while after, one the fier remember to keep out sume of the snow to lay on the top of all then Leave stirring when that is put

⁵⁰ It is not clear why the author began her title again. The first attempt is not crossed out.

on, have redy a dish hot to couer it close
and serve it, take it of the fier as soon as
the snow is in

Recept for making a broune ~~ffre~~
ffrigasie

[fo.10v]

take halfe a dosen Chickens and fleigh
them cut them up in quarters breake
the bones of them very well stew them
in a pan very well with a fagot of
sweete herbs larg mace whole Cloves
a pint of sake a pint of white wine a
pint of clarret halfe a pint of aquavie
a peice of lemmond and an onion Chop
small pouer your Liquor from them
stew it up with a couple of anchovies a
handfull of oysters thicke it up with a
couple of yelkes of eggs a slice of sweet
butter lay your dish with sippets garnish
your dish with force meats garnish your
dish with all sorts of pickles dish it very
hot soe serve it in

Aqua Mirabilis

[fo.11r]

Take Gallingall Cubebu, Cardomums, mellilet
Flowers, Ginger, Cloves, Nutmegs and mace, of
each one dram a Pint of Aqua Vitæ, three pints
of sack, or white wine, one pinte of the Juice of
Cellendine Let those ingredients of Druggs
and spices being Grossely beaten be infused in
the Liquors and Iuices one night, then distill
them untill all be run out and let the Extract
fall into a Glasse in which you have put halfe
a pound of white sugar Candy or hard Sugar
and take two or three spoonfulls when you
are in bed or in the day as Occasions serve

To make the Duke of Yorks Cakes

[fo.11v]

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----->⁵¹

⁵¹ The first two lines of this recipe are scribbled out and are indecipherable.

Take one pound of fresh butter and one pound of powder sugar which being well mixed with your hands take seven eggs well beaten and put them to the Aforesaid mixture this being don then take one pound of fine Flower dried upon A Chafeing dish of Coals and put into it one halfe of the Flower and about A quarter of one hour the other halfe mixing it well together and then take halfe one pound of Currants and put into the Aforesaid mixture the Currants being boyled a little before to fill them

To Make a Searecloth

12

Take fouer peniworth of Sallett Oyle one peniworth of stone pitch one peniworth of red lead boyle it to gether over coales softly till it looke black then dip *the* cloths in it; Have a care it doe not Boyle over

To make Spiretts of eleder

Gether the berries when they are full ripe pick them Clean from the stalkes and leues put them in to a wooden vessell and mash them well; to a bushell of berries put a bottel of fair water and to four bushells put a quart of alle yest and a small cake of leaven Crumbled in to the yest then pour the yest all over the berries then Couer them Clos with a couer, and once in to dayes put them downen and stirr them all to gether so let them stand firmenting: 9 or 10: dayes then distill them in a ly^m^bick in your distilling you must keep your pot allwayes boyling and about three parts full and, from three gallons of licker you must take a quart of good spirit and as much at the second runing which you may put them them in to a fresh still

[fo.12v]

full of the lyquer;

<.....>

A receipt to make ey water

take a penyworth ^{^of^} aris root
cut small and a penyworth
of white copeirs pond small
put it both into a quart
of runing water shake it
well together

To make exlent biskitt

13

take a pound of lofe suger well
dreyed befor the fyer pound
and scarced and set a gain to
the fyer and three quartes of a
pound of fine wheat flower
10 eggs leaue out to whits beate
them half an hour then put
in the suger hott and beat the
eggs and suger to gether to
hours when the ouen is redy
which must be as hot as for
manchet s[t]rain the flower and
what caraway seeds you will
butter your tins will and bake
them not to browne the neuer
the eggs are the beter when they
are baked drey them befor the
fyer;

~~A<-> Resipe for the cloth~~

[fo.13v]

A Resaite for the mollin oyntment

Take halfe a pound of may butter
frese out of the Chern and one
handfull of mollin leves and
one handfull of rose campon
leves made Clean and sredit
then boyl them ^{^all^} well to gether put
In on penywoth of bees wax and
sume rose water then boyl it a
littel more and then straine it
and to penyworth of the oyle of bayes

and ^put it in^ with the bees wax

To Make the Plague Water

14

Take of Woodsorrell Rosemary Sage rew Saladine
Avens mint Baum Cardus fetherfew wormwood
Angelecoe Dragons Tormentell Scabious Egremoni
Betoney Scordium Centry pimponell may weede
Sun dew and Motherwort of Each A quarter of
A pound virginian Snake weed one ounce the
Rutes of Elocompane piony and Tourmentell of
Each two ounces Liquorish two Drams
Exodore two ounces Annicedes two ounces
Cut your earbs but not very small slice the
nuts and liquorish beate the seeds then put
them into an earthen pot well nealed [sealed] power
upon them 4 quarts of sack or two of white
wine and 2 of sack which you please
lay the the ruts and the seeds and the liquorish
at the bottome of the pot then cover your
pot Close and let it stande 40 howers then
still it of in a cold still, your first sort being
the strongest you may give to old folks your
midle sort to any and your third to Children
but what ever sort you give mix some of your
Last sort with it you must not lett your
fier be to hot under your still and those
things that are too harde to Cut beate in A
morter but not small

for making of a hash with a Calves head

[fo.14v]

take your Calves head and parboyle it
very well cut the one side of it in thin
slices take it and se stew it ouer the fire
with a quart of white wine a pint of
grauie and a pint of strong broath
a fagget of sweet herbs an onion chopt
small a couple of anchouies an hand
full of oysters stew it very well to-
gether season it with a littel peper
and sault take the side of the head and
season it well with peper and sault &
sweet herbs chopt small wash them
well with the yelke of an egg broyl it
upon a gridiron thicken it up your

hash with a couple of yelks of eggs
put the one side in your dish garnish
your dish with sippets all sorts of pickled
pickled oysters sliced, limmond force
meats sossinges dish it up hot and serve
it in

To Stew A Carpe

15

Take A Carpe Alive, scower him well with Salt
then scale him or not as you thinke fitt
then open him power into his belley A little
vineger and rub him within with Salt *which*
will make him bleed freely then take
him with his blood and Liver and put them
into A Shallow Stewpan or Keetle then
take of time Swett marjorum and parsley
a prety quantyty with A Sprig of winter
Savory and rosemary binde them in little
bundles and put them to your carpe with
A blade or two of mase A peece of
Lemon peelee and three Anchoves then
power upon him as much Clarret wine
as will well cover him Cover your stew=
=pan and sett it one A quick fier till
it be sffitiently stewed then take the
carpe and Lay it with the broth into the
dish and power upon it A quarter of A
pound of fresh butter ~~well-bea~~ melted and
beaten with halfe A dozen sponfulls of
the broth the yoacks of two or three Eggs,
and some of the hearbs shredded if you will
soe serve it up.

for making of pust past

[fo.15v]

take a quarter of flower two pound of
butter fouer eggs breake a litle butter in
the flower woorke it vp put three coate
of butter two of flower for boyling of
the Aple take a littel Cloves and mace
and cinamon and put it in the aple and
put a littel sider in for Coullering the
aple red take a penniwoorth of
scuchineale pound it in a marter
take a littel rose water and put into

it stur it well to gether in the aple to
Couler the aple yellow take a pennywoorth
of saffron dry it well at the fire beate
it in a marter then boyle it in the aple
with the rose water to couler *the* aple purple
take one penny woorth of turnsole boyle
it in the aple to Couler the aple green
take a handfull of serrill or spinnage
use the juice of it ~~ste~~ stir it in the aple /

To stew A Carpe Another way

16

Take A Live Carpe Gut and scale it give it
A cut in the neck Lett it bleed well then take
the blod Clarrett and watter as much as will
Just Cover it their must be as much Clarret
as watter A little viniger A bundle of Sweet
herbs whole mace Cloves whole pepper
nutmeg Salt and onion or Shallot A peece
of lemon peelee Stew them in A Stew
pan or deepe dish over A Chafindish
of Chartcole they must Stew very gently
for feare of Brakeing when they are
Enough take some of the Liquor and
Sett it over the fier with three or foure
Anchoves when they are desolved put in
Some butter beate it all up very thick
with two or three yoaks of Egss you must
take care the Egs doe not Curdle you
may put in Stewd oysters if you please
and soe serve it up.

to make snow

[fo.16v]

take three pints of creame and the whits
of eight eggs strain them to gather with
a littel rose water and as much suger as
will sweeten it then take a bundle of reeds
and beat your cream as the snow riseth
take it of with a spoone in a cullender
that the thin may run out when you
have snow enough to couer a dish take
the cream that remains and boyle it
with hole cloues and sinamond till it
bee thick then strain it and when it is
cold put it into a dish and lay your

snow upon it and serv it vp

to make sasinges

take two pound of ientle line of a
hodg and one pound of the leane and
beat it together in a mortar and when
it is anough season it with peper
and salt and spice then roul it vp
in <...>les⁵² and fry them in a pan with
butter

A very good water for a fearvor

17

Take halfe A pound of mint as much
Balme A quarter of A pound of
popys a quartre of a pound of card
vs halfe A quartre of a pound of
wormwood halfe A pound of
angelica shred the herbs and steepe
them all night in 4 quarts of new
milke to ounces of cinnamon A hand
full of maregould flowers and one
handfull of burage flowers distill
it in A Could still 3 quarts of good
water will come out of it

to make biskets Mrs Beales way

[fo.17v]

take seuen eggs and devide the yolks
from the ~~w~~h whits then beat vp the
whits with a burchin rod in a deep
pan till they frothe very much then
put in the yolks and beat them well
to gather then put into them a pound
of the best powder shuger and a
pound of fine flower still beating
with a slice then drop it vpon paper
and sift some lofe suger over them
and bake them in a an oven not to hot
when they bee colered on the top take
them of the papers and put them
on a sive into the oven again to dry

⁵² There is an ink blot over the first part of this word in the manuscript, but the word is almost certainly “rowles.”

A most excalent glister for
the spleen and wind

18

Take A pinte of new milke boyle
in it a handfull of Camamile
flowers or Camamile put to it
when it tis strained to spoonfull
of pouder shuger and 5 drops of
spirits of Castor

to Cause Sleepe in a weake Porson.

take white Popey seeds and sow them in
to litell bags either tifyney or laneł and
put them in a litell anyseed water and
at night a ploye them to each tempell
warm it before you A ploy it to the place

to make Bisket

[fo.18v]

take to pounds of sifted suger and to
pounds of fine flower and sixtene eggs
and put them in a crock and as you beat
y your eggs put in a handfull of flower
and a nother of suger till it is all in
strew it in very light then put in four
spoonfulls of sack then beat it vp as
hollow as you can for two houres and
neuer let it stand still then put into it
colliander seeds and caraway seeds
as many as you think fit beat them
again a littel then drope it with a
spooone upon tinn sheets being ~~but~~
butored before into littel round bisketts
then sift them ouer with suger and
flower and put them in an oven not
to hot when they be bakeed pare the
botom of them and put them in a
seve and papers between every row
and when the oven is allmost cold
put them in a gain to harden then
keep them in a dry place

to Make A Cake

19

Take six pounds of fflower five pound of Curants one

pound of Reasens of the sun Cut and stoned one pound
and A halfe of butter and quart of Creame one pintt of
barme take tenn Eggs and beate them with two or three
sponefulls of Rose watter keepeing out two of the whites
take half A sponefull of sallt two penyworth of Cloves
and mace one pound of loafe shuger two ounces of
dates one peece of sifforne one leamond of muske
and ambergreace each one graine

How to mix it

Take your flower and put it into A pann or trind and
soe make A hole as big as you thinke will holde your
wetting first put in the salt and spice then put in A quar=
=ter of a pounce of your shuger beaten very small then
put in the barme and Eggs take your Creame and make
it soe hot as to melt the butter and then sturr it
together and see that it be not too hot to scald the
Eggs then putting it into the rest take some flower
and strew gently over it soe setting it by the fier and
let it heave one hower or more after it hath
stood as long as you please then take it and kneide
it putting in halfe the muske and amberg^br[^]r[^]ease then
lett it stay untill your oven be ready and when
your oven is A goeing to be swept then take
and <...> mix in it your fruite and suckitts and beshu
=er you doe not lett it stay long after the fruite is
in out of the oven in the meane time while your
cake is in the oven take the remaineing part of the
shuger and pound and sift it then take it with the two
whites of the Eggs and beate it all the while your
cake is in the oven if it be too thicke then
put in some Rose water and the rest of the muske
and when you thinke it is baked Enough then draw
and put on your Iceing. and then Eat it as fast as you
Can.

to make scock colops

[fo.19v]

take a legg of veale and cut the lean
of it into thin slices and beat it and
lard it with backon take sweete hearbs
and nutmeg and strew on top of it and fry
it broun with butter then take the
yolks of four eggs and beat them
with some sharp sider with an

anchovis and a good peace of butter
then put it into your veale then
sheake it over the fire till it bee thick
and soe dish it ~~vp~~ vp

for makeing a pastye venison

take a side of venison and bone it very
well take an ounce of peper mix it very
well with salt and slised nutmeg
season your venison take six pounds
of butter a peek of flower a dosen of
eggs breake your butter very well
into your flower woork it up very well
with fayer water make your pasty
bake it to the quantite of five houres
when it comes out of the oven cut it
up set in a glas of clarret four pounds
of suit belonging to a pastie for the ~~bon~~
bottom of it to set under your venison
so serve it in

A London Receipt

To make A Sack possett

20

Take *the* yolks of 14 Eggs & six whittes & beate them very well & strain them into
A pewter Bason put a quarter of A pint of sack to them A grated nutmeg A little
sinomond as much white shuger as you thinke fitt sett them upon A Chafindish of
charcoles keep it sturing till it is prety hot lett A quart of milke boyl up
upon the fier put A peece of butter and two sponefulls of shuger in
it when the Eggs are hott power in the mi[l]ke upon them then cover
it up presently close and lett it stand a quarter of an hower then set it
upon a cold stove. *probatum Est*

To make a woodstreet Cake

Take 4 pound of fine flower A *quarter* of fine Shuger sifted Cloves
mace sinomond & nutmegs as much as you please mingle
these alltogether then take 3 pound of Curans well washed
pickt & dryed the night before you are to use them one
pound of of reasons of the Sun Stoned & minced very small
put the frute to the flower Shuger & Spice mix them well
together then make A greate hollow in the middle of the
above named ingredients when you have put them
together in A large deep Earthen pan then put into
the hollow the yolks of tenn Eggs and the whites of two

well beaten together with A Sponefull of flower
put to these A wine pint of Ale yest Straned and A good
pint of Creame being first boyled & takeing it of the fier
Slice into it A pound of Butter and when that is melted
put to them A quarter of A pint of Rose watter and lett
them have A warme over [oven] the fier whilst it be indeferent
warme then mix it with your Eggs & then putt Some
flower lightly over them as when you lay leavens soe
lett it Stand Close Covered by the fier if it be Cold weath=
er till it doe rise and run over which will be in A *quarter*
of an hower then with A puding Slice Stir it very well
& thoroly together and Soe Cover it Close againe
lett it Stand an hower in the intrim prepaire your
papers thus to bake it in the botome papers must be A
sheet of browne & white paper that which goeth round
about the Cake must be duple white of a yarde & half
long & halfe quarter & naile depe when you have sewn
your papers together in A round forme to the botome
soe high as you intende the Cake Shall Come then
with A Spone put your Kake into this Coffin & Soe into
the oven and their lett it Stand 3 *quarters* of an hower
then draw it & Ice it thicke over and Soe sett it in
againe & lett it Stand A *quarter* of and hower then draw
it and when it is Cold pull of the papers.

[fo.20v]

How to bake the Above named
Cake

Your Oven must be heated as it is for white Small
loves of Bread & before you sett it in you must
Sweepe the oven & Sett up the Stone halfe A *quarter*
of an hower or Else it will Crack the Cake.

you must be shewer to butter the inside of your
papers before you putt your Cake in that they
may Come of without Sticking.

To make A Lumbard Py
Secend Course

21

Take A Couple of two peney loves grate them very
well take halfe A pound of Currans three kidnes
of veale or for want of them the flesh of pullett
Capon turkey or rabbitt Chopt it very Small mix
it well together Season it well with Cloves
mase and A little Salt worke it up very well

with A pint of Sack the yoaks of fower Eggs A
glass of Roas watter Sweeten it well with
Shuger make it up in Round balls Rais your
Coffin lay it well in the bottom with Sweet butter
lay them in your Coffin take halfe A pound
of marrow and put in with them take halfe
A pound of Canded leamond oringe peale
Ringoe Roots & dryed dates lay them all in
Slices & peeces in your quarters whear you
see Convenient take likewise halfe A pound
of preserved peaches & Aprecocks and doe
the Licke Bake it & take halfe A pint of
Sacke for the makeing your Caudle the
yoaks of two Eggs Sweeten it well with
Shuger A peece of Sweet Butter thicken it
very well over the fier put it into your
pye when it Comes out of the oven &
Soe Serve it in.

To make Cheescakes

[fo.21v]

you must Sett very tender together 4 quarts of new
milke & halfe A pint of Creame and when you have
got it Cleane from the whey you must beat it in
A mortar with A wooden pesteell till you be shuer
the Curd be all broke then put in Sume thing about
A quarter of A pound of fresh butter and beate
it till you cannot see any of the butter then
take it out of the mortar and mix it with the
yoaks of Six Eggs & three whites A nutmeg half
A pound of Currans allmost halfe A pint of Cream
three Sponefulls of Shuger A little Rose watter
this quanty will make Just Six in the patypans

Annother way to make Chese Cakes

take a pound of iordane almons and blanch
them in cold water and beat them in a
morter putting to them a littel rose water
and fire to them now and then to keep them
from oyling you must beat a dusen of eggs
yolks and whits and mix them with a
quart of creame and let them run throw
a seeve and then put your almonds and
creame and eggs together and set it ouer

a charcole fire sturing it that it may~~not~~ not
burn to and when it doth begin to heat you
may store [stir] in half a pound of currans and
put what suger you think fit when you
find it begin to turn a littel take it of and
let it stand till it be cold

To make a tansie

22

Take a quarte of new cream
and a quarter of a pound of
napell biskets grate them
and put them into the cream
and a grated nutmeg and 2
penyworth of spinnig and a
handfull of tansy pick it and
and wash it very clean and
swing it in a clean corse
cloth put in the straind throw
a hare sefe take 14 eggs take
away 6 of the whits and bete
them very well and strain them
in to the Juice then put the cream
in and sweten it very well put
in a littell salt put it into a
cleane skillit put in a bout 2
ounces of fresh butter and
melt it and shake it all a bout
the skillet then put in the tansy
and set it over the gentell fier
and keep it stiring tell it is as
thick as batter then take a round
tin puding pan and butter it
well then put in your tansey and put
it in an ouen that is not to hot and half
an hour will bake it then put it on a
plate or a maserene and squis the Juice
of 2 orings upon it and good store of
double refind suger beten small garnesh
with slices of carue oring and quarters
if you bake it in a frying pan it most
be with a gentell fire but an ouen is beter

[fo.22v]

To make a quaking puding

Take a peny lofe and grate it take a

pinte of cream and 8 eggs put away
the whites bete them very well grate a
nutmeg and 2 sponfull of rosewater mix
all these together a littell salt and as much
suger as will make it plesent let your
puding cloth byle in water a littell
then squse it out and spreade it ouer
with butter then strew it ouer with
flower and lay it in a bason put in the
puding and tey it vp clos one hour will
boyle it for sa[u]ces a littell sacke and a
quarter of a pound of sweet butter
and a good sponfull of fine suger set it
ouer the fire and melt it thick and scrape
lofe suger \longleftrightarrow vp on the puding
and round the brims of the dish pour
on the sauce so serve it to the table
you may coler it with Juyce of spin
nage or cowlips or uialets or marygolds

23

To make a rice puding

Take a quarter of a pound of rice and boyle
it in a quart of milke tell it be very tender
then put it in to a cullinder and let all *the*
milke draine from it beate it in a marter
grate in a quarter of a pound of napell
bisket a pint of cream and 6 eggs a
grated nutmeg a littell beten cinnamon
2 sponfulls of sack a littell rose water a
littell solt and as much suger as will
seson it to your taste then take a cloath
dipt it in boyling water and butter it
ouer well and strew it ouer with flower
and ~~boyle it~~ tey it vp clos and boyle it
one hour make sauce for it with butter
and suger melted thicke pure it one the
puding scrape on suger and beten cin
namon and serve it to the table if you
bake him then put in halfe pound of
currans and halfe as many resons and 3
quarters of a pound of beff suet sred on hour
will bake it the ouen must not be to hot

To make an Allmond puding

[fo.23v]

Take half a pound of almonds and blanch them bete them in a mortar with 3: or 4 sponfulls of rosewater grate a quarter of a pound of napell bisket or the crum of a peny lofe a littell beten mace a litell salt and as much suger as will make it plesent a pint of cream and 8 eggs take away half the whits bete them very well and straine them throw a hear sefe mix it well to gether dip a cloth in boyling ~~war~~ water and squese it out hard then butter it all ouer and put the puding in it and tey it up clos and let it boyle quicke on hour take a quarter of a pound of smoth suger almonds or blanch almond and stick them upon the puding 4: sponfulls of sack a good pece of fresh butter and melt it thick and sweten it and pour it all ouer the puding before you stick the almonds scrape sume fine suger on the brims of the dish so serve it vp

To make an oringe puding

24

Take the pels of 4 good oringes and boyl them in a good quantity of faire water on hower then pour it away and put as much as at first and boyle it as before on hower and so doe for 3 times then put them in to could water and let them ley all night ~~tha~~ take them out and dry them in a cloth and bete it in a stone mortar very fine and halfe a pound of napell bisket grated and on quart of cream and: 10: eggs take away halfe *the* whites bete them very well and strain them in to the cream grate a small nut meg and put in a littell salt & halfe a pound of good suger ster it well to gether then ~~heave~~ haue a thin sheet of pufpast and flower the bottom of a depe pewter dish lay on the pufpast then put the puding halfe a pound of good fresh butter butter it all ouer the puding in small peces the couer it with another sheet of pufpast not to thick and cut it with

fine works & on *the* brims of *the* dish on hour
will bake it.

for a Quinsey or Sore throte

[fo.24v]

Take Sallet oyle large mace & red Sage boyle
them together annoynt the throte & lay a red
cloth on it to keepe it warme

for Convoltion Fitts

Take Rosemary Stamp it & Straine it & give
it on a Sponefull of beare before the fitt or
new mone

Doctor Morus his Purge

Two Ounces of mannah 3 Scruples of Salt
prunella in a quart of Whaye

for the Green Sickness

Take rosa Sollis new gathered beat it into a
conserve with Suger lett the party eate as
much as a nuttmegg fasting fast 2 hours
after it vseing exersise in a weeks time it
Shall Cure them

for the Stone

1. Take a pint of Beane watter 8 ounces of
marshmalloes take 2 spoonfull at a time

for Stomach wormes

2. Take 3 bunches of Lavender cotton boyle it in
a pint of new milke take night & morning fasting

for a Sore Throte

3. Take allum fine Suger planton watter honey
of roses Surip of mullberys of each a little *quantity*
to gargle the throte.

for the falling Sickness

4. Take young ravens when they are ready to fly
bake them with browne bread till they are
powder mix it with honey till it is an electuary

for a Sore Brest

25

Take Hemlock & oatemeal & lilly roote a handfull Chopp
these together & make a plaister anynt the place
with warme milke twice a day

for a Spraine or bruse

Take a handfull of bay leaves 2 handfull of Camomell
Rosemary & Sage of each one handfull Chop them
them together & mingle them to gather with may
butter put them in a Seller nine days Clarefie it
& keep it for your use

a Glister for wormes

boyle a little wormseed & Southenwood & Sentry in
posset drinke Sweeten it with brown Suger drinke
it 3 weeks together

To pickle Mushrooms

Pick them and wash them in 3 or 4 waters
with a good deal of salt then put then [them] into
a kettle with a good quantity of salt without
any water so let them boyl till they be
tender make the pickle of white wine
vineger nutmeg mace cloves ginger peper
and put them up hot
If you have but a few you must boyl them
with a little water.

[fo.25v blank]

For a quinsey or sore Throte

[26]

Take sallet oyle large mace red sage boyle
them together and anoint *the* throte lay a red cloth
on it

For convulton Fitts

Take rosemary stamp it stram it give it in
a spoonfull of Beere before *the* fitt or now

Doctor: Morns his Purge

Two ounces of manna 3 scruples of salt
Prunella in a quarte of Whay

For the Greene Sickness

Take Rosa-solis new gathered beate it into a
consarve *which* [with] suger let *the* partey eate as much as
a Nutmeg fasting fast 2 houres after it vseing
Exercise in a weekes time it shall cure them

For the stone

Take a pinte of Beane watter 8 ounces of
March mallowes take 2 spoonfull at a time

For Stomack wormes

Take 3 Bunches of Lavender cotten boyle it
in a pinte of new milke take it Night and an
amor⁵³

For a Sore Throte

[fo.26v]

Take allum fine Suger planton water
honey of rosses Surrup of Mulberryes of Each
a Little quantity gargle *the* Throt /

ffor the falling Sickness

Take young Ravens when they are redy to
Fly bake them *with* Browne Bread tell they are
Powder mix it *with* honey tell it is an Electuary

ffor a Sore Brest

Take hemlock and Ottmell a handfull of a
Lilly roote chop those to Gether and make a
Playster Anoint the plase *with* warme Milke
Twice a day /

ffor a Spraine or Bruse

Take a handfull of boye Leaves 2 handfull
of Camomell Rosemary Sage of Each one

⁵³ It seems the scribe broke off in her copying of the recipe from fo.24v.

handfull Chop them to Gether mingle *them* to gether
with may Butter put them in a Seller Nyne days
Clarifie them and keepe them for *your* use /

A Glister for wormes

Boyle a Little wormehood and Sowthernwood &
Sentry in possett drink Sweeten it with Browne
Suger Drink it 3 weekes to gether /

A nother medson for the stone

To a quarter of a pinte of white wine put as
much Black Cherry water 2 ounces of Surrup of
Lemond as much Surrup of Mallows Take 4
Spoonefull in a Morneing and 4 in the
Affter Noone /

A drink for a Cough

27

Take a handfull of ffiggs a handfull of reasons
2 ounces of dates an ounce of greene Liquorish
halfe an ounce of Aniseeds a quarter of an ounce
of Elicum pane boyle it halfe a way Sweeten it
with halfe an ounces of Suger Candy Drink it
Night and Morneing /

To make Surfitt water

Take a Gallon of the best Aquevitæ put it in
a greate Glass bottle then put it into it Resons
of the sun Ston'd white Suger Candy of Each 2
pounds, Nutmeg Cominout Cloves beaten of Each
an ounce Liquorish sticke Sliced Anyseed Beaten
of Each 2 ounces Then add to it a quart of Red
popie water and a pinte of Damascke Rose
Water Stopp up the Bottle Closs Shacke it once
a day: you may make a Second sorte of water when
you have Drawne of the first by putting in halfe
the Quantity of waters /

To make Surrup of violettts

Take a pinte of Spring water and a pound & halfe
of Double Refin'd Suger and boyle it till it be
a Surrup then take a good quantity of violettts and

beate them well then put them into the Surrup
when it is over the fire and lett it stand a
Little then Straine it out and put it up for
your vse /

To make a Cake

[fo.27v]

Take 5 pound of fflower dry it 5 pound of
Currants cleane pickt washed and Dry'd 3 quarter
of a pound of Suger one quarter of a Ounce of
Sinnimond 3 Nutmegs and a little Salt mix
them all together then take a quarte of Creme
warmed a pound and halfe of Butter melted a
good pinte of Ale Barme 16 Eggs halfe the
whites Beaten them very well soe put *your*
currants and Butter and Barme and Eggs into
the flower mix it all to Gether put it before
the fire to rise a bout a quarter of an hower
if will you may put Sack into it and Ice it with
Double refin'd Suger and Rose water and a
Spoonfull of Storch Beten on way all the while
your cake backes and then \longleftrightarrow power it on the
Topp /

To make Schotch Scollops

Take a Legg of vele and cut *the* Fleshey parte
into Thin Slices as a Shilling and as broad and
as Long as *your* fore finger then hack and beat
them with the Back of *the* Knife then fry them
Browne and not Enough over a quick fire then
take them out & keepe *them* hot then put in A
pinte of Stroung broath or Clarrett or gravie and
2 Sollots or a Onion spriggs of time 2 of Sweete
margerum 6 of parsley mince them first and put
in Anchoves a halfe nutmeg as much pepper and
Cut a quarter of a pound of the fate of Bacon Cut
as small as peace Soe lett it Stew vp and put in
the collups and lett them Stew all together /
Two minuits and put in 6 yocks of Eggs Beaten
with a Spoonfull of viniger and a quarter of a pound
of Butter so Shake them together tell it is redy
to boyle and Soe Serve it up So you may fry
forse meate vele Sweet breads and Lamb stones
and Bacon Rround them and put in oyesters and
Such things Larde it then plese /

28

How to make Sawce for ffresh ffish

Take for any of these Samon Trout or pike
perch Smelts or fflownder or Plaice or Carpe or Towce
Take 2 Anchoves 2 Sallots and mince *with* it halfe
a Nutmeg and cut a Little horse Redish the In
=side of a Lemmon and halfe a pinte oyester & quarter
of a pinte of gravey or Clarrett and lett them boyle
up then put in a pound of Butter and Stur it till
it is all melted Soe Serve it up /

How to make forst meate

Take halfe a pound of vele the Same of Beefes
Suit mince it Small then take 4 Sprigs of time
4 of peny Royall halfe a handfull of Spinnige &
parcly a Nutmeg grated as much pepper a Spoonfull
of Salt, Soe worke this up all together *with* 3 or 4
Yolks of Eggs and halfe a peny white Loafe grated
and make Sume as Long and as Bigg as *your* finger
and Sum rowne and as Bigg as Small as a Nutt
and fry them for hash or ffrigecees or Potage /

To make a Oyester or most sorts of Frech Fish Pyes

Take a quarte or two of oysters and see there
be noe gravell in them then take a quarter of a
nounce of Cloves and mace and much pepper 2
Anchoves 2 Sallots 3 Sprigs of Sweet Margerum
Three of time 6 of parcly mince all these fine
and mix them *with* as much Salt as will lye on
a Sixpence Soe put them in *your* Pye and a pound
of Butter a top and halfe a pint of Srimps and
Bake it an hower then put in a Cawdle of
a pinte of white wine thickened with five
Yolks of Eggs /

[fo.28v]

The Lady Hulls Pumatum

Take Some of a Leafe of a hogg new Killed take
of the Skin put it into a Basson of cleane
water Shift it 2 or 3 times a day powering out
the Water and putting fresh when you haue so
Shifted it nyne dayes let it set in aplace where

there is no fire then take *the* best pipens and pare them and Slice them as you would for friters cut out the cores cleane them take a cleane new Erthen Jugg and Lay a Layer of *your* Pippens first in the Bottom of the Jugg then a Layer of the fat and soe a Nother Layer of then pipens tell *your* Jugg is full then stop it very Close with a Double paper or Cloth Soty [So tie] it downe then Set it in a Cettle of water Lay a brick or Something on the tope *that* no water getts In soe lett it boyle 2 or 3 howers then take a fine Cloth and Straine it while it is hot into a Basson then the next day turne the Cake and Scrape all the blacke and throw away the water then beate it in a Earthen or Silver bason 2 or 3 howers still powering a way the water that comes from it soe beate it till it is as white as Snow then put in Some Rose water to Cover it all over *the* Same day beate it very well⁵⁴

Rub the Tongues well with the Spice all over but noe Salt Sticks them with a few cloves bake them with Butter 6 howers then fill them with Butter Keepe them for use the Tongue must be Cold before it is Stuffed /

29

To make Seede Cakes

Take 4 pound of flower Scerckt fine a pound of Butter & almost a pinte of Ale Barme with a quarte of creme from the fire 4 Spoonfull of Rose water when you have mingled these well together Lay it before the fire to rise halfe an hower untell the oven be made cleane let it be not hotter the for Mainchett Sett up the oven Lid after it is Cleane take a pound of Biskets and halfe a pound of carraway comeffitts mingled together then mingle *your* paste with these and make it in a Cake and lett it stand a hower /

To make a Lemmond Sallett

Take as many Lemmons as yow please put out all the meate cleane them very well boyle

⁵⁴ Pages are evidently missing from the manuscript at this point.

the rhines very Tender dry *them* well with a cloth
and put them in a pott with viniger and a good
delle of Suger in a Short time they will be fitt
to Eate it is best to boyle the viniger and
Suger to gether first /

To Stew a Carpp

Power clarret downe the mouth and cutt it
up take out the Gutts and Save the Blood put to
it Spice and Clarritt Onions Anchoves Sweete
Hearbs Sume peeces of Browne Bread a
peece of butter take for the Sawce Clarrett
Onion Spice Anchoves and the bread *that* was
Stew'd with it masht fine and Straind through
a fine Cloth take as much as will thicken
the Butter and 2 yolks of Eggs /

[fo.29v]

To make an Orenge Pudden

Take 2 orenge either dry or wett beate *them*
in a mortor tell they run to a past and
then put to them halfe a pound of butter &
beate them a quarter of an hower then put
in halfe a pound of Suger and beate this to-
gether then Take 18 Eggs the whits of 5
and beate *them* well together then mix this
well together tell it be like butter then Lay
puft paste in the bottom of *your* Dish put it
in the oven to harden before you put in the
Pudden into it, for the pudden must Stand
but halfe an hower in the Oven /

Mr Parkers way for a Hash

Take *your* caves head and boyle it tell it
begins to be a Little Tender then take it
it up keepe halfe of it whole Lard it with
Bacon and Lemmon peale Take the meate
cleane of the other parte but Saue the bones
ffry some of *your* meate Stew some brile [broil?] the
whole side have Lambs Stones Sweete breads
oysters Mushrones Fry some boyle some make
Batter of Eggs and fflowers dry Sage Leaues
And ffry them put the braines in 4 Square
bits flower it and fry them put the bones

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vnder the halfe head and pile all the first
meate make on it some Long some round
Stew some fry some /

To make a cold Possett

Take Sweete creme and boyle it *with* some
Lemmon pele and a Sprige of Rosemary
and when it is boyl'd Lett it Stand tell it
be milke warme then have reddy *your* possett
pot *with* white wine a Little water the Juce
of Lemmon and Suger as you like it then
Standing on a high stoole power out the
Crem and be as Long a powering of it out
as you can Stur it and Lett it stand an
houer /

To make a whip Possett

Take a quarter of a pinte of Sack or more Season
it *with* Suger put it into it a pinte of crem put it
in a bred dish then take a bunch of dry'd
Rosemary the Leaues Stript of whip it tell
you see a greath deale of froath rise then Take
it of with a spoone and Lay it on the Possett
cup tell it be full soe Lett it stand a hower or
2 before you Sarue it in you may make
The ame with Clarrit or the Juce of
Rasburyes *which* Lookes well /

To make Strawberry ffoole

[fo.30v]

Take a quart of Sweete Creme and boyle it with
12 Eggs Leave out all the whites 3 graines of Amber
grece lett it boyle thick but not crudle then take
it of the fire and put in halfe a pound of Suger and
a quarte of ripe Strawberryes Stur all those to gether
and lett it be cold and soe Serve it up /

How much ~~flower~~ ^Butter^ yow must put to a peck of
fflower for all Sorts of Paste /

1. ffor pye and Tarte paste 3 pounds of Butter
to a peck of fflower and make the Paste with
Boyleing water /

2. ffor puft paste Eight pounds of Butter and 8 Eggs to a peck of fflower and mak the paste with Cold water /

3. ffor pasty Paste 4 pound of Butter and 6 Eggs to a peck of flower and make *the* Paste with Cold water /

ffor Custard paste Boyleing water and noe Butter /

How To Season Custard Stuff

Sett 2 quarts of Creme over the fire *with* whole mace and Slise Nutmegg when it is Scalding hott Straine out the Spice then beate 14 Eggs leave out the whites of 7 Beate *the* Eggs and Straine out *the* Treads mix the Eggs and Creme together *with* Suger and Rose water harden the Coffin and fill it /

How to make Marrow Pudden

31

Slise halfe a pound of Biskett in Thin Squares Slices then take the marrow of 2 bones put Square like dices and some Reasen Stones [stoned] and Slice dates Sitterne and Orrieng and Canded Lemmon mix these to gether and butter the Bottom of the dish and Garnish *the* brimes *with* Pufe paste and then fill it *with* a quarte of Creme 4 Eggs and Rose water and Suger and Nuttmeg /

To Season a Devonshire Pye

Cutt a Loyne of Mutton in Steaks and Seasone them *with* peper and Salt and Apples and Onions and a Little faire water bak the Pye 2 howers when it is baked put in a Little drawne Butter and Stire it all together /

To make a Carpe or Ele pye

Cutt in peeces the Ele and Season it with peper Salt Nutmegg Slice Lemmon and Barrberryes and currants put butter in the Pye and bak it 2 howers Schall and bone the carp Season

it as above put in Reasings and currants
and bake it 2 howers and make a Lear of
verges Butter and Suger and *the* yolke of an
Egg heate it over *the* fire and fill *the* Pye /

To make a Steak Pye

Cut a Loyne of Mutton in Steaks and Season
it with peper Salt and Nuttmegg Sweet hearbs &
an Onion a few cappers put Butter in the Pye
and bake it 2 howers when it is baked fill it with
Anchoves Sawce /

To Season a Rice Pudden

[fo.31v]

Boyle a quarter of a pound of Rice in a quart
of milk with *Sinement* whole and when it is
Tender put in 4 Eggs and Sack Rose water
and Suger a Little Saffron and Marrow
and Currants and cover it with Pufft paste /

To Season a Turkey Pye

Bone the Turkey and Larde it with fatt
Bacon and Season it with peper and Salt
and Cloves and mace and Nuttmegg put butter
in *the* Pye and Bake it 4 Howers when it is
Bakt fill it with Clarrifi'd Butter /

To Season a Lamb Pye
or a vele Pye

Cut the meate in Steaks and Season it *with*
peper and Salt and Nuttmegg and Suger put the
meate in the Pye and Large mace Sliced Lemmon
and Barberrys and Reasings and currants and Sweete
meats if yow please put Butter in *the* Pye and
Bake it 2 howers when the Pye is baked make
a Lear of white vine and Butter and Suger &
the Yolk of an Egg heate it over the fire
and fill the Pye /

To season a Chicken Pye

Cut *the* chickens in peeces and Season them
with Nuttmegg Suger and Salt and a Little peper

put *the* chickens in the pye then Large mace
Sliced Lemmon ~~peele~~ Dates and Barrberries /
Canded Orrieng and Lemmon peele Dates and
Sitterne put butter in the Pye and Bake it 2
houers when it is baked make a Lear of Sack
Suger and Butter and *the* yolk of an Egg heate it
over the fire and fill the Pye /

32

To season Goose Pye

Bone the Goose and Season it with peper and
Salt and Cloves and mace and ginger put
Butter in the pie and Bake it 4 houers when
then Pye is Baked fill it with Clarified Butter

To make Sweete Water

Take a handfull of Sweete margerum a handfull
of time a handfull of Savory and a handfull of
hisop put halfe a pinte of Damask Rose ~~water~~
Leaves Strip the herbs of the Stucks put them to
Steepe in the Rose water with the peele of halfe
a dozen Civill orrenge halfe a quarter of an
ounce of Sinamon the same quantity of Cloves
Mace Nuttmegg with a peniworth of Arras
Powder. put it all together to Steepe for a Night
then Still it of if you Double Still it, it will
Keepe the Longer /

To pott Venson

Take *your* venson and beate it very well if
it be very fatt you must take some beafs Shuett
and beate *with it then* Season it pretty high with peper
and Salt and a Little Cloues and mace but not
to much of *the* Latter, Lay 2 or 3 bay Leaues
In the Bottom of the potts and then Lay
your beaten venson in them Cover it thinn
with butter and cover the potts *with* paste
when it is Baked very Tender then draine
it well from the gravie and put it into dry
pots and Kepe out the liquor and cover it
well *with* Butter /

[fo.32v]

To make an Orrieng Cake

Take 3 or 4 Orriengs Lay them in water
2 dayes Shifteing *the* water twice a day boyle them
Close cover'd till they be Tender take them
out and beate *them* to a paste, to a pound of
pulp a pound and halfe of Suger with the
Juce of 2 Lemons Either boyle *your* Suger
to Candy height & then Stur in your Juce
and pulp or Else put them on the fire together
while *the* Suger Melted if you doe them *the*
Latter way *the* Suger must be Beaten and
Sifted Drop *them* and dry them in a
Stave [stove] /

To make a Gelly

Take unckles of vele lay it in water one
night to take out the Blood put it in a *pipken*
with a Gallon of Spring water Sett it on *the*
fire Scum it well let it Stew Safely till it
Gelly Straine it from the meate & lett it
Stand till it be cold take of all the fatt and
Putt *the* Gelly in ^a^ possnet Set it over *the* fire to
melt put in 2 ounces of Siniment one ounce
of Nutmeggs brused and ounce of Loafe Suger
halfe a Spoonfull of Rose water 3 Spoonfull
of *the* Juce of Orrienges or Lemons *the* whites
of 8 Eggs beaton to a froth. Sett it on *the* fire
not Sturing it till it Boyles up run it through
a bagg offten till it Looks Clear /

33

To Hash a Calfes head

Take a Calfes head and boyle him Tender *then*
Cut it in Small peeces and put to it apinte
of Clarrett with a little of *the* broth it is boyld
in and lett it stew gently then put in a good
peece of butter a Nutmegg 2 or 3 whole Cloves
a bundle of Sweete herbs bound up chose take
6 onions apeece of fatt bacon cut small
and lett it Stew with 6 Anchoves Cut *the* bones
and lett *them* Stew beate *them* 3 yolks of Eggs *tos*
it to gether in a pan *the* Dish is Garnished
with hardychockes bottomes Sweete bread and
Lambs Stones /

To make a ffriggasee of Chickens or Rabbits

Take Chickens or Rabbets flay them and cut
them in Small peeces breake *the* bones take out
the Biggest of them dip it in yolks of Eggs and
Flower made into batter make Strong broth
of any meate you can gett and of *the* bones
And wast peeces of Chicken put in a
bunch of Sweete hearbs /

[fo.33v]

To make Cogs Biskett

Take 3 pound of fine flower well dry'd a
Ounce of Carraway Seeds 6 Sponefull of Suger
Double Refin'd 6 Sponefull of Ale 6 Eggs
the whites of Two and wett it with warme
Milk 2 peny worth of Safforn lett it Lye
to Rise /

~~Mrs. Bests way for Cleare Cakes⁵⁵~~

~~Take 3 pints of Goosberrys top and Tayle
them put them in a Skillett with a little a bove
a quarter of a pinte of water sett them on *the*
fire and when the begin to boyle and discolour
put in as much water as before by little
and Little and when it is thin as a pancake
batter Lett it boyle a quarter of an hower and
put it in a Canvas Strainer *that* is Sow'd at
one Corner and /~~

To make Goosberry Biskett

Take 2 quarts of Goosberrys put them in a
Large mugg and Sett *the* mugg in a pott Cover'd
Close and boyle them lett not a drop of
water gett in *then* when very Softe take and
pulp them through a haire sive then take *the*
~~the~~ pulp & whisk it very well puting in *the*
Weight of *the* pulp of fine Scarched double
Refin'd Suger whisk it 3 or 4 howers then
take Square peeces of white paper and make
Coffins put in *your* biskett Stuff, then sett *your*
Coffen on Tin plates and Sett them in a stone [stove]
and when it will come Clean out cut them

34

⁵⁵ This recipe is crossed out with a large double x.

in *what* Shape you please and Searve it In /

Mrs Bests way for clear Cakes

Take 3 pints of Goosberrys top and taile *them*
put *them* in a Skillett with a Little above a Quarter
of a pinte of water Sett in on the fire and when
they begin to boyle & discouler put in as much
water as before by Little and Little and when
it is as thin as a pancake batter lett it
boyle a quarter of an hower and put it In
a Canvas Strainer *that* is Sow'd at one Corner
and hangh it up and lett it hangh without
Squeezeing and run out only Scrape it a Little
down with a Spone then take the weight of *your*
Liquor in double Refin'd Suger and beate it fine
and put to it Sett it over a Soft fire and Kepe
it Sturing tell it be desolved lett it not boyle
then put them out in Clear Cake glasses not
to thick and they will crome[crumple?] pule of *the* topp
Skin and they are the Clearer in all Cakes, Sett
them in *the* stone [stove] to Candy turne *them* and cutt *them*
into what place you please Keepe *them* turning tell
they are dry *the* Goosberryes are done when they
are Greene with a Moderate fire /

Scotch Scollops

[fo.34v]

Cut thin Slices of a Legg of vele Chopp it
with *the* bake of a Knife lard it with Bacon time
Lemmon peelee dipp it in batter made of *the*
Yolks of Eggs and flower make balls of vele
Sweete hearbs peper Salt Nuttmegg Lemmon
Peele Anchoves all beate Small roule them
^up^ with yolks of Eggs and grated bread fry this with *your*
meate in butter when they are pretty browne
power out the butter & Straine to them Some
Strong broth put in gravie (If yow have it)
Anchoves a bundle of Sweete hearbs nuttmeg
mace Slices of Lemmon a Little Solt Sallott
white vine lett it Stew A good while then put
In a convenient quantity of Butter and
thicken it up with yolks of Eggs /

To make a Cold Hash

Take a Cold cappon or Chicken pule of *the* Skin & put it in thin Slices & mix *with* it then take 3 or 4 Cabbeg Lettis cut it grose and mix *with* it oyle vineger and peper Solay it Like a Star in the Dich and Garnish the Dish *with* Lemmon peelee and Blew flowers /

To make an Allmond Pudden

35

Boyle a pinte of Creme *with* Siniament or nuttmegg tell it tast well of the Spice then pare *the* crust of a peny Lofe and Slice *the* crum in *the* creme as it boyleth take it of *the* fire and cover it Close tell it be Choked [soacked] Softe *that* you may beate it to a pap then put to it halfe a pound of Allmonds reddy blanched and beaten *with* Rosewater very findly 3 or 4 Yolks of Eggs a good quantity of beefes Suit Shred very smale 3 or 4 Spoonfull of Suggester as much Sake a Little Salt mingle all those to gether and put them in a Dish to bake lett not *the* oven be to hott before yow put it In *the* oven Stick it thick *with* Resons of *the* Son yow ^may^ make *the* Pudden *with* rice or flower Schoked like *the* Bread and then it must be no Bread /

To make Clowded Creme

Take a Gallon of Milke boyle it a pretty while then put 2 quarts of creme Lett it boyle a pretty while after that put in a Little Salt then put in a Milk pan in a coole plase Skime it next morning /

To mak a Hash of vele

[fo.35v]

Cut *the* vele in thin Slices season it *with* Savory and time Sherd Small and a little peper a pretty deale of Nutmeg grated then put it in *the* Dish or Stewpan *with* some butter in *the* bottom Cover it Close lett it stand on the Coles a quarter of an hower then put ~~in~~ a little oyster Liquor a few minced Cappers then Sett it on *the* Coles againe as Long as before, Dish it out *with* Sippetts and take a hard Egg & Spred *the* white *with* parsly put ~~in~~

a little into *your* sauce Garnish *your* Dish with
the rest then Sred *the* yolk very Small and
Strew over the meate and soe Searve it up /

A Nother way to pickle Cowcombers

Take Cowcombers Rub *them* cleane lay them
In a pott take water and Salt make Strong
Brine to beare an Egg lett it boyle and put
it to *the* Cowcombers as hott as yow can Soe lett
it Stand 24 howers take white wine vineger
and boyle it with Dallfennele seeds Cloves mace
Nuttmeegg whole peper Ginger Draine out
your brine and put in *your* pickle, as hott as
You can /

To Preserve Goosburys

36

Take as much Suger as *your* Goosberryes weigh
unpicked and Stoned to every pound of Suger
take halfe a pinte of water when *your* Goose-
=berrys are Clean peck't and Ston'd Sett *your*
Suger and water over *the* fire lett it boyle
before it be Skin'd put in *your* Gooseberrys
and lett them boyle as fast as yow can possible
^tell^ they be cleare and *the* Surrup thick enough
which will be in less then a quarter of houer yow
must not put *your* Goosberrys in *your* Glasses tell
they are plumb Run some of *your* surrup
through a Tiffny into *your* Glasses before the
Surrup is to much Yallow'd when *the* Goosberrys
have stud a Little put them up & run the
rest of *the* Surrup upon them through a
Tiffny /

To dry Goosberrys

Take the fairest Goosberrys you can gett new
Gather'd cutt of all *the* Blacks pick them full
of holes with a pin take to Each pound of Goos:
3 *quarters* of a pound of Suger take as much water
as will wett *the* Suger then put In goosberrys
and Suger in a presarueing pan and boyle them
tell they are Tender lett *them* Lye in *the* Surrup
2 or 3 dayes you may heate *the* Surrup and lay
them on a Silver dish take to Every pound of

Gooseberrys halfe a pound of Suger boyle
it to a Candy heigh power it on them as
Soone as they are Lay in *the* Dish lett *them*
Lye 2 dayes Lay them in Glasses to dry in
Shifteing *them* in cleane Glasses Every day /

[fo.36v]

To make a Gelly

Take 3 *quarters* of a pound of Red Rasperrys
and a *quarter* of a *pound* of white put to a pound
of – 3 *quarters* of a pound of Suger desolue
your Suger in the Juce of Rasperrys sett *them*
on the fire lett them Boyle tell you can
See them begin to Gelly take them of
and put them in Glasses /

To Preserve Cheny Orriengs

Take *your* orriengs and lay them in water
24 howers changeing *the* water 3 times *then*
boyle them in 2 or 3 waters tell they be
Tender then take them out and lay them
in a Cloth to draine take to Each of the
orrienges one pound of Suger and a pinte
of water and make a Surrup put *the* orrenge
into it Sett them over a few Embers halfe
a hower but they must not boyle, do soe 2
or 3 dayes boyle them in *that* Surrup tell they be
Cleare take *them* out and set them on a Sive
to draine Soe yow must make them /

To make Appricoke wine with water

37

Take to Every gallon of Appricoks a Gallon of
and halfe of water and 4 pound of Suger boyle
the Suger to gether power on the fruit, being
put in a Barrell Stop it up Close tell it hath
done workeing after 2 or 3 moneths drawe it
forth into a Nother vessel and put a pound of
Suger to feed it & when you finde it clear &
Fitt for bottleing draw it of yow may draw a
strong water of the first thus yow may doe any
Sorte of fruit /

To make Clear Cakes of Plumbs

Put *your* plumes into a pott Cover'd Close put
to it a Skilett of boyleing water lett *the* Juse be
all out of *the* Skins take to Every halfe pinte
of Juse a pound of Suger Stur it with a spoone
Sett it on warme Ashes one hower put it In
Glasses Sett them on a Stow turne them
when yow thinke Fitt /

To Candy Appricoks

Preserve *them* first till they Looke clear and
no Longer then take them of and lett them Lye
in *the* Surrup 2 dayes then take *them* out of it &
draine them clear from *the* Surrups put them in
a dry Glass take a pound of fine Suger and with a
pint of water boyle it halfe an houer Skime it
verry well whe[n] it is cold put as much of it on *your*
Apricoks as will cover *them* put them in a Stove to
dry put a Little fire to them / Every day /

To make poppie water

[fo.37v]

Take a gallon of the best Aniseed water a
peck of the best poppes when they cum first an
ounce of the best English Liquorish Slice a *quarter*
of an ounce of Ginger Slice a *quarter* of an ounce
of dates a *quarter* of a pound of Reasons of *the* Son Ston'd
6 figgs Slice a handfull of Mother time tops
of min[t]es one ounce of nutmeggs grated Steep
this 9 dayes and lett *the* water be Strain'd and
Soe boyle it up with a pound of lofe Suger tell
it comes to a Gallon /

To make Madam Buttlers Red watter

Take halfe a Busshell of poppies and 4 quarts
of Sack 2 quarts of Brandy 2 quarts of Suger
put it in a bottle Sett it in the Sun Close
Stop't lett it Stand 6 dayes then Straine it
hard out take 6 ounces of Liquorish 4 ounces
of dates Cloves ginger Nutmegg mace Each
an ounce Cardimum Seeds Caraway Seeds
of Each an ounce halfe a pound of ffiggs put
all these together and lett it Stand 3 dayes in
the Sun then Straine it out put to this halfe
a peck of Clove gilly flowers take 3 *quarter* of Suger

Candy finely beaten & put it in a bottle
Stop't Close /

To Preserve Cherries

38

Take a pound of Cherries cut the Stalk halfe
of Cross every Cherrie on the Top only rase
of *the* Skin take 3 *quarters* of a pound of other Cherries
pule of *the* Stalks & brack them without any
water & boyle them tell they cum to *the* couler
of Clarrett Straine them into a Bason and
take a pound and quarter of fine Suger beaten
Smale divide it into 3 parts put one parte into
the Liquor sett it over the fire untell the suger
be melted take it of and Skime it lett it
Stand tell it be blood warme put in *the* Cheiries
↔ yow intend to presarve and lett them boyle
as fast as you can then strew in one parte of
the suger let them boyle up againe take them
of the fire and Scum them and Strew the other
parte of the Suger lett them boyle as a foresaid *then*
take them with *the* fire with a Thin Trencher *that*
is Round, upon a pen Knife point when they
be thick take them of the fire put on their
Skins when they are bett^wen hott and Cold
Soe keepe them /

To presarve Damsons in Gelly

Take *your* Damsons and Slit them on *the* Side
take to one pound of Damsons 3 *quarters* of a pound
of Suger boyle *your* Suger and Scum it put in
your Damsons Sett them on the fire *which* must
be Softe when yow presarve them begin to
turne *your* Suger lett them boyle them with a
Gentle fire have *your* Gelly made thus take
some Damsons put them into a Gally pott
Sett them in a pan of water take a Sive and
Straine out *the* clearest of it take to one pint
of Juce 3 *quarters* of a pound of Suger boyle *your*
Suger Candy hight put in *your* Surrup and
boyle it tell yow see there is a little Scum put
your Damsons in Glasses and *the* Gelly on them /

[fo.38v]

To make marmalad of Appricoks

Pare *your* Appricoks and Stone them and cutt them in Small peeces put them in a Silver Bason to *the* weight of the Apricoks put as much refin'd Suger put *your* Suger into a nother bason Just wett it with water lett them boyle Severall tell the Suger be Candy high tell *your* Appricoks be pap breake *your* greate peeces with a Spooone when *your* Suger is so high put in *your* Appricoks lett them Stand on the fire tell they be well mingled put them in *your* Glasses when thay are Cold put them in a Stove keepe *them* with a temperate heate tell they are Canded all over if you put red Currants it looks well yow must stone them put *your* white fruit into Glasses Sticke *your* red Currants as yow please /

To make Gooseberry wine

39

Take 12 quarts of water and 36 pound of Goose berryes bruse *them* with water straine them and put them in 12 pound of Suger lett it Stand a ffortnight

To make and Excellent Surfiet water

Take 2 *pound* of greene walnuts before they be to hard 2 *pound* of figgs 2 handfull of reu Slice *your* ffiggs and bruse *them* with *the* walnuts and rew in a Stone Morter, then put it in a ordinary Steele put to it one quarte of Sack lett itt Stand one houer to Socke *the* Steele being Close pasted distill it with a soft fire puting in Some Lofe Suger as it drops, to Sweeten it to *the* last [taste] *the* best time to make it is at mid Summer /

To make Surrup of Gilly flowers

Take *your* Gilly flowers clip of *the* white take to and ounce of Gilly flower 4 ounces of water Scolding hott lett it Infuse all night in Stoue [stone] or Silver pott cover'd close in *the* morneing Straine them out take double *the* weight of *your* gilly flowers in Double refin'd Suger put it into *your* pan power *the* Liquor to it sett it on *the* fire when

the Suger is melted and *your* Surrup scalding hott
it must not boyle take it from *the* fire /

To make Aquemerabilis

[fo.39v]

Take cubube cardimum golingule mace nut
megg ginger cinaman of Each 2 Drames
the Juce of Saladine one pinte of Juce of Speare
mints Juce of Baline of Each halfe a pint
violett flowers Cowslips flower Rosemary
Buglas bells marigolds of Each 3 drames
bruse *the* Spice $\leftarrow\cdots\rightarrow$ *the* flowers and *the*
Seed Steepe $\leftarrow\rightarrow$ in 2 quarts of Sack put in
one pint of Angelico water one pint of
Red rose water Steepe *your* Ingredience in
Liquorish one night distill it draw it
of in Glass bottles hide it in Sand Sweeten
it with double Refin'd Suger /

To wash Poynt

Take *your* poynt and Sope it on *the* rite Side
lett it Lye in water all Night warme *your*
suds and wash it out of *that* make 2 Lathers wash
it well out of *that* if it be yellow Lay it on the
Grass a night or 2 first boyle it and put it
to some cold water if yow See it not white
then Sett it to whitten give it a Lather run
it with water that has no blew after *that* run it
in blew water *that* is made with Stone blew Starch
it with Holland Starch it on *the* rowng Side Lay it
in a Cloth a Little dry it ⁱⁿ *your* hand pule it as Even
as you can Lett it not be to dry nor to wett Iron
it not with to hott an Iron lett *the* cloth be pretty
thicke *that* it is Iron on if *your* point be high rais'd
take *the* Gloss of with a dry cloth rub it pick every
purl in his plase /

To Stew a Lampry

40

When he is Skin'd season him with a little salt
and pepper and Sliced nuttmeg all over & in his
belly Some Cloves and Largge mace whole and
Some Sliced Lemon and Sume thin Sliced ^s of
Butter lett him then be rowled round and A Skure
thrust through to turne him with the Liquor

must be a pint ^{an halfe} of white wine or halfe white wine and halfe Sider put a little Butter in the Bottom of the pan before yow put on *the* Liquor and Some thin Slices of Butter upon the Top of the Lampries when he is stewing sett *the* pan over A stone Charcole fire and Ad to the Liquor a bundle of Sweete hearbs and a Sliced onion turne the Lampry often in the Liquor and when he is Tender Enough bruse 2 Anchoves into thin parts and Infuce mix on of the best of gravie beate a Little more butter make *your* Sauce and thicken it care fully with *the* Yolk of an Egg /

To Order calves feete

Boyle them and Slice *them* in *the* middle & noch it boyle it with 3 quarts of milk with halfe an ounce of Sinomon boyle it to 2 quarts then take it of and Straine it Sweeten it with halfe and ounce of white Suger candy and putt to it 6 Sponefull of red Rose water Drinke of halfe a porrienger at night and morning /

To make Rice pancaks

[fo.40v]

Take a quarter of a pound of rice boyle it very tender when you can make it Small with *the* back Side of a Spooone put as much milke to it as will make it pretty thin then with fine flower make it of *the* thickest batter then put in 4 Eggs and a quarter of a pound of melted Butter beate it well and lett it Stand 12 howers before yow fry them *which* you must do with fresh Butter and not make *them* very thin Strew Suger & *the* Juce of a Lemmon over them /

To make A Pudden

Take halfe a pint of crem put to it a quarter of a pound of butter [batter] then sett it on *the* fire tell it be hott *that* it well melt *the* butter put in 3 Eggs well beaten and crumbs of bread to make it thick as for a pancake butter *then* put in a Little sugger and

Nuttmegeg a Little Salt 2 Sponefull of
rose water butter *your* Dish well and lay
paste a bout it and Bake it three parts
of an hower /

To make a crem of Pipings

41

Take 12 pipings and rost them in a dish in
the oven then take *the* Softe of from *the* Score
and *the* Skin and putt it in a dish with 2 Spon
fulls of rose water a *quarter* of fine suger then
take a quarte of creme and boyle it with 2
Yolks of Eggs lett it not cruddle when it is
on *the* fire put in *your* pipings as before Stur
it all together and put it in a strainer
Sarve it up Garnish *the* Dish as yow please /

To make a crem of Grapes

Take a pinte of ripe Grapes pick them
from the Stalks put them in a Cloth &
Squeeze *them* tell you have all *the* Juce lett it
Stand and Settle then take a quarte of crem
& boyle it with 2 graines of Ambergreece 2 Spon
full of Rose water as much fine Suger as
will Sweeten it boyle it a quarter of an hower
take it of *the* fire and put *the* Juce in a dish
yow Intend to serve it up and when *your* creme
is allmost Cold power it on *your* Grapes then
it is reddy for *your* Services to Eate Cold /

To Pott Beefe

[fo.41v]

Take halfe a Buttock of Beefe take of *the*
Skin and cutt it into pretty thick peeces *the*
way that *the* graine Lye beate it the Same
way very well ^season it with pepper and salt very well^ & a Little Cloves and mace
if you please then put it into an Earthen
pott with a pound of Shuett Shred and Strawed
betwixt the Slices and put the Skin over it
Cover the pott with Some paste and Sett it
in with a Batch of Bread when it is
Baked pull *the* meate fflak from fflake
and when that is done mix the meate
with *the* Liquor Stur it all to gether &
put in too Little potts pressing it downe

with a Spooone Sett it into the oven a
Little againe when it is Cold put a
Little melted butter upon it & keepe
it for *your* vse /

To make Cherry wine

Break all *your* Cherries open lett them
Stand 24 howers Straine *them* out worke
them with yeast lett it Stand a day and Night
a workeing to every Gallon of Liquor put
In 2 or 3 pound of sugger then put in
your Barrell and Bottle it /

To Colleer a pigge

42

Take a good fat pigg of a month
or five weeks old and kill him and
dres him fit to rost cut of the head
and slit him down the back and bone
him take a handfull of sage chopt
small and to nutmegs a littel mace
a few cloues bete very fine a handfull
of salt mix all well to gether and
season the pigg all over with it &
roll it up hord [hard] and tey it a bouthe with
tape and sow it up in a clean linnen
cloth and boyle it in water with a
littel otmell in it well seasoned with
salt boyl it tell it tis tender then
take it out and hang it up in a cloth
that it was boyled in tell it tis quit
cold then put in some water and
otmell as if you weer going to make
a thin water grewell season it well
with salt and put in a pint of white
vine & halfe a sponfull of wholl peper
boyle it all to gether halfe an hour set [let] it
ley tell it is colld take of the cloth and
put in the g pig let it ley: 8 days in
the sowesing then use it as you pleas
it must be eaten with musterd and
suger or with vineger

[fo.42v]

To make lugaiillus Balsom

good for a green wound or any bruse
inward or outward to hell the lungs
being taken inward in canary wine
or poset the quantity of hasell nut
Take a quarter of a pound of yellow
bees wax cut it in to an earthen pan
with a pint of canary melt it and
when it is quite melted take it of the
fire take halfe a pound of uenes ~~tur~~
turpentine and wash it in rose water
take a pint and half of the best sallet
oyle and put the oyle and turpentine
in ^{to} the pipkin when the wax is well melt
ed in the wine then boyle them together
with a gentell fire tell they be well cor
porated take it of then and let it coole
when it is throw could set on the fire a
again and when it is throw melted
put in one ownce of the powder of
red sanderse- and stir it tell it is
coold then put it in a galliy pot and
k^{ee}pe it for use

43

To make Almond cream

Take half a pound of Jardon almonds &
blanch them beate them in a mortar with
4: sponfull of rose water or oring flower
water put a quart of cream to the almond
and stis [stir] it well then strain it throw a
hear sieve and set it on a slow fire and
let it Just boyle then sweeten it and
put it out into littel chieng dishes and
when it is cold serve it to th[e] table

To stew pippins

Take large pippins pare them and cut
them in halfaes and core them lay them
in to a stew pan or presoring [preserving] pan and
put as much water as will couer them
and let them boyle about a quarter of
an hour then power out the water put to
them a pint of whit wine a pound of good
suger 12: cloues a quarter of an ounce of
cinnamon a piece of oring an lemon peel

stew them quick when they are clere
they are enof squise on some Juyce of
lemon and dish them up with fine carved
sippets and stick smoth suger almonds
and peces of candied oringe and lemen
pele and candied cittorn powr on the
syrrip and then strew on some smoth
carrayways on them and on the bredes
of the dish and some suger if you would
have them red put in a slice of preserved
quins and keep them clos couered and
stew them over a gentell fire

[fo.43v]

To make selebu[^]b[^]↔

Take 2 quarts of cream ~~in~~ and sweeten
it and put it in to a bason and squise
in to lemons ↔ in to it and on of the pils
put in a quarter of a pint of sack and
put in one drop of oring flower water
take out the lemon whip it with a clean
whiske and put it in your glases halfe
this will fill seaven

To dry cherrys

44

Take :13: pound of cherrys and :2: pound
of suger and wet it with a quarter of a
pint of water stone your cherrys and
boyle them till they are clere then set
them by all night then draine them out
and lay them vpon sefes and set them
in an oven to drye that is hot eneof for
whit ↔ bread

To dry pears or aples

Take them at michaelmas and prick
them full of holes and bake them in a pan
then take them out and pres them flat
and lay them upon a sefe and if the top
be brown dip them in the sirrop and lay
them one by on in a sefe and set them in
the oven to drye

To keep goosberrys all the year

Take the goosberrys when they are at the full growth but not ripe and put them in to gllas bottles with a wide mouths fill the bottles and cork them put them in a kettle of water to scald in the botles hard corked downe and when they looke white they are eneof then set them in your seller when they are quite cold put some rosin about *the* corkes

How to make lemmon cakes

[fo.44v]

Take of the purest hard suger if not duple refine beate it very small sift it throught a peace of tiffeny and get the palest coulered lemons because you must grate the out side of the rind be shur you grate if [it] on a fine grater cut your lemmon swecese it and strain it throught a peice of tiffeny lawn in a glass then when your suger is dry put in as much of your Juce of lemmon as will weet your suger keep out a pritty deale of \leftrightarrow your suger least you should over wet it and keep out sume of your Juce least should need it you must put in no more Juce then will make it a littel thinner then for paste there must be fire under it all the while but soe littel as will but heat the dish stire your lemmon and suger together with a spoone put in as much grated lemmon as you like and when tis of that thickness you like drop it on a plate in littel round cakes then dry them in the sun or at the fire put them into a box or papers

To make Barley creame

45

Take halfe a pounde of french barley let it sibber in two severall waters in an earthen pipke close couered then pour of your water cleane away and put to it a quart of new milk boyle it leasurly and close couerd tell all most

all your milk bee wasted away then
straine it th^rough a strainer or thin cloth
and season it as you vse it with a littel
beaten cinamon suger a littel Juice
of lemmon and eate a meale for break
fast or supper it tis both cooling and
nourishing

An excellent cordial water for ~~th~~
dizzinese: and swimming in the head

Take four pound of blak cherries bruise
the stones of them and then put them
with the cherries into a glass bottel and
put into them a good handfull of balm
and a handfull of rosemary tops
cinamon nutmegs vpon them all two quarts
of sack stop it close and let it stand twentey
fore hours then distil it of in balneo distel
so much of it that it be weak like Aqua
merabilis sweeten it with white suger candy
to your tast and drink a littel wine glassful
of it in the morning fasting and at night
going to Bed; this cured a lady of a great
dizzinese and swimming in her and ~~me~~
many other have found the like in fallible
effect of it

[fo.45v]

To make Bisketts of apricocks or
any other fruite

first paire your apricocks and slice
them into a pott and stopp it downe close
and boyle it in a skillett of water tell
they bee tender then force them throw a
haier sceive and to 4 ounces of that pulp
haue 5 or 6 ounces of duple refined suger
beaten and scarced put your suger and
your pulpe into severall dishes and heat
them both scalding hott then put them
togather you must continue beating
them 2 hours the longer you beat them
the more glose they will have this you
may doe with any ff^rⁱ[^]^te the thinner
your pulpe is it will require more suger
but the weight and a third part is a

nought for Apricociks and gooseberry

To make Jelly of harts horn

46

take two quarts of fair water and six ounces of harts horn when your water is warm put in your harts horn and let it infuse vpon embers all night then boyle it till the spoon feels very clammie then st^raine it ~~pu~~ and put to it half a pound of suger or more a littel sack a spoonful of cinamon water the Juice of six lemmons and two graine of amber grece and so set it ouer a slow fire tell it will Jelly then put it into thin glasses

to keep backe any ill red humor that comes in the nose or face

Take a lemmon rinde and all cutt in pieces ~~a little camphire~~ and lay it in steepe in white wine with a littel camphire then wash your face with it euery day prooued

To make ^a calves head pi^ye

[fo.46v]

Take a calves head being par boyled cut of all the meat from the bones and the tongue in peices season it will with cloves and mace nutmeg and salt let it steepe all night in a bout halfe a pint of sack put in half a pound of beefe suet chopt small the next morning when the coffin is made put some butter in the bottom then put in the meate with the Li^cquer and a pound of raissons stoned and chopt small as much suger as you think will make the meate a little sweet put in like wise the yolkes of 10 \leftrightarrow or 12 eggs whole and some marrow a bout the bigness of wallnuets if you please you may when the py is baked put in some canded orreng or erringgo root or

lemmon cut in thine slices if it wante
moustur put a slices of butter and
serve it in it will bee baked in an
hour and halfe

How to make Exelent Pankakes

47

Take a pint of Creme and 3 Eggs and fife
sponfull of fine flower and beat it Well toga=
ther and Melt a quarter of a pound of butt=
er and put to it little nutmeg and salt put it
very thinn in your pan When the pan is very
hot and fry them With out any thing in the
pan and serue them up

To make freanch Bred

Take hallfe a peek of fine flouer a quarter
of a pint of yest then take the whites of to
Eggs <.>^be^at them to a froth then Strai<.>^n^e the Eggs
and yest in to the flou^e^r and temper it to, gether vi=
th water in to a soft past work it with flouer and put
it it^n^<.> to severall wooden dishis and let to stan
d half an our or upward flouer dishis before you
put it in and remember to let the yest stand all night
in water

A ffrigisee

[fo.47v]

Take of Chickings or Rabbits and divide every
quarter into 2 or 3 parts and season it with
cloves mace nutmegs peper and salt then take
A frying pan & heat it moderately hot with
a piece of buttur then put in your meat and
fry it brown then take it out pour a way the
buttur it was fryed in and take some beef
and make some very good gravy and put
in a bundle of sweet herbs a little sallot
a leaf of mace a glas of whitwine Let that
stue a little and then put in your Chickins
or Rabbits and let them stue well together
then take a pice of fresh butter and ster
well together & 2 anchovoies & *the* Juice of a
lemon & Shak it well together & Garnish *the* dish with
lemons & oranges & serve it up as hot as you can

To make calves feet Gelly.

48

Take a sett of Calves feet and scald off the haire,
then beat it all to peices: put it into a pan or a kettle
cover it over with spring water: put it over the fire
and boyle it all to a Jelly: then take it off the fire, and
streyne it through a thick woollen bagg: let it stand till
it is cold: then put it into a Skillet, put in a dozen glare
of eggs, but whip your eggs first: put them into the said
Gelly, with about a penny worth of Izing glass into it:
boyle it and scumme it well till it comes clear: then
take it off and streyne it againe: then take the Juice
of half a dozen Lemons a quarter of a pound of double
refined Sugar put it with the Juice of Lemons into the
gelly with a graine of Amber greece tyed up in a ragg and <.>
put into it then put it over the fire and boyle it againe
as long as you see any scumme: then take it up and streyne it
through a very thick cloth bagg: take the first running and colour
it red with a little Lemon and Cochineale: then take the second
running and colour it with a little bit of saffron: the last
running will bee the clearest for white then pour it into
your Glasses to coole.

To make A orring pudding

[fo.48v]

Take the paring of one large sivell
orring and pound it in a mortar
tell it is very fine and then mix
it well with 8 ounces of white suger
and then take the yolks of 8 eggs
and beate them and 8 ounces of
butter and melt it with a little
water as you do for sauce and
then mix your eggs and butter
together and after that put it into
your suger and orring and mix
all together and then put it into
puft past and bake it

To make A rice pudding

49

Take a pound of rice and devide
it in 3 parts and on of the parts pound
and sift it throught a fine shurch [starch; i.e., starched cloth]
then take a quart of milk and boyl it
then lett it stand to be cold but first

mix your flower of rice in a porringer with a little cold milk then mix it with the rest of the milk pouring it in by little and little and sett it on the fire to thicken and stur it all the time and when it tis thick put in some butter still sturing it you must put in 3 quarters of a pound of butter and then take it of the fire and still keep it sturing tell it is all melled then put in 3 quarters of a pound of suger and 6 eggs beatten and when you have mixt it well together then put it in a dish and bake it halfe an hour we^ei^ll bake it

To Pickel Wallnuts

[fo.49v]

Take the wallnuts when you can thrust a pin in them and take and prick them and let them ly 9 days in water and take very good vinagar and boil it and put as much solt in it as will beare an egg and put in some jameca pepper in to it and put it into your wallnuts and stop them up very close.

To make a Carret Pudding.

Take too penny manchetts and grate them and half a dozen of Carrets and grate them and half a nuttmege and a little quantety of salt ^{and 6 eggs}⁵⁶ Take half a pound of sugar and a point of craime. Take half a pound of butter and melt it. half a Dozen spunful of sake so mix it all verry well together and put it into a dish with some butter ~~all~~ about *the* dish let ~~if~~ it stand about an hour and a quarter in a pretty quick oven.

To Make a Lemmon Pudding

50

Take a two penny lofe and cut him into thin slices, take a point and a half of

⁵⁶ This note is in another hand than the rest of the recipe.

creaim a boil it and put it boiling hot
into *the* bread and so stive [stir] it take *the*
juce of two Lemmons cut *the* out rine
very smal put it into *the* juce sweeten
it with sugar *the* quantity of half a pound
which you must put into *the* lemmon take
the yoaks of six eggs and whits of four beat
them very well grate in a little nutmeg put
in half a dozen spoon fulls of sack, so mix
it all together buter your dish and put into
it a quarter of a pound of melted buter then
put it into *the* oven three quarters of an hour will
bake it if *the* oven be pretty hot.

To make an Almon pudding

Take a too penny manchett and cut him into
thin slices and a point an half of creaim
boil it, put it into *the* bread boiling hot
and stive it, take some almons and blanch
them in hot water ^and beat them in a mortor with a little water^ to keep them from oyling
take half a dozen spoonfuls of sack yoaks of
eight eggs and *the* whits of six beat them well
together with some nutmeg and sugar then mix
it all together and put in it a quarter of a pound
pound of melted buter and less then an hour will
bake it.

To Make a Tansy

[fo.50v]

Take a quarter of creaim half a pound of
sugar half a pound of grated bread 16 or 20
eggs well beaten *the* juce of spinnage and
a little tansy as much as will colour it you
must strain it ~~take a handful of flour~~
and a little nutmeg stir it all together and
put it on *the* fire and when it comes thick
buter *the* pan and put it into *the* oven and
half an hour will backe it.

To Make Wine vineger
or that which will serve for
the same uses alltogether as well

To 12 gallons of Cider put 3 pounds of
Malego Rasons & 2 ounces of Roach

allum & lett it stand in a vessel in
the sun with the bung only covered
with a Lynnen or hair cloth so that
the aire may come at it for two
months any time from the ffirst of
May to the Last of July & not
later & in that time it will be
made good vineger fitt for keeping
of pickles or any other vse

To make Mangoe

51

~~Take large Cucumbers cut a piece out of the
length of the Cucumbers scrape out all the seeds
very clean ^then^ scour them with salt and water and
and make brine that will make brine⁵⁷~~

To make Mangoe

Take large Cucumbers cut a piece out of the
length of the Cucumbers scrape out all the seeds
very clean, then scour them with salt and wa
:ter and make brine that will bear an egg and
pour upon them scalding hot water Stive
them close for 24 hours then take them out
and dry them very well with a cloth and
fill them with sliced garlick mustard seeds
and sliced ginger and tie them up fast with
a thread, you must make the pickle of white
wine vineger whole pepper and what salt you
think fit and pour it on hot and stive it
close and so doe for 2 or 3 days once a day till
they be very green.

a day or 2 after you must put a spoonfull of
mustard and some horse radish into the pickle.

To make a frigacy of rabbits

[fo.51v]

Take rabbits and cut them in little pieces and
season it with salt and nutmeg and put them
in the pan with water to cover them and put
a quarter of a pound of butter in the water
take some parsly and lemon time and lemon

⁵⁷ This recipe, except the title, is crossed out with a large x.

peel shred them very small when it is almost
fryed away put a good large glass of claret and
2 anchoves take out one of the livers and grate
him to thicken it be sure to keep it stirring
and then put half a pound of butter and so sarve
it up.

To pot Venison

Take your venison and beat it very well if it be
not very fat, you must take some beef suet and
beat it then season it pretty well with pepper
and salt and a little cloves and mace but not too
much of the latter, lay 2 or 3 bay leaves in the
bottom of the pots then lay your beaten Veni
son in then cover it thin with butter and cover
the pots with paste, when it is baked very tender
then drain it well from the gravie and put it
into dry pots and keep out the cold and cover
it well with butter.

To Stew a Lamprey

52

When it is Skinned Season it with a little salt
and pepper and sliced nutmeg all over and in its
belly, all along and put also into his belly some
cloves and large mace whole and some sliced le=
:mon and some thin slices of butter it it then
be rowled round and a Skure thrust through to
turn him with the liquor must be a pint and a
half of white wine or half white wine and half
Cyder and put a little butter into the bottom of
the pan before you put on the liquor and some
thin slices of butter upon the top of the Lamprey
when it is stewed set the pan over a stove char
cole fire add to the liquor a bundle of sweet herbs
and a sliced onion turn the Lamprey often in the
liquor and when it is tender enough bruise 2
anchoves into thin parts and in Juice mix one of
the best of the Gravie beat a little more butter
make your sawce and thicken it carefully with
the yolk of an egg.

To pot Beef

[fo.52v]

Take lean Beef cut it cross the grain in thin

slices beat it very well with a rowling pin then season it with salt and pepper and salt peter some mace and a little nutmeg roul it up in balls so put it in a pot with some slices of fat over it, bake it five hours then work it together with butter take out any strings that remaine then place it hard in the pots and cover it with butter.

To drey tongues and Westfalia Bacon

Take salt upon salt as much as will lye upon a Shillinge for one tongue and as much other salt as you think will doe sett them on *the* fire in a Skillet, and keep ~~tha~~ them stiring with a spoon: till it is very hot, so hott that you cannot touch it *with* your hand, lay it upon the tongue and then rub it very well in, Lay then in a pan by themselves and a week after salt them as you did before: and then let them lye till they are hard. For one Westfalia ham you must take an ounce of salt of salt and other salt mixt *with* it: Doe it as you did your tongues and let them lye but a week after *the* 2d salting. before you hang up your tongues or hams you must all over with Calves or Bullocks bloud once or twice and dry them by *the* fire: then hang them up: when you boyle them you must not lay them in water nor boyle them *with* hay.

53

To Boyle a Calves head

Take a fat Calves head and boyle it in a little water and salt very tender, take a great deep dish put into it claret large mace anchoves stew it till *the* anchoves are all consumed then put the gravy of a rosted leg or shoulder of mutton a good quantity of oysters either raw or pic^kled, but raw are *the* best, then take sweetbreads of veal lamb or hogs, and let them be slitt and fry'd in a pan but not too brown, slice also collops of your best bacon, and frey them but not too brown, then put *the* calves head into your ~~wit~~ wine *which* should have all *the* while some sliced onions stewed in it. Let your head stew in it till dinner be ready; and when you send it up lay a good part

of your oysters at *the* bottome of *the* dish, and all *the* rest ~~ont~~ on *the* top; lay your collops and sweetbreads all over and lemmon sliced, or with *the* rind and barberyes you may garnish *the* dish. remember to sred a pretty quantity of lemmons and put it into *the* sawce and a peace of butter and so serve it up.

To keep Cherys for tarts

[fo.53v]

To a pound Cherys allow a *quarter* of a pound of sugar and put them together in an earthen pot, and past it up very close, set it in a bakers oven and keep it close till you use it you may doe a great many together.

For *the* wind Collick.

Take a spoonful of ginger and mix it with a little ale and drink it.

To stay a looseness.

Take a pint of milk 3 ounces of double refined suger boyle them together a little, then take it off the fire and put in 3 ounces of old quince marmalet and when it is melted drink half of it at a time, the older *the* marmalet *the* better.

To Make Aprecock wine.

Take a pound and half of lofe sugar 3 pints of water, put them together over *the* fire, when it boyles take off *the* scum that rises: then take 3 pounds of Aprecocks pard & ston'd & and put them into *the* liquor and let them boyle till *the* Aprecocks are tender, then take it off *the* fire, and take *the* Aprecocks out, and let it stand till it is could then bottle it.

To Make a Carrott Pudding.

54

Take your carrotts and boyle them very tender, then scrape them and beat them in a mortar, take eight eggs and too whites, beat them well, put in 3 or 4 spoonfulls of sack, half a pound of

butter, half a pint of cream, a little salt and nutmeg, beat all these together in a mortar till it is well mingled sweeten it to your tast with sugar, then put in some grated bread, so much as will make it as stiff as batter, then butter your dish you bake it in, 4 spoonfulls of Carrots is enough for this quantity, half a hower will bake it. you may make it of parsnips or Potatoes.

To Make Lemmon puddind ^Cakes^

Take your juce of Lemmons & set it in a clear fire and make it very hot but you must not let it boyle you must put your suger over the fire in a broad dish and make it very dry and when it is very hot and the juce is so to; cast in your sugar with *your* hands: keep stirring your juices till it be as thick with the sugar that it will drop into cakes and not run on *the* plate. you may make orange cakes the same way and grate some orrange or lemmon peel into it.

To make Aprecock cakes

[fo.54v]

Take a pound of Aprecocks and pare them and take out the stones and slice them into half a pint of juce of white currins then set it on the fire till it is all mash'd then put to it a pound and a quarter of double refin'd sugar that is boyl'd to candy, then stir it together till it be all melted then put it into glasses and soe put them into a stove and when they be ready to turn out, put them out of the glasses and keep them turning morning, and evening, dusting them with a little sugar throw a tiffany and when they be dry keep them for your use.

To make quince cake in the fashion of jumballs

Take your Quinces and \Leftrightarrow coddle them then pare them till you come to *the* whites & put them into a silver dish and mash them to pap: then set them on a slow fire, and keep them stirring till they be dry but be sure you doe not let

them boyle, \Leftrightarrow take half the weight in sugar
boyl'd to sugar again and beaten fine.

To make Aprecocks cakes in *the* fashion of jumballs

Take æ ripe Aprecocks and pare them and put
them into a silver dish & cover then and set
them over a soft fire and when they are very
soft make them into a pap and so dry them
over coles, & when they are dry'd into past & cold
work them up with sugar finely searched so make them
into little knotts and jumball if you please and dry *them*
this way you may jumballs of any sort of plum or
quince or pipin plums, you must boyle in a jug in
kettle of water and strain the pulpe throw a strainer

55

To Make past of raspberries.

Take *your* raspberries gather'd very dry break them with
a spoon small, allow to every pound of raspberries
3 quarters of a pound of sugar double refin'd finely
beaten let them boyle *without* sugar till it be very
thick then put in your sugar and boyle it but
once up for if it boyle longer you spoile it
put it into moulds or drop it and so stove
it but let not your stove be too hot.

To make orring biscakes both cordiall and pleasant.

Take orringes and pare them and take the thin peel
and lay them in water a day or two shifting the
water once a day; then boyle the peels very ten=
der, then take the meat of the orringes and
infuse them in a silver bason drey'n the thin
juce from them and pick out the strings and the
seeds and mingle them with the peel, and beat it
into a very fine past in a mortar, weigh it
and take three times the weight of sugar, it
must be double refin'd, beat them alltogether
in a mortar then lay them in a plate some=
=what thicker ordinary past so let them dry
in a stove.

To cand green Grapes or Gooseberries.

[fo.55v]

Gather them a little before they be ripe, and take

the fairest *that* is with out specks put them into a skillet of fair water being ready to seeth cover them, and let them stand on a few co^ales till the skins will peel off; then take them from the fire and peel them and put them into hot water and lay a cloath over them and a dish over that and let them stand in embers till they be green, then take them out and lay them on a cloath to dry, to a pound of grapes take a pound and a quarter of sugar, and as much water as will wett it, and boyle it till it comes to a candy height then put your grapes into the syrup and boyle them till they be enough, and so let them by; let the grapes lye in the syrup 2 or 3 days every day turning them and at the last lay them upon plates to dry.

To make Aprecock cakes.

Take a pound o[f] Aprecocks and pare them and take out the stones and slice them into half a pint of white curri^ans then set them upon the fire till it is all to mash then put to them a pound and a *quarter* of double refin'd sugar that is boyl'd to a candy, then stirr it together till it be all melted, then put it into what fashon'd glasses you please and so put them into a stove, and when they be ready to turn out, put them out of the glasses, and keep them turning morning and evening, dusting them with a little sugar throw a tiffany and when they be dry keep them for use.

To make paste of Quinces or Pipinns.

56

Gather the Quinces when they are ripe and dry and coddle them very tender with out breaking or cracking the skinns then pare them and scrape the pulpe clean from the core and take of double refind sugar equal to the weight of the pulpe break your sugar into pretty big lumps, and dip the peices into a porringer of water one by one till the lumps have suck'd in the water and so take more water according as the quantity of sugar requires, then put your sugar into a preserveing pann and boyle it scumming it very clean till the syrup will stand in a drop, in the \leftrightarrow mean time let your pulpe of Quinces be beaten

very fine, then put the Quinces to the syrup and set it on a soft fire till it be scalding hott, but not boyle for then it will not dry: then put it out of the brass pan, and set it by till the morning so put it could into moulds or upon plates and set them in a stove to dry, they must be turnd, and will be dry in 3 or 4 days.

To make clear cakes of Goosberries.

Take fair goosberries and cutt the black top off them then put as much water to them as will cover the bottom of the skillet and keep them from burning. then take to 3 pints of goosberries a pint of warm water but put it in by little and not altogether and so let them boyle all to mash: then take them of the fire and dreyn them through a seive then take the clear and to every pound of juce take a pound take a pound of double refin'd loaf suger, wett it with water and set it on the fire and boyle it till it comes to sugar again, then pour in your juce but doe not let it boyle, stirr it till it be quite melted and then put it into your glasses pretty thick, and set it into your stove till it hath a candy on the top, then turn them out and cut them into quarters and dry them upon glass plates.

[fo.56v]

To dry Aprecocks

Take your Aprecocks, pare and stone them and put to them half their weight in double refin'd sugar and let them stand till the sugar is all melted, and then set them on the fire, and let them boyle till \longleftrightarrow ^they are very clear^, and then set them by in the syrup 4 days but be sure your Aprecocks be coverd *with* the syrup, and lay them to dry in the sun, or put them into the stove.

To make sugar pufs.

Take a pound of double refined sugar, searce it through a tiffany sieve put into it 3 whites of new laid eggs, 3 spoonfulls of orring flower water and a spoonful of gum dragon being steep'd in orrange flower water, you must put in some musk braded very small in a spoonful of your stuff. if you see it

goeth too thick you may put in it another white
of egg you must beat it an hour an a half or
2 hours not leteing it stand still at all drop
upon pie ple^ates, and set it in an oven after
you have drawn brown bread this you may ice
a cake with.

To make Calfs foot gelley

57

Take 4 feet drest clean from the hare
put them in too quarts of water
boil them leisurely tell it well
gelley them take out the⁵⁸ feet and
let the gelley stand tell it is cold
then take all the fat clear of it
then to a quart of this stif gelley
put a pint of white wine some
Juice of lemmon to your tast 3
quarters of a pound of suger a
stick of cinnamon and a piece of
lemmen pill fine whits of eggs beat
en very well boile all this together
a little while then put it through
a flannell gelley bagg putting it
still through as long as tel it lookes
clear then put it in potts or glases
as you please

To make oring butter

[fo.57v]

Take fresh butter out of the chur
ne lay it in oring flower water
to give it a taste then boyle 3 or
4 eggs very hard take out the
yolks make them very fine with
the back of a spoone, put four times
the quantity of butter to the
eggs a little to your taste doe it
throw a dredg box lid with a
spoone the eggs must be exterior
dinary hard boyled and lett a
lone tell they are could

⁵⁸ A change in ink that happens at this point in the recipe; up to this point it is brown; after this point, it is black.

To make thick Creame

Take a pinte of creame or more <.>
according to the quantity you wou
ld make boyle it then take a spoon
ful of flower of rice and mingle
it with the yelk of an egg and so
boyle it a little then take the pulp
of 2 or 3 roste aples, make them all
to mash and put them in and soe
sweeten it to your tast and ster it
that it may not burn when it is col<.>

To make quince pufs

58

Take 6 ounces of suger and 4 ounces
of pulp of quinces beat the white
of an egg to froth and put in 2
spoonfulls of the froth into the
quinces then beat them an hour
and drop it on papers and ~~di~~
dry them by the fire and they
will keep a year this way you
may make pufs of plums

To make suger pufs

Take a pound of double refined
suger searce it through a tifenny
sive put into it 3 whites of new
laid eggs 3 spoonfulls of orring
flower water and a spoonful of
gum dragon being steeped in
orring flower water you must
put in some musk beaten very
small in a spoonful of your stuf
if you see it groweth to thicke you
may put in spoonful or 2 of
your orring flower water more
and a nother white of egg you
must beat it an hour and halfe
or 2 hours not leting it stand
still at all drop it vp on pie
plates and set it into an oven
after you haue drawne brown
bread this you may Ice a cake

[fo.58v]

To make pipin Creame

Take the pulp of pipins sett them
on a soft fire and put to it a good
quanty of suger and let it drye
press them well boyle your Cream
and nutmeg and when cold mingle
them together this way you may
make goosebery Rassbery straw
bery coddings pear plume cream

To make snow

59

Take the whites of 5 or 6 egges a
handfull of fine suger and as
much rose water and put them in
to a quart of Creame of the thickest
you can gett beat them all together
as the snow ariseth take it of with
a spoon you must beat with a sti
stick cloven in 4 then must you
take a loaf of bread and cut away
the Crust and sett it upright in a
platter then sett a fair Rosemary
branch in the loaf and cast your
snow vpon it with a spoon

To make Goosbery wine

[fo.59v]

Take for euery 3 pound of
Goosbery 1 pound of suger a
quart of water brus the goosberys
steep them 24 hours in the water
in which time you must stir it
often then let the clear licker ~~ru~~
run of from the goosbery through
a sive to which ad the suger then
put it in an earthon pot and
keep it clos coured for a fortnight
or 3 weeks then draw it in to
botells let them be well corked at
a monthe end it will be ready
to drinke the same way you doe
carrons and rasbery

To Make a Marrow pudding.

Take the marrow of 3 bones and cut it into thin slices, then take half a penny loaf and half a pound of biskets, and 2 apples ~~and~~ and cut it all in thin slices and a quarter of a pound of currans and half a pound of raisins 2 ounces of orange and lemon and 1 ounce of citron cut it all in thin slices then put puff past round your dish then begin to fill your dish <.> of every sort till all your ingredients be in, then take 3 pints of cream and season it as you doe your custard stuf and put it into your dish your pudding will aske an hours bakeing.

60

To Make a rice pudding.

Take half a pound of rice and boyle it in milk till it be very tender, and while it is hot put 3 quarters of a pound of butter to it and a little spice, beat 6 eggs, and put to it and a little sack, then put in it half a pound of sugar and half a pound of currans and a little orange flower water, put puff past round the dish and fill it, it will ask an hours bakeing.

To Make an orange pudding

Take 3 oranges and grate the rind of them and cut a slit and squeeze the juce of them and ~~sq~~ squeeze in the juce of half a lemon, then take 18 egg but not more then 4 whites a little sack and a quarter of a pound of butter sweeten it to your tast put it in a mortar and beat for half an hour then put past over and under it, and it will aske an ~~<.>hour~~ ^hours^ bakeing.

To Make Ginger Bread.

Take three pints of fine flower, dry it well put into it a quarter of a pound of good dry sugar half an ounce of ginger in powder some anniseeds mix these well together then rub into it a quarter of a pound of butter till it is nvery fine, then warme a pound of treacle and half treacle blood warme and mix it together, and if it be not enough you may put a little warme milke to make it tender, let it ly by the fire

[fo.60v]

a quarter of an hour before you put it into *the* pans and if you please to put any sweet =meats into it let it be done but just before it is put into *the* oven, it require more bake =ing than cake.

For a Consumption

Take comfrey roots dried, and marsh mallow roots dried of each three ounces scorcnerero roots two ounces canded ~~erig~~ eringo roots two ounces, cut all *the* roots in little slices, then mix alltogether very well and devide them into ten parcels an ounce in a parcell, put one parcel into three pints of spring water then let them boyle a very little while over a gentle fire after that add a pint of milk and let it boyle till it come to a quart, every morning fasting take half a pint, and as much at five in *the* after noon, it must be made blood warm when it is drank and when all the ingredients are gone it must be renewd, I have heard this receipt has done wonderfull cures.

61

For a violent Cough

Take common honey four ounces, oxcemells= quills four drams, flower of brimstone three drams, powder of Liquorish two drams with as much syrup of grownd ivey as will make into an electuary, a grown person ~~may~~ must take as much as a walnut in a morning fasting, and a child as much as a nutme.g.,

Another receipt for a consumption *that* has don great cures.

Take *the* gall of a sucking pig and halfe *the* lights beat it in a stone mortar till it is well incorporated, take as much as a large nutmeg in a morning fasting and drink a larg draught of cock broth after it made of harts horne and french barley *the* receipt

must be renew'd every three days this was sent out of Holland for an extraordinary secret.

[fo.61v blank]
62

To preserve Barberies

Take the Largest Barbereis you can gett and stone them take double their waight in suger put as much water to the suger as will Just wet it then Boyl it to a candy hight which you may know by the bubling then put in your Barbereis and let them Boyl 2 or 3 walms together & ^then^ take them of for long boyling will take a way the coller so pot them up & keep them for your use

To make Conserve of damsons ~~or pro~~

Take ripe damsons put them in to scalding water Let them stand over the fier Boyling till they be broken almost to mas then st^rain out the water through a cullider and let them stand therin to coole then take away all the stons and skins, and set the pulf over the fier again and put therto some red wine and boyl them till ~~they be almost boyled~~ ~~put in~~ it tis pretty stif, ever stiring it and when they be almost boyled put in a pretty quantity of suger, stir all well together and put it into a gally pot you may make set tart of it adding a littill rose water

[fo.62v]

To make ~~←.....→~~ ^Rasbury^ cakes

63

first dry the raspase over a chaffindish very dry, then⁵⁹ take double Refined suger, beaten very fine and putt itt into A skillett and As spoonful or tow of Rosewater stir itt till begins to melt, then sett itt over *the* fier and lett it boyl till it Candys aboutt *the* spoon, then take it of and putt in *the* Raspase seed, then take A plate and Rubb and almond on

⁵⁹ This recipe begins in Hand B; as of “take,” it continues in a new hand.

itt to make itt slip: then drop *your*
stuffe in little drops on *the* plate
and lett them stand till they will
slipp then lay them on papers
and keep them for your use, sett
them in A dry place near *the* fier
in *the* same manner make Cakes
of violetts, or any other flowers butt
they must nott be dried, butt putt
in to *the* Suger green

Lettice Pudsey: *Cookery and Medical Receipt Book*

For A Gammon of Bacon

1

First parboyle *your* vensen with Bayleaves and let the water drayne from it and Then put it into a vesell that yow may put vineger and wine to it and then let it stand till it be cold and if you will lard it yow may and when you have soe done then season *your* venson with Cloues Ginger *peper* and Salt and then close it in course past and when it baked put in <.> vineger att the vent hole and then stope it close and shake the past and turne the Bottom upward and let it stand soe till it bee almost cold and then turne it againe.

To Boyle a Capon in whit Broth

first take *your* Capon and boyle him in faier water & salt then take the best of the broth and as much white wine and let them boyle together and put to *your* Mace and let *your* Currans and pruns boyle in faier watter and when the Capon is ready to send in blanch *your* Almons and stamp them and straine them in the broth and put *your* pruns and Curans in the broth and lay them upon the Capon yow must not let the broth boyle after the Almons be in if yow have any oringe pils slise them & put them on if they be to hard take them and lay them in water xxiiii houers and boyle them in faier water till they bee tender then slise them and cast them on the Capon with the Broth

To make a Pudding in a Breast of Mutton

[fo.1v]

Take grated bread and ship suet finely shred marigold peneriall margerum and a littell time all well shred *temper* therwith noe other liquor but 3 whole eggs mixe with them some Mace Cloues Nutmege and Suger & *peper* and put itt into the brest and rost itt

To make A Pudding Pie

Take white bread finely grated and fine wheat flouer 3 eggs whits and all a few Cloues Mace *peper* and salt a handfull of Curranc *temper* these together

with sweet Creame noe thicker then maybe
stirred with a spoune then put itt into a coffine
or platter let itt bake an hower then serue itt

To make a Fine Dish of Eggs

take viii yolks of Eggs beate them with a littell
rosewater set them on a chafindish of colls with
a littell butter to keepe them from burninge and
when itt is thicke put to itt the juce of two
oringes and season itt with Suger remember to stir
it with a spone till itt be thicke enough

To make a Sallet of Spinnage

first Boyle itt and chope itt smale put therto a
peece of Butter and a hanfull of Curranc
and Let itt boyle season itt with Suger and
a littell vergis

To make Pease pottage

2

Take peascods beate them and straine them a good many
take some persle time marjorum Savery and Burrage
and other herbes set on your pott and let your water seeth
and then put in the herbes and strained pease and
straine a good quantitie of Bread into itt and put
in a good many of whole pease and Let them seeth
and season them with Cloves Mase peper and salt
and a good peece of Butter and if you will Sinamon ginger & suger

To make a Curious Sheep's Puddings

Take bigge oatmeale and \Leftrightarrow p[^]ecke itt well and steepe
itt in good Crame or milke 3 howers then put to itt
a quantitie of Suet mised also Time and parsle
Margerum and Savery finly mised also peper &
salt with as much Ships Blud as will culler it
read and noe moore and soe make your puddings
your Suet in quantitie must be as much as all
the rest of your stufe

Broth for Ani that is Brought Low

take a younge Cocke cutt him in peeces and bruse him tho
take the end of a knuckell of veale brused reasons of

the sunne stoned ore hanfull Damusk pruanes stoned xx
french Barly a hanfull a quantitie of Annis seeds
then take 4 suckry roots a yonge fenell roote two
parsle roots 4 Burrag roots all picked and cutt in
peece a quantity of Saffron violett leaves and
Strawbery leaves a hanfull bind them together
and seeth them in half a pint of whit wine
and seasen itt withall

A good Broth for potch'd Eggs

[fo.2v]

Take time and Margerum a littell one onion and a peece
of sweet Butter and a littell Suger half a hanfull of
Curranc shred and pare all these things and put them
into i pint of whit wine boyle itt as itt aught then
put the potched Eggs upon the broth

To make a mans appetite to his Meet

Take fennell mints persle Centery Bitony Sorrell
of each alike whitbread powder of sinamon aquavite
vergis seeth all these together in good alle and
drinke itt of warme

A made Dish

Take Carret roots pare them boyle them & chop them
smale and put therto 2 or three yolks of Eggs and
a good quantie of Curranc and Dates well mised
with an handfull of grated bread season itt with
Sinamon Suger and ginger bake itt with an hole
open and when itt is to be sent in put therto a good
quantity of sweet Butter Melted

Frittars of Eggs and herbes

Take persle peneriall and Margerum the quantity
of a handfull finly chopped put to them vi egges
a littell grated Bread and three or fouer sponfull
of Melted Butter beate them all together and
season itt with Salt and Suger Cloues and Mace
beaten then frye itt as you doe a tansy & soe serve itt

To purge Malincoly without grife

3

Take halfe a handfull ^ounes^ of Sene on sponfull of Sinamon &

Suger brused a quantity of Burrage flouers infuse all this into a pint of whit wine 12 howers then boyle itt and straine itt and Drinke it warme fastinge.

A potion against poysininge

Take Senterie Rue Read fenell wormwood and Tansy a like seeth them in stale ale with Meth or Treacle give the patient to drinke therof hoott, first *procuer* him to vomitt with warme water or the like or with a feather put Downe to his Troate.

An Exceding restorative for on *that* is brought lowe

Take an owld Cocke and pull of his Skine quarter hime and breake his Bones put him into an Erthen pott putinge therto the Marrow of any oxe and Rosmary Time and keepe a hanfull of all thes bound together then Saforin Sinamun garingall Long *peper* and round *peper* of thes 4 ij ounces a hanfull of pruans smal reasons half an ounce Dats skined 2 or 3 ounces of great reasons stoned boyle all thes together in iij pints and half of white wine and then administer itt

A good Drinke for one *that* is horse

[fo.3v]

Take half an ounce of Metredate half an ounce of Suger Candy half an ounce of *peper* grosly beaten make a hole in a great white onien after the head is cutt of and put in thes said things then put on the head againe and winde itt up in a *paper* and rost itt well soe done stamp and straine itt through with ij pints of stronge ale and drinke itt *morning* and euininge hott

To cause one to make water

Take parsle and seeth itt in runninge water tell itt be half consumed then put to itt 2 or 3 sponfulls of aquavite and give the sike of the liquor moor then luke warme and make a plaster of the parsle in a linnen bagge and lay itt to the smale of the Belly as hott as itt can be sufferd and against the heate be gone of the plaster prepare a smale wooden dish and in the bottom

therof som Bayleaves and upon that lay embers
and upon that wormwood then cover itt and bind
the linen cloth under the dish and let the
sicke hould the dish as hooft to his belly
as hee can suffer itt

For *the* weaknes of *the* Stomake and Dulenes of *the* Braine

4

Take 2 hanfulls of Rosmary i ounce of dried Nutmege ij
ounces of Bittony ij ounces of Cloves cutt very smale
and put therto xv pints of good renish wine then let
them stand together 2 or 3 dayes drinke a good draft
in the beginninge of thy meate for *your* head at the latter end

For Blered Eyes

Take an Egge Shell that is cleane takinge awaye
the Skine *within* itt and put therto a littell fine coppis
and sett itt in hott imbers and then itt will melt then
skime itt cleane and wash *the* eys therwith

For Hearing

Take 3 Drops of *your* owne watter and dropt into *your* eare

For the Redd and Watery Eyes.

Take the white of an Egge and beate itt tell itt bee cleare then
let itt stand a night and settell likewise take
the juce of wormwood and let itt
Stand and Settell then take the clearist of
them both beinge mixt togeather and drope
itt into *your* Eye

For an ach and pain of the Side.

Take Camomile and bruse itt then take new wheaten
brann mixe them and put itt into a pewter dish on a
chafindish of colls put them in a quilted bagge
and aply itt to the painfull plase

To kepe *the* Eys cleare and coule from readnes

[fo.4v]

Take ij handfulls of plantine i hanfull of housleek
stamp itt and straine itt and lett it settell then
powre out the cleare juce from the drose

and put therto half as much Read Rosewater
and a *quarter* of a sponfull of white Suger candy
in powder then take Lapis Caluminaus as bigg
as *your* thumb and slak it xij times in the
same water and put ij or iij drops thereof into
your Eys Morninge and Eueninge

For the wind Collike

Take Sacke and Aquavite ij ounces put therto
a peece of Suger and let the *partie* drinke itt of

To breake the stone

Take A Cocke of An Eare owld and open him
and *yow* shall find in his maw smale white
stones take them and beake them in a Brasen
Morter very fine put itt in good whit wine & drinke

For one that Consumeth

Take a new laid Egge let itt be reare rosted
and put therto a cake of Manus Christi and
lett itt desolve in itt and eate the same
morninge and Eueninge

Against *the* Dropsye

5

Take the flowers of elder and water creses
hart strange and Rusmary alike still all those
together with stale Ale and drinke therof

To Cure sore bruises and any plaine sores

Take a pecke of Ashes made of Ashen wood
and make therof iij quarts of Lye *with* ij gallons
of runinge watter, then put to that Lye iij quarts
of Cleare and stronge Tanhouse that was not
used *with* Leather then ad of Aluime and
Madder made in smale powder halfe a pinte
boylinge itt togeather in a large vesell for
runinge out untell halfe be wasted a waye
stire itt continually and then let itt stand ix
dayse a settlinge then powre out the thimest
and save itt in glasses to wash sores *with*
warne and to aplye *with* duple linen cloths

and drese itt iij or iiij times in the Daye this
is good for Rebellious Ulcers

To stope a haske

Take an ege and rost itt with Aquavite and then
eate the ege with sinamond powder and suger

[fo.5v blank]

6

A resete of alle

Lignam: vita-2 ounces: Cartix 2 ounces: Salsar
2 ounces: hermiodachilis 2 ounces sein 2 ounces
camamill flowers: 2 ounces: Sticcadus 2 ounces: annes
seedes 2 ounces: licoris i ounces: a pound and a halfe
of reasons of the Sunne bruse the same and let it
to boilde with the best worte halfe an hour: with
violet leaues: water cresset, strabry leaues ov each one
handfull: a branch or tow of Rosemary: put all into a
linniny bagge into the drinke when you tounne it
up into the Barrill and there let it lie in the barill
you may drinke thereof after it bee 3 dayes olde

A resepte for a fellon

Take lavender a handfull: a white lilly roote
the white of a egge a spoonefull of english honny
and a sponfull of wheat flower: beate these in
a morter well together: and then aplye to the
sore <..> if it breeke put in a little turpityne

for a parfume

Take of benjaminnd iij oz and a halfe bruse it a little
and lay it in steepe iij or iiij dayes in damask rose
water then take halfe a pound of rose leaves
beaten as small as any Consarve then put in the
benjanind and halfe a quart of an ounce of
muske and as much sevet and beat them all together
and make them up in little peeces: and with a
seele press them betwixt tow rose leaves

An: oyntment for the fase that is trubled
with heath pimples or any rednes that
shall afend [offend] the same

[fo.6v]

Take 3 ounces of oyle of violetes and put into it one ounce of flower of brimstone: halfe a ounce of camfoare: halfe a ounce of Cynamon finely beaten: and searcde: one ounce of the ~~finest~~ whitest sorte of musterd seede beeing well ground with whit wine vingere and the joyce of a good lemone put all this into a cleane woodne dish to gether: with a ounce of capone greese and halfe a nounce of white suger candey worke all these in the wooden dish: with a wooden pestelle tell it come to bee a parfite fine oyntment and then with a little sponge a noynte the face or other plase that is affended ether with heath pimples or rednes this will cuer it probatome

take halfe a pinte of milke: and halfe a pinte of sacke and make a possite and straine it throughe a cleane cloth: and in the morning wash of the oyntement with the possite

for a egge pye

7

take six egges and boyle them very harde: and then shread them as smalle as you can then take 2 spoonfull of sinomand shearched and a quarter of a pound of ~~curr~~ currendes and some beefe showit and some suger and a little cromes and some nutmeag and soe blend it together like a Bag puding and put it in a cauffin and bake it

Lettice Pudsey, her Booke
of recipts, These following
are written with my owne hand /

[fo.7v]

your⁶⁰ hand & draw it throwro a strianer in to a pott: boyle it with a onnce of cimamone & ginger finely pound: one once of nutmeggs grosser pond: & haffe a pound of sugar: stiring it well: for growing to the pott: if hee bee a old deare the pies must stand eight howers att the least: the oven close: stopt: /

8

For a ffridays dish of meatt: /

⁶⁰ This recipe is incomplete as pages preceding this one are missing.

tack turnipes whit and cleane washed: & if you pleas
a carriot or tow amongst them ffinely minced: putt them
into a dish with butter uppone a chafingdish of coles: then
beatt seaven or eight egges togather very well: & stire them
with the turnipes untill the beegin to harden: & therto
putt viniger & peper: /

To sowse a barbell pick
or samone: /

putt in to your watter 2 or 3 handfull of salt: being ready
to boyle then putt in *the* samone butt before you put him
in putt in a bundell of persley baye leaves rosemary tyme:
margerome: seeth it till it bee very well boyled & well scomed
then putt in a lemon pill & a pint of whit wine; when you
thinck it is boyled enough: tack it of the ffire: then put in
halfe a pint of whit wine viniger so lett it stand & keepe it
in the same liquore for your use: /

To feed chickings geeses or duckes: /

[fo.8v]

keepe them in a pen & give them ground malt & milcke
mingled togather: butt noe watter at all: & thay will:
bee so ffatt: that if you tack them not in time thay will
dye with fatt: lett not your malt be groune to small
nor you milck sower: for that will not feede: /

To mack Scurbugrase ale: /

ffirst adde to your ordinary bruing of strick of good
mault: & of the first runing: tack 5 glanlens [gallons] of
wort: these herbes are for summer: a handfull of water
cresses: a handfull of bruck lime: a handfull of sage red
or greene: a handfull of suckrey: a handfull of femitery
till May putt in a handfull of dock rootes & a handfull
of butter dockrootes: affter may you must putt in noe
dockrootes till michalmas: these must all bee boyled
togather with one handfull of hopes: and a handfull of
scurbuerygrase: a hower & a halfe: /

To mack fretters: /

ffrist tack some stroung ale & som sake: then breake
in 6 egges the wites & all: & 6 yolks more without
wits: then putt in a lettel salt: & a prety dell of

cloves & mace: then putt in your fflower &:
beat it well & mack it well & thick: then to boyle them:
you must have a flatt pan: or skellett: then putt in your
lard & lett it boyle: but as lounge as it popels in the pan:
you must not putt them in: butt affter as fast as you can:
so lett them boyle & stor them: thay will bee enough quickly/

9

To mack rise pudings:/

tack sweet creame & rise boyle them togethar: till thay
bee as thick as for porrich: then put into it 3 or 4 eggs with
the whits and tack out the threads: then season it with sugar
& nutmegs: & your marrow finely minct: so fill your pud
dings & lett them boyle well:/

To mack surrupe of lemons:/

tack of the iuce of lemons one pint: of the ffinest
loafe sugar you can gett a pound & a halfe: boyle them
gently opon a soft ffire: & sceming it untill it come to the
consistance of a surrupe so keepe it for your use:/

To mack surrupe of violettts

tack of violettts one pound weel pickt putt them into
a earthen pot very cleane: with 3 pints of water: lett
your water bee prety hott: & stop the pot close: sett them
opon a fuw smale <> coals 24 houres to keepe them in
a moderate heat: but not to seeth: then strane:
of very well: & putt to eveire pint: 2 pound of the
best sugar: then putt it a pipkin: set it in a kettel:
of seething water: when the surrup is ready to boyle
scume it cleane & then lett it sember a quarter of a
hower: so observeing this quantity you may mack
more o^r lese as you please:/

[fo.9v]

To mack a nother surrup of violettts of
the best manner to keep couler all yeare:/

tack 2 ounces of violettts very cleane pickt: then
bruse them in a stone mortar: then putt them in a
galley pot close covered with iij ounces of running
watter: sett the galley pot in a skellet of watter: *that*
is ready to boyle & there lett it stand for 12 howers:
sontimes stiring it with a selver spone once in 2
howers: covering it close againe: when it is steped

the 12 howers: tack it out & prese it very hard: then
put into it halfe a pound of fine loafe sugar: beaten t
o fine powder: mixe them together in a putter or
selver dish over a chafindish of coales untill the
sugar bee dissovled: then tack it of & lett it settel;
then scume it: & putt it in a glase bottel close:
covered: be sure you lett it not boyle with the sugar:
if you doe it will lose the clouer: /

10

To mack conserve of red roses: /

tack red rosebuds: & cutt all the wite from the leves
& part one leafe from another: so that there hangs noe
seeds amonge them: then weigh them & putt to everie
pound of roese a pound of searced sugar: then putt *the* roses
in a fare stone mortar: & beate them being ever by times
casting in some sugar: beating them very well together:
till you find the roses very smale: & perfettly fine enough
tack it out & putt it in a glase or som galley pot: when it
is quarter old it is good & not to be used before: /

To mack gouseberrys caks: /

tack of the greenest gooseberrys: & pick them; putt them
in a posnit with a lettel watter to shusk them: when they
are scalded soft: then straine them through a cotten st
rainer: keep your stuf wrame one a fuw embers till
you have candid your sugar: to a pint of stuf putt a
pound of sugar: & when your sugar is candid putt in *the*
goosberry stufe: lett it stand a lettel & scume it butt
tack heede it doe not boyle: then put them out
into a glase saucers or putters ones: & sett them in a
wrame plase: & when thay are candid one the top
turne them out with your knife one a pie plate doe
somwhat one them: ether letters or what you please
& lett them stand till thay be dry: then box them: /

[fo.10v]

To preserve cherries: /

tack of the bigest & farest cheris you can without spots
& stone them putting 2 cheris opon one stalk: to a pound
of cheris a pound of searced sugar: straw a lettel sugar
one the bottom of your pan: then lay a row of cheris
one by one: cover them over with sugar: then lay another
row of cheris & cover them with sugar: till you have layd
them all: then putt in a spoonefull of fare watter so

sett them one a quick ffier: & boyle them as fast as *you* can close covered: & as you percive the scum to rise tack of the dish & scum it very well: & when there tender tack them up: & putt one those cheris that are boyled of: & lay them up round in sum dish: then boyle the surrip againe & cume it: then power it opon the cheris: & when thay are cold putt them: leave a lettell of the surrip in the bottom of the dish to cover them one the top when thay are in the glases: /

To mack mackeromes:

11

tack good allmones a quarter of a pound & blanch them in cold watter: then to these tack 3 quarters of a pound of fine searced suger: beat them in a stone mortar with a wite of a egge & rose watter: till it bee a lettell thicker then batter for fitters: then drop it one waffers & so back them: /

To mack conserve of barberries: /

tack your Barberrys full ripe the redest & cleane pickt: as many as well serve your turne: putt them in a deepe earthen pot close covered: & sett the pot into a pot with seething watter: & lett them boyle till thay bee soft enough: so stire them well together: & strane them so that non of the seeds come through: then tack to a pint of that: 2 pound of sugar then putt the stuf to the sugar & stir it together: sett it opon the fier & lett it but boyle to tack of the scum cleane: then when it is cold putt it in your glases: /

To preserve orringes or lemons: /

tack of the biggest & farest thick rined orringes you can gett: & finely pare them the out most skinn as thinne as possibell: then slice them in medell crushing all the iuce of them forth: then putt in a pan of fare running watter: as you pare them: letting them stand for 3 days shifting the water twice a day: then tack a pan with water & boyle them till you can thrust a straw through them: but before you must tack out all the meat cleane out: & when you tack them up lay them one a fare cloth & cover them: then mack your surrip ready: to the weight of them as much sugar: so boyle them till you thinck thay are enough: then put them up: leaving surrip to cover them: /

[fo.11v]

To mack wite marmalett of quinces:/

tack you quinces unpared & uncored: parboyl them in
fare watter: till you come to some tenderness then pare t
hem: & tack the purest part of the quince: cleane cut
from the core: beat them in a stone mortar till it be
reasonabell smale: & that you percive noe hard lompes in
it: then tack it out of the mortar & lay it one a fare sheet
of paper: weight it & tack to evere 3 pound of quince
2 pound of sugar finely beaten: mixt the sugar & the
quinces well together: put them in a fare posnit or
pan: so boyle it keeping it well with stiring & when
you find it stick to the side of the pan dry: set som
a cooleing in a spoone: that you may gesse when it
is enough: to box it: you may add to it lettell thinne:
sliced preserve orringe when it is boyled enough: then tack it
of the ffire: stiring it till it bee almost coole: then box it:/

12

To mack a gooseberry foole:/

tack a pint of gooseberrys putt them in a skellet: & put to
them water to cover them: boyle them tender as pap: then
pouer it into a cullinder & rub it through with a spoone: that
the meat may only goe through & the skins only stay: putt the
meat againe: into the skellet & put thereto the yelkes of 6 eggs
well beaten with rose watter; & lett it boyle a walme or tow:
sweten it with suger to you licking: if you thinck it be to thicke
mack it thinner with creame: which you must so beate in with
a spoone: that it may not be discerned: while it is hott pouer
it into the dish you will serve it in: lett it stand till it bee
coole before it bee eaten:/

To preserve Apricoks:/

ffirst pare them & stone them: then straw sugar in a dish
& putt them in: then cover them over with sugar: &
lett them stand all night: & thay will bee full of surrip
in the morning: & then boyle them up: add one or tow
more of them to a pound: then a pound of sugar: boyle your
surrip well: & remember to leave som to cover them
affer thay are but [put] up in glases:/

To preserve greene walnutts:/

[fo.12v]

tack them when you can thrust a nedell thru them

then lay them in cold watter all night & a day: then scald them in watter: & pill them: & then scald them in watter againe till they bee soft: tack to a pound of them a pound & a half of sugar: then mack a sirrip & so putt them in: & boyle them till you thinck they are tender: boyle the surrip affer & put them up as you doe other preserves:/

To mack lipe saulfe:/

tack of the whitest lard & slice it in long thinne peeces: & lay it in rose watter 2 days: then rost it opon a wooden spite: & lett it drop in rose watter: as long as the dropping looks whit: & beat it in that rose watter till it bee very whit: then put away that watter: & putt to it fresh rose watter: so lett it stand all night: the next day beat it againe in a fresh rose watter: so lett it stand 2 days: then tack it cleane from the watter: & put it in a glase it most not be to close stopt: nor kept in a hot plase it will last good half a yeare:/

For bleared & blodshoten eies:/

13

Beat the whit of a egge to oyle: & then beat it againe: now with the Joyce of wormewood: & dipe fine flaxe in it: & so to bedwards lay it to the eie & it helpeth:/

To draw away a humor:/

tack a toast of rie Bread: steeped in reed wine & when you goe to bed lay it to your eies & it heelpeth:/

For the humor in the eies a fine plaster

ffirst seeth milke & put it to it leavened whit bread: comin seeds Beatony: & the claye of the stoping of beare: of each a lick quantity: boyle them to the thicknes of a poltes & lay it betwene tow cloths plasterwise: to the temples of your head: as hot as you can suffer it: so dres it evening & morning & it will help you in short time:/

An Excelent watter for
the eies:/

tack the destilled watter of eiebright hearbagrase sala

dine browne fennell of each 2 onnces: whit rose watter 8
onnces: of greeke wine 18: onnces: of tutia one onnce:
& a haffe: cloves beaten grose one onnce & a halfe: whit
sugar candy one drame: campher & alose of each halfe
a drame:

[fo.13v]

prepare your tutia in this manner: mack it red hot in
the ffier 6 times: & quench it every time in a prety
quantity of whit rose watter & the wine mixt toghether:
casting it still away & tacking fresh: then pond the
tutia as fine as meale & so putt it into the watters
& wine beeing mixt toghether: then prepare the
aloes: in thes sort: but a lettell of the sade watter & wine
with the aloes into a mortar: & work it well till the
aloes bee dissolved: dissolved your campher: then putt
all toghether into a doubell glase that is a third part
bigger then to containe the whole: stop it close with
a cork & opone it a parchment: with a past made of
wheat fflower & the whit of a egge worked well to
gather: & layd one: that noe strenth come forth:
this done sett it in the sunne forty days & nights at
the least: shakeing it well 3 or 4 times a day: a smale
drop at a time dropped out of a spoone is enough: night
& morning when you use it: the water & wine that
the tutia is quenched in: must bee non of the quanti
tes: mentioned in the compotione: the ingreediencie
must not be put from the watters in the glase: & it
will keepe perfettly good many yeares: /

A sarffereine: watter devised by *Doctor Stewene*:
to my lord arshbisshop of canterburry did with
it many great cures: kept it a secrett untill
hee lay upon his death bed: at *which* time the:
Bisshop gott it of him in wrighting as this: /

14

Tack ginger: gallingallo: cinamon: cordind: cloves: any
seeds: caraway seeds: fenell seeds: of each a quarter of
a onnce: then tack sage: mintce: red rosees: time: pelletory
rosemary: wild time: camamile: lavender: of each a
handfull: beat *the* spices finely: & bruse *the* hearbs: smale
putt them all into a gallone of whit or red wine: &
lett them stand so infused: the space of 12 howers oft
times stiring them: then still them all in a limbreke
over a soft ffier: keep the first watter by it selfe it is
the best: the second is good but not so good: this water
preserveth helth: causeth long life: & is good against
many desseases: it is much better if it stand all the

summer in the sunn: it is good against the shaking
of the palsey: it cureth the contraction of senews:
it helpeth the conception: of wemmen that bee:
barron: it killeth wormes in the belley: it cureth *the*
cold & cough: it helpeth the tooth ach: helpeth
the dropsy: it helpeth the stone: & rines of the
back: it cureth the stinking breath: & macketh
one loock young:/

[fo.14v]

To aswage any swelling:/

tack whit bread & milk: lett it seeth till it bee: very thick:
then putt to it a spoonfull of bolearmo
lick: & so lay it to the plase pained as warme as the can
suffer it:

for a sore breast:/

tack a quart of new milk: & new oatemeale: aquaviti
sheeps sueuett: lineseds: pond a good quantity of slam
ledg [smallage]: boyle all this together till it bee thick as a has
ty pudding: & lay it to the breast as hot as you can ssofer:

to onointe the stommack:/

tack oile of nuttmeggs & oile of mace: this proved:/

a watter to heale a canker in mouth
or throat:/

tack a pint of ale: & boyle it & scum it: then putt in a
peece of rooch allome: & a quantity of life [like? live?] hunny as
will season it: & a sprige of rose mary: then boyle them
all together a good while: scem it very cleane:
this is a Excelent meddiscen: that hath bing trid for the canker:/

15

To mack a excelent ointment ether
for bruse or sprane:/

tack sage: lavender: lavender cotton: rosemary: baise: wor
mwood: hearbagrase: camamile: of each a good handfull: sred
them: & boyle them in 3 pound of sheeps sewett: deares suewt
capons grece: of each what you please: clovs & mace: nuttmegg
& sinamon: brused very smale of each a like quantity: when
all these are halfe boyled: putt in a pint of brused sneales: &
a good hanfull of hensdung: boyle all these together: till thay bee

as greene as the hearbs will mack it: then tack it of the ffier:
& strane it into a galley pot: & keepe it for your use: when you:
use it: warme it & aniont the plase pained: rubing it in very
well: before the ffier:: thes is my lady wendys: ointment/

To mack a sceare cloth that is good to lay
upon the plase when it is a ointted:/

tack a pound of sheeps suwett: one pound of bees waxe: halfe
a pound of rossing: & a lettell frankcomsence: & melt them all
in a skellet: & when thay are all incorperated togather: dipe
in your lining cloth: & when it is cold: role up the seare
cloth: & keep it for your use: this is allso my lady wendys:/

pills for the stone: / this is Mrs Risleys:/

[fo.15v]

tack the wieght of eaght pence: of the best venes
turpetine: & wash it in very good whit wine: till it
look whit: then pouer the wine away: then tack whit
sugar candy: finely beaten: & role up the washed
turpetine in it: made into pills as big as you may
swalloe them with ease: tack all these pills: fasting
in a morning: & fast a hower affter: then you may eate:
your ordinary diatte: it may be thay will work: if not
thay will doe noe harme:/ you may mack affter this
weight & manner: as many as will sarve you to tack
tow or 3 months togather: once a month: for prevention
if you sett those you doe not tack in a oven after a back
of bread is drawne: to harden the out sids a lettell of them
affter thay are roled up in pills in the sugar candy: so
you may keepe them better for your use:/

The surfett or plague watter: good aganst any
infectionus: deases & to drive anything from
the hart: it is to be made in may or iune:/

tack sage: saladine: rosemary: wormwood: Balme:
rosasoles: mugwort: pympernell: scabious: egrimonye:
rue = mint =
scordium: cardus: Betonye: Dragon: cowslips fflowers:
marigolds fflowers: of each a larg hanfull: tormentell rootes:
angilico: alycompane: pyonye: zydoiary: lycorich: of each one:
onnce: & a lettell safron: sred the herbs well & smale: alltogather:
& bruse the roots: steepe them all in a gallon of whit wine: or sake:
sack is better: for 2 days & 2 nights: stiring them once a day: putt
them in a earthen pot: & bee sure to stop it close: you may mack 2

16

stillfull of thes quantetie if you please: or elce one: destill it in a ordinary still: tack of the first running one pint: of the second running one quart: of the last one pint: which is the fittest for chillderinge: of the first 2 spoonfull will sarve: of the second 4: of the last for children: 2 or 3 spoonefull: you may give it at any time: when you see ocatione: warme it a lettel: & sweeten with sugar: when you use it: or with surrip of gillefflours: or violettis: this is my lady shirleys: recipe:/

To mack an excelent watter for
the stone & wind collicke:/

Tack halfe a peck of mother of time: halfe a peck of saxe fridge: halfe a peck of pelletory of the wale: halfe a peck of philopendelay: half a peck of grounsmile: a quarter of a peck of bettonye: a quarter of a peck of persley: a quarter of a peck of reddish leues & roots: a quarter of a peck of marsmallo berrys: shred all these togather: & putt them into a very cleane earthen pot: & putt to them 3 quarts of new milke of a red cow: then destill it: drink a litle draught of it in a morning fasting: sweeten with sugar: this is my lady Shirleys recipe:

[fo.16v]

an aproved pouder: for the stone:/

tack a peck of hawes: when thay have had a frost: pick them from the stalks: sett them in a oven: & dry them till thay will pond to pouder: then pond them very smale: & sifft them: then dry them againe: & sifft them till stons and all be siffted cleane through the siffe: then tack a good spoonfull once a weeke: in the morning fasting: & drink 2 or 3 spoonfull affter it: of whit wine: or this watter warmed: & fast 2 howers affter it: this is my lady Shirleys receipte:/

A receipte for a stich or bruse
in the body: proved:

tack a quart of beere or samle [i.e., small] ale: boyle it: then put in a spoonfull of fennell seed or anniseed: & 3 or 4 rasers of ginger sliced: & a bunch of time: when these are well boyled in tack it of the fier: and tack a prety deale of stoned hors dung and straind it into that liquor: that it may tast well of it & looke greene: & give thereof 3 or 4 spoonfull

17

wrame at a time: evening & morning:/

Mrs Okeover's Receipt of Balsom:/

[fo.17v blank]

18

Tack five pints of the best sallett oile: one pint of the best venise turpentine: halfe a pound of the best and finest yellow wax: & eight ounces of red: sanders everi ounce putt in a paper by it selfe: in fine powder beeing sifted: first putt the five pints of oile into a: posnet with a quarter of a pinte of: Red rose watter: & lett it boyle till the rose watter bee consumed: then tack it of the ffier: & lett it stand till it have left bubling: then putt to it your wax and *the* turpentine: which must bee thus prepared: cutt your wax in thinn slises: wash your turpentine in a quarter of a pint of red rose watter: & beate ^{it} till it looke very whit: then putt your wax & turpentine: together & beeing well mellted: putt them to your oile: & lett them all boyle together a quarter of a houer: then putt in all the sanders: ounce affter ounce very: softly: stiring it continually least it rune over: then lett it boyle another quarter of a houre: then straine it through a new cloath: beeing cleane: washed: so putt it into a galley pot as you please to keepe it in: the best way is to tack it of the ffier when you putt in the sanders: till it bee all stired well in the oile: least it rune over: & therefore be sure your vesell you boyle it in be bigg enough:/

[fo.18v]

The Vertues of it / which hath
bing found by experience to have helped
& done much good in all these paines &
Deaseses as Folowing /

For *the* running
of the reines as much as a small walnutt 14 days
together fasting: for any convolsion inward or
outward: for you may both anointe with it &
tack it inwardly: for the paine in the head
anoint the tempells & within the \leftrightarrow nostrills
for an old sore: or a greene wound beeing aplied
warne: for ani wind in the stomack tacken
inwardly or anoint it: for to gett the fier out
of any burne or scalde: anoint it with it:
I have allso found it most excellent for sore breast
& for swellings: & stopings in the stomack: anoint

19

the plase & tack it inwardly: beesides it is very good
for biles to anoint them: & to give inwardly the
quantity of a nuttmegg att a time: there is noe feare
of tacking to much: & it is very good for an inward:
bruse: & to drink a draught of sack possett drink affter
it at ani time: when you tack it inwardly: lastly:
it hath helped Divers of the cough of the lunges
& one that had it twenty yeares: by tacking of it
inwardly: /

A singuler good searcloth
for old or greene sores /

Take halfe a pond of weather shewett of
the best: & sreed it very smale & render
it but have a care you doe not burne it
in *the* rendering of it: then strane it
throwe a cloth: then take halfe a pint
of oile of roses: of *the* best: &
& halfe a pound of red lead: & pond it smale
and searce it thorow a hare sive: then
putt it all in a skellet & boyle it: & keepe
it with stirring with a moderate ffier &
lett it boyle till it come to *the* couler of
a nuttmegg: then take yours clothes &
dipe them in it & hang them up to coole
then cutt your peeces according to your
sores: / this is my cousen Rugleys receipt: /

[fo.19v]

for a sore swelling or
a sore breast /

tack halfe a ounce of Balsom a
penny measure of oile ollife one
penny worth of red lead: one
penny worth of Boularnimicke
boyle them together till they will
stick one a cloth: but tack heede of
over boyleing it: for then it will:
bee as hard as a stone: for if it bee a lettell
over boyled: it will teare the cloth all to
peeces: wett the cloth in it when you
think it is boyled enough: & lay it one a
paper to coole: this stufe all *the* while
it is a boyleing must bee well stired: /

20

A Receipt to kill a tetterworme /

Tack vinegar & oile of violettes of each a lick quantitie: & beate them together with a knife: & then put in as much bay salt finely pond: as you can tack upon yours knives point: & as much brimstone finely pond: & beat them alltogether & Then putt in as much parsley finely pond: as will mack it thick: then apliy it all night to the tatter: & in *the* morning wash it of with som bay salt: put into water: & so lett it goe till night & then aply it as neede shall require: /

[fo.20v]

To mack oyntment of roses

Tack some hoggs lard lett it bee very whit & sweet; then wash it in halfe a dosen severall faire watters: affer you have done so: beate out *the* water as cleane as you can: then tack som red rose budes cutt of the whit ends & bruse them a lettel in your mortar & then putt your roses & lard all together in a glase or pott stoping *the* glase close: then sett it in a pot of seathing water & so lett it stand 3 or 4 howers one the fire: but lett not *the* water seath affer you have putt in *the* glase of ointment: then strane out *the* roses & throw them away: you must shift them with roses in this mannar 6 or 7 times at *the* last time strane it throw a fine strainer: & beate it till it bee cold, & lett your roses bee dry gotten: /

21

To mack *the* laxative whey /

Tack of seney 3 ounces of violett leaves or flowers sorrel scabious borrage femetory baulme strawberrys leaves of each one a handfull: of licorish brused a quarter of a ounce: of anny seeds & sweet fennell seeds of each tow drames: putt all to 3 pints of new milk whey: & sett it

one the fire: & so soone as it boyles
tack it & sett it close covered in wrame
ashes twellve howers: then strane it out
hard: & clarifie it with the whit of a
egge: & tack it every morning you must
putt in one handfull of plantan leaves
one ounce of polipodium of the oake
and 2 drames of creame a tartar /

[fo.21v]

To mack hipocris /

Tack 3 pints of whit wine & putt to it
one pint of well coulered sacker: a pond
of suger a quarter of a ounce of sliced
↔ nuttmeggs: 3 quarters of a ounce of
sinoment broken: halfe a ounce of ginger
sliced: halfe a halfe quarter of graines
halfe a halfe quarter of coriander seeds
& a fow cloves: bruse all this a lettel:
putt them into the wine in a stone
Juge or pot stop it very close: for
12 howers shaking it offten: then put
to it halfe a pint of heten milk & stir
it well together: & so lett it stand a
hower or more: then pouer it out gently
through a gelly bagg: with a spoute to it
doe it offten till you see it run cleare:/

22

To mack another plauge water /

Tack of rue: betenny: egremony: scabious:
fetherfow: selendine: browne may weede:
Bawme: aveirs angellico: cardus: burnett:
sorrell: wormwood: mugwort: pimpernell:
sage: plantane: dragon: marigolds *the* greene
leaves: allicompane roots: scrapt & sliced
of each of these 3 pounds: but of rosemarie
6 pounds: chap them very smale & put
them into 8 gallands of *the* best whit
wine: & cover them very close all a night
& a day: & then destill them in an ordia
ry: still: keep *the* frist running which is
the strongest by it self: & *the* second by
it selfe: beeing weaker / when
you give of it warme it & put suger
in it: some 3 or 4 sponefull at a time

[fo.22v]

is a nough /

How to mack gousberry cakes /

Tack your gousberrys when they bee very greene & pick them then putt in to a skellett with a lettel fare water: & keepe them with shaking till thay bee soft: then strane them & to a pound of suger; a pint of this stufe: you must candy your suger very hard: then putt in your stufe & lett it stand one *the* fire till *the* suger bee melted: & then scum it bee carefull it stand not on to long for macking it yellow: then⁶¹

A Receipt to mack bottel watter

23

Tack 3 gallonds of spring watter & putt to it 3 pound of suger of 6 pence a pound 3 ounces of ginger halfe a ounce of nuttmegs thin sliced: some mace & a few cloves beaten: as many as you see or think good boyled all these in *the* spring watter untill a quart bee boyled away: then add to it halfe a ounce of corroander seedes diped in viniger & dried before *the* fire againe: & beat them & when it is allmost cold putt in some ale barme: to this liquor into a vessell *that* hath a tap at *the* bottom & when it hath worked enough to your mind *that* you think it is setteled enough drawe it forth into your bottels through a sriprius bagg *that* it may run cleare from *the* yeast & \longleftrightarrow spicess: when they are corked up so soone as they are filled you must tye downe *the* corke or elce they will flie out all this you may mack ether summer or winter: & when you pouver it out drink it with suger

[fo.23v]

To mack a fine silleybub /

24

Tack a quart of whit wine & tow quarts of

⁶¹ Pages are missing here.

sweet creame & mingdell them together
with some fine suger: then putt it into
a glase churne & so churne it till you see
it bee thick & frothey: then putt it out into
what silleybub glases or pott as you please

now what quantitie of whit wine you please to
tack at any time ether more or less: to mack
one of: allwaise tack twice as much creame
butt putt noe suger on the top of it: butt
mack it sweet to your licking before /

[fo.24v blank]
25

To mack *the* best sort of beskett /

Tack halfe a pound of *the* whit & finest
wheate fflower you can gett; as much fine
scarced suger: mingell them together: then
tack 4 whole egges & *the* youlks of 2 more
& putt to them a very lettell salt: & 2 sponfull
of rose watter: putt these to your suger &
fflower: then stir it all together: & then beat
it in analeyblaster [i.e., an alabaster] mortar: with a wooden
pestell: a houer or more: till you see it look
whit & very light & puffey: then when it is
almost beaten enough: putt in ether some
anie seeds or carayways seeds as you like: & when
it is enough: sift some fine suger in *the* bottomes
of your tinn coffins: so fill them & sett them
in *the* oven: lett it not bee to hott: for feare
of coulering them: to much: if
if you would have them with a crisp thinn
shell one *the* top: sift with a fine searce
a lettell fine suger one them when thay
goe into *the* oven: when thay are baked
have a care of breaking it off: & lousen
them out with a knife: /

[fo.25v]

a ointment

tack some Bueef marrow & whit vergins
wax: a like quantitie as you see good
and a lomp of fine hard suger putt
these all together in a skellet with a
sponfull of rose watter so boyle them
till it bee all throwroly melted: cutt
the wax in thinn slices: putt it ⁱⁿ to a pot

it is very fine for sores lipes: or chapes
nanywhere /

to mack fine suger cakes /

26

Tack a pound of fine whit wheat fflower
& lett it bee dryed beefore *the* fier: Then
tack a pound of new sweet butter: & putt
it in lettel bettes to *the* flower: & halfe a
pound of fine suger scearced & a lettel
pound mace: as you see good to give them
a tast: so mingell these alltogether:
to a past: & then role ^{^them^} out not very thinne
into lettel cakes opon papers: & have a
care *that* your oven is not to hott to burne
them: for thay should look but a lettel
yellow

[fo.26v blank]

to mack methegling Mrs Kinnersley /

27

tack 40 & fore quarts of faire water
the 4 quarts are to alow for *the* boyling
away then putt therein: a handfull of
parsley roots: a handfull of fennell roots
pith them & wash them & tie them
up severall: a handfull of rose mary tied
up: 3 nuttmegs clised: halfe a handfull
of ginger cliced: & 2 pennywroth of
Licourich cliced: putt these pices in a
thinn bag: then putt all these things
into *the* watter & boyle them till you
find it is strong enough of them to your
licking: then tack them out: & put to
this liquour: 10 quarts of good honny
then boyle it againe till you see it
break like unto wort: then tack it
of *the* fier: & cold some of the wort
then bring it up with Barme, as you
doe Drinke, then putt ^{^it^} into a ferking
when it hath done working, stop it
close, & let it stand a month or 3 weeks
Draw it out in bottels, putting into
Every bottel a lomp or to of suger
cork them very well, the longer it lys
the better, remember to runn the
wort throwe a sive before you put

[fo.27v]

it to the Barme /

to mack Damsons wine /

28

take your damsons when thay bee
foll ripe, putt them into a strong
ferking or barell, whole as thay are,
fill your vesell, 3 parts foll of damsons
& then make it up full with boyling
watter, which done, stope the vessell up
close, & lett it stand 3 weeks, then draw
it out in bottels, potting a lomp of faire
suger, in every bottel, the longer it
lies the better, when you drink it
Drink it with suger /

How to keep any plumes for
tarts all the yeare /

[fo.28v]

Take your plumes when thay bee
ripe, & boyle as much faire watter
as you see will cover them, when it
tis boyled, putt in your plumes, let
them ly in the watter till the break
the skin, then runn them throue a
sive, sett the watter by till it bee
cold, & the plumes cold, then putt
them up in a earthen pott, with that
watter, then take some sweet mutton
or beefe suett, & melte it, & pour it
opon, the plumes, when the suett is
cold opon them, tie a paper on it /

The sweete greene ointment /

29

Take sage: & rue of each one pond:
bay leaves & worwood of each halfe a
pond; melilot herbe: flowers of camomile
flowers of spike: rosemary: red rose leaves
St John: wort: of each one good handfull:
march mallowes 2 good handfull: choppe
all these herbs as small as can bee: then
weigh them & putt to them: their weight
of the best Deers suett: then choppe the
suett very small: & stampe it & the hearbes
together till it looke all greene: then putt

then lett it stand 14 days or more before you
drink of it – it will keepe all *the* yeare –
you may either dry *the* apricoks – or make
tarts of them afterwards – & then you
need not pare them –

[fo.31v]

in this same manner wine of cherries rasberrys
or currons or strawberrys *which* is an excilent
wine & *the* friut is as yoursfull as *the* apricoks

for gousberrys wine *the* watter raw not
boyled & *the* berrys not to ripe & bruse *them*

to mack lemon creame /

32

take 4 faire new lemons – chip them very
thinn – cutt *the* chips very smale & putt to
them *the* Juce of *the* lemons – & lett them
stand all night next morning putt to them
6 or 7 whits of eggs & 3 youlks beat them
very well – & put to them *the* lemon Juce –
with pill & all – & a poringer & a halfe of
faire watter – a quarter of a porringer of rose
watter – stir them very well together – then
straine it throwre a cotton strainer – &
sweeten it with fine suger & musk if you
please – sett it on a chafindish of cools
untill it bee as thick as *the* thickest creame
& it must butt scald not boyle – so putt it
out into a whit dish – when it is cold
it is ffitt to eate /

To make gooseberry Wine.

[fo.32v]

Take 24 quarts of the fruit got dry, pick them
and bruise them, take spring water and boil it
2 hours, when cold, put 13 quarts to the Berrys,
let it stand 12 or 14 hours then draw it off, let it
run through a scive, and to every quart of liquor
when again measured put 3 quarters of a pound
of powder and loaf sugar mixt. Take out one
pound of the sugar to put into the barrel,
and put one penny worth of barm to it, stop it up
close for half a year, and when you bottle it
put a piece of sugar into each Bottle.

to make surrup of Elderberreys /

33

gather your berrys when thay bee
full ripe, pick them, & bruse them
then straine them, & to what quantity
you please to make, take 3 pound of
fine suger, to a quart of that Juce
mixe your suger & Juce, togather in a
tine skellet, & so sett it opon the fier
but not to hot a fier, for you must
bee sure, that it neither boyle nor
simber, but onely to diss<...>d the suger
& to make it throughro hot, softly
stiring it, to bring up the scum, &
skim it very cleane, cold it & bottel it /

How to make *the* Black Searecloth

[fo.33v]

Take a pint of sallet oyle, half a pound of red
Lead boyle them togather till they are black,
keeping them with constant stiring, then put in
a quarter of a pound of rosen, & 2 ounce of
red soft wax, & let *them*: boyle alltogather about
a quarter of an hourer, then take it of *the* fier
& let it coole a while, & so put it into cold
watter, till it is hard enough to role, then make
it into roles, rubing *your* hands with: butter or
oyle, that it may not stick to *them*:

this is a very good ~~sau~~ salve for a boyle
or any sore /

to make a faire sort of plume
suger cakes / Mrs Venables receipt /

34

Take a pound of fine wheat fflower
dry it very well, a pound of curence
well washt & dried, a pound of fine
suger scarced, a pound of sweet butter
then take 8 eggs, & beat them well, then
tak an earthen milkpan, & warme it well
putt the butter in to it, & work it, & beat it
with your hand till you make it all thick
& whit, then putt in a lettel of the flower
& still work it with your hand till all
the things bee in, putt in a lettel pound

mace, to your liking, still keeping it
with working, till your oven bee ready
which most bee noe hotter then for
manchett, which beeing ready, you must
have some lettell round coffins made
of double broune paper, of what sise
you will have the caks, & pinn them
opon sheets of the same paper which
done butter the coffins about, & so putt
in every coffin a sponfull of the stufe
straw a lettill fine suger opon the
top of every one & flat them doune
with the back of a spone, when thay are
in the coffins, so sett them in the
oven, thay will rise much in the oven
have a great care of burning them
halfe an houer will bake them, while
they bee hot take them of the papers /

[fo.34v]

To make Damsons caks /

35

take your Damsons, & coddle them in fare
watter, then pill them, & straine the meat
of them, then sett it on the fier, & lett
it boyle up, & scum it, then weigh your
suger, & take waite, for waite, candy your
suger to the heigth, & when you see it is
thick Enough, Lay them out in caks /

for an Egge pye/

take six Eggs, & boyle them very hard
& then sread them as smale as you can, then
take some searced cinimon, & 3 quarters
of a pound of currens, & some smale beeufe
suett, & some suger, & a lettill creame &
some nuttmeg, so blend it all together Like
a pudding, then putt in some sack, & so put
it in Either, a pye, or fine past in a Dish /

To mack a neats tounge pye /

[fo.35v]

Take a neats tounge, & boyle it 3 parts
& then sread it very smale, then take
a good quantitie of marrow, & for want
of marrow take beeufe suett, finely sreed

some reasons of the sunn, some currence, &
cinimon, & cloves & mace, & suger & a lettill
rose watter, season it with a lettill salt, when
your pye, cometh out of the oven putt in
3 or 4, sponfull of sack, so serve it up

To preserve whit quinces:

Take one pound of quinces to a pound of
suger, which suger must bee of the whitest,
& halfe a pint of watter, make your surrup
boyle, & that while, pare *your* quinces &
core them, then putt them in & lett⁶²
helpe any impostume, in the head, for the
sight, & hearing, or any humer in the body,
or any old sore or new, and allso good to
helpe any ache in the bones /

36

probatum /

the ordinary blacke salve /

Take a pound of oyle of roses, or for [lack]
of it, good sallet oyle, halfe a pound of
red lead, put *your* oyle in an Earthen pot
& sett it upon the fier, & when it is very
hot, put in your red Lead, finely beaten
without any Lumps, & Lett them seeth
together, but bee fore you take it of,
put in an ounce of wax, finely sreed
& Lett them boyle together, stiring them
very well, until such time you think it will
make up into Roles /

To make a orange puding /

[fo.36v]

Take half a pound of good butter, & melt it as
for sauce, & then put into it, half a pound of
whit suger, or something less, as you please, beat these
together, & then put in 6 eggs, not all *the* whits
when its well beaten, take 2 ounce of candy'd
orange pills, & slice them very thinn, & then have
a dish that youle bake it in, & lay in *the* bottom
of it, a fine thinn past, then put in *the* batter,
& lay *the* slice-d⁶³ orange, in all over it,

⁶² Pages are missing here.

diping it in *the* batter, then have a nother
fine peece of past, & lay over it, so set it
in *the* oven, about 3 quarters of an houer will
bake it /

the Black Salve, the Lady Shirley

37

Take a quart of the best sallett oyle & put it
to a skyllet, that will hold 3 pints, for the oyle
will boyle high, take care that it boyle not over
put a pound of red Lead finely beaten, into *the*
oile, & stir it with a stick, a quarter of an houer
together, then sett it on a charkcole fier, butt
Lett noe flame bee, then putt in an nounc of
good pitch, the oldest you can gett, then putt in
a nounc of pure wax, put *the* pitch & wax into the
oyle, when tis over the fier, stir it well, allwais
one way & Lett it boyle a pace, when it gotten a
couler, Dipe a cloath into it, if it stick well one
the cloath, & not cleave to your fingers, tis enough
then have a board a Lettle hollow, with Leggs Like a
stoole, oile it very well, then put the salve into it
& have 2 knives well oiled, & stir it up & downe
till it bee cold Enough, to take into yoor hands,
then take as much as will make a ball, & pull it
extreamely till the couler of it bee bright, then
mack it up, there must bee 2 at the macking
it, you must oyle your hands very well, & so
mack it up into Rolls, it is good for greene wonds
spraines, Bruises, & any
swellings, beeing sprad opon
Lining cloath,

[fo.37v]

the oyle of charitie, the Lady Shirleys

Take Red sage, Lavender, rosemary, wormwood
camomile, of each 4, ounces, chop them smale
& putt them into a glas, with a wid tope, then
putt in 3 pints of good sallet oyle, & so sett
it in the sunn, for a month, then straine it
hard out, & then put in as many of the same
herbs, againe, with 4 onces, of the smale,
velerion, so sunn it againe for a weeke,

⁶³ The meaning of the dot is unclear. It might just be a pen rest, although a similar dot also appears in The receipt for Snail watter at fo.44r.

then gently boyle it on a soft fier, have a
care it burne not, so straine it & keepe it a
glas, for your vse, it is good for all sorts
of aches, burns & wonds,
& inwardly taken, a sponfull at a time, for
wemen in childbed, that are brused, & to take
away the great paine, of affter throes /

38

the Eie watter Mrs Lettice Oker^overs /

Take of plantaine, & red rose watter of
each a pint, mingle them togather, then
take the stone of Lapis calaminarius, & the
stone, Lapistuticia, putt these stones into *the*
fier, till they bee red hott, then squinch *them*
in these watters, 9 times, then straine it, then
take the stone, of Roman Vitirall – & putt
it into the watter, till it couler it blewish
& noe more, so put the water into a glas bottle
when it is 9 – days old you may vse it, putting
into the eie – that is greived – 3 drops at the first
then 4 – drops – the next time – 5 – drops dress it
so twice a day, & every time Lett the patience
ly one there back an houer affter – in 3 days
it will cuer, either – pin – web – pearle – or fleame,
in *the* eie – prooved /

A Backed Tansy /

[fo.38v]

Take Ten eggs, ⁴whits, half^a nutmeg three biskets grated
as much Juce of spinage, with thick cream, a pint
beat *the* eggs well, mix *the* eggs, biskets cream,
a little Tansy Juce, of these Juces as much as
will make it Look green, sweeten it to *your* Tast
then butter *your* dish very well, set it in *the* oven
no hotter then for custard,

To make a mutton pye,

Season *your* mutton steaks with savoury spice
fill *the* pye, Lay on butter, & close *the* pye,
when it is backed, Tos up som choped capers
cucumbers, & oysters, in gravy, & anchovy
& drawn buter,

A white Fricasy of Chikens /

Cut *them* in peeces wash *them* well, then put *them* into a stew pan, put in as much fair watter as will cover *them*, season *them* with nutmegs & salt, 2 anchovies, & stew *them* till enough, six eggs, a glas of white wine 4 spoonfull of cream, som butter,

The Blast savle or oiment

39

Take a pound of may butter, when it is new churned, beefore it bee washt, then take a handfull of houndstongue, a handfull of parsley, halfe a handfull of mallows, halfe a handfull of plantaine, halfe a handfull of mariegold Leaves, sread & bruse the herbs in a mortar, put therto, 2 ounces of Deare suett boyle all together on a soft fier, till the <--> watterie substance bee consumed, then straine it, throwe a strainer, & keepe it, for your vse, oynt *the* plase pained with it 2 or 3 times a day, for a blast this is proved /

A Lemon puding

[fo.39v]

Grate *the* piel of 2 Lemons, *the* Juice of one Lemon, well role:d with *your* hand, before it is cut, *then* squeeze of *the* Juice, & put to *the* piell, grate near a penney lofe, make half a pint of white wine hot, & pour it upon *the* bread, stir it well together to soak, beat *the* yolks of five eggs, half *the* whits, mix all well together, & suger to *your* Likeing,

A Dyett drink, Lady Shirleys /

40

Take to 6 galons of Alle, 6 hanfulls of Liverwort, 6 hanfulls of brocklime & 6 handfulls of clivers, boyle these herbs in the wort, a Little while, not in all the wort, butt a Lettle of it, Lett it runn, throw a sive, & then putt it up to the rest, then putt in a bagg, 6 handfulls of maiden haire, 12 ounces of senea – 10 ounces of polipodyum – 5 ounces of bay

berrys – 2 pound of stoned reasons – 4
ounces, of sweet fenell, seeds, – 2 ounces of
any seeds – 4 ounces of duacus seeds – putt
these in a bagg, with some peeces of stick
tyed to the bagg, so Lett it Ly in the
drink till it bee all gone _ drink it
for 10 days, or more or Less, how you
pleas^{^ssssss^64}, a full pint or more, att a time /

[fo.40v]

aslic'd lemon or two, & serve it up CC:

A receipt how to dress trout

41

Take your trout, wash, & dry him with a clean
napkin, then open him, & having taken out his guts, &
all *the* blood, wipe him very clean within, but wash
him not, & give him three scot^{^c^hes} <--> with a knife
to *the* bone on one side only. after which take a clean
kettle, & put in as much hard stale beer (but it must
not be dead) vinegar, & a litle white wine, & water,
as will cover *the* fish you intend to boyl; then throw
into *the* liquor a good quantity of salt, *the* rind of a Lemon,
a handfull of slic't Horse Radish root, with a handsom
litle fagot of Rosemary, time, & wintor savery, then put
your kettle upon a quick fire of wood, & let your Liquor
boyl up to *the* height before you put in your fish, & then, if
there be many, put them in one by one, *that* they may not so
cool *the* Liquor, as to make it fall; & whilst your fish is
boyling, beat up *the* butter for your sawce with a ladle
full or two of *the* Liquor it is boyling in, & being boyld eno
ugh immediately pour *the* Liquor from *the* fish, & being
laid in a dish, pour your butter upon it, & strewing it
plentifully over with shaved Horse Radish & a litle poun
ded ginger, garnish *the* sides of your dish & *the* fish with⁶⁵

[fo.41v blank]

A receipt how to dress a carp

42

Take a carp (alive if possible) scour him, & rubb him
clean with water & salt, but scale him not, then open
him, & put him with his blood & his liver (which you
must save when you open him) into a small pot or kettle;
then take sweet marioram, time & parsley, of each

⁶⁴ A puzzling insertion. The repeating “s” line does not overwrite other words. Perhaps the scribe was simply practicing her writing.

⁶⁵ The recipe ends on the facing page, fo.40v, with the sliced lemon.

half a handfull, a sprig of Rosemary & another of savory, bind them in two or three small bundles & put them to your carp, with four or five whole onyons, twenty pickled oysters, & three Anchovies; then pour upon your carp as much claret wine as will <....> ^only^ cover him; & season your claret with salt, cloves & mace, & *the* rinds of oranges & Lemons, *that* done, cover your pot & set it on a quick fire till it be sufficiently boyled; then take out *the* carp & lay it with *the* broth into *the* dish, & pour upon it a quarter of a pound of *the* best fresh butter melted & beaten, with halfe a dozen spoonfulls of *the* broth, & *the* yolks of two or three eggs, & some of *the* herbs shred; garnish your dish with Lemons, & soe serve it up

To make a Syrup for a Consumption,

[fo.42v]

take three sheeps hearts three pounds of <.:> brown suger candy & a handfull of rosemary slitt, then take a lettell of *the* rosmary, & one quarter of *the* suger candey, & one heart, & put it into a lettell pan, or any other thing that is fit, & so lay it till all is in, then power upon it two penny worth of pimpernell watter, & bake it in an oven after household bread is drawn, three or four houres, then strane it, & when it is cold take of *the* fatt, & it is fitt for use;

how to take this syrup,

take one spoonfull every morning fasting & at foure, in *the* afternoone, & *the* last thing going to bed, & bee shuer to fast 2 houres after it

to make orange water /

43

take 4 oranges & 2 lemons, & pare them & put *the* parings into a quart of brandy & lett it stand 9 or 10 days, close covered in a gally pott, then take a quart of spring water, & boyle it, & when it is cold, putt it to *the* oranges & brandy, & stire it altogether, then runn it all throue a cotton straner, then take a pound of refined suger, & lett it melt

all in this licquor, without any fier
& when *the* suger is all dissovled then
putt it up into bottles, close covered,
& drinke it as a cordiall for *the* stomach /

To make Bisketts

[fo.43v]

Take a pound of fine wheat flower sett it to *the* fire
to drye take 10: Eggs leave out 3 whites add 3 spoonfull
of sack & 3 spoonfull of orange flower or rose
water, beat *them* together with a whisk till *they* froth
very well, then put in a *pound*: & quarter of dubble –
refined suggar or fine white powder suggar If you use
refind suggar it must bee finely beaten & sifted,
keep it constantly stirring, just when *the* oven is hott take
up *the* flower stirr it into *the* Eggs & suggar stirring it all one
way till it bee all in, begin to heat *the* oven when you
begin to beat *the* Eggs & when *the* oven is hott *the* Bisketts are
beaten enough, fold your papers 4 folds & butter *them* soe
putt *the* Bisketts upon *them* Just when you putt *them* into *the*
oven sift suggar & flower upon *them* when they are
Baked take *them* of *the* Papers Immediately & turn *them*
hollow over a Rolling pine or any other round stick.

W: Oldfeld
His writing

The receipt for Snail watter /

44

Take snals ether with or without shells two pounds
leaves of ground Ivy four handfulls, of spotted Lungwort
& coltsfoot each two handfulls, Raisons of *the* sun stoned
half a pound, figgs four ounces, Liquorice two ounces,
Aniseeds one ounce, nutmeggs a quarter of a <:-> ounce,
safron, one dram, infuse these in 4 quarts of new
milk, & a pint of sack, all night, *the* next day
disstill *them* in a com-on still

[fo.44v blank]

The Ladys Folliot Salve /

45

take halfe a pound of clarified mutton
shewit, a pint of sallett oyle, too ounces
of red lead sifted fine, a letle bitt of
beess wax, stir all very well together
& boyle it over a gentle fier, & now &
then drop a drope on a plate, to coole
& when tis hard enough to sprade, pouer

it in a gally pott, & keepe it from *the*
dust, it is Extream good for any
burne or scald, proved, or a greene
wound or sore –

This is exseedng good
For *the* Cholick, or faintnes,⁶⁶

[fo.45v]

Gum^{ai} chips, an ounce
Elicampane Roots, an ounce
Liquarice Slice:d, an ounce
Coriander seeds bruis:d, an ounce
prepair:d senna of Alixandria –
an ounce

infuse all theese in 3 pints of
Anisseed watter, Ten days, then
power *the* clear into bottles,

Tak three spoonfulls in a fitt
it may be taken twice a day
if *the* fitt last's

ade half^a quarter[^] of pound of Raisins of the
sun stone:d

how to make Lemon ~~Brand~~ Brandy

46

take 8 lemons & pare them very thinn –
then take a quart of brandy & steepe *the*
thinn pillings in *the* Brandy for a week
or 10 days, in an Earthen pott, stiring it
somesimes, then take a pint of faire
watter, & putt thereto, halfe a pound
of refined suger, & boyle it, up & scum
it, cleane, & when tis cold, mingle *the* brandy
& lemons & this surriple alltogether, &
then straine it throwro a cotton bagg
& bottle it, & keepe it for *your* use –

for Ebbylon /

[fo.46v]

to 4 measurs bruing of malt –
take halfe *that* measer of ripe
Elderberrys stript, boyle them in

⁶⁶ This serves as the title for the following recipe. There are three or four letters written sideways, and seemingly backwards, on the bottom of this page, but they are indecipherable.

the wort with *the* hops – so cleanse
it, & order it, as other ale – putt
in ginger orang other spice, as
much in quantietie as you think
Fitt /

to make gingere bread /

47

Take a pound of good treacle, an ounce
of ginger, finely searced, a nounce of
candyd orange pill cutt smale an ounce
of lemon candyed pill cutt smale, & a
nounce of candyed sictren cutt smale
putt *the* ginger, & these sweetmeats, all
into *the* treacle, & mixt it up with your
hand, with some fine wheat fflower
till it come to a perfect past, then
role it with *your* hand in smale roles, or biger
roles – as you please – *the* roles like *the*
lenth of *your* finger = or shorter –
lay them on tinn, plats, & dust a
lettill fflower, under them – Bake *them*
in an oven as hott as for manchett
not to scorch them, but to harden them
that they ractle [i.e., rattle], togethur – when you
take them of *the* plats
doe not keepe them in a moyst place
for they will goe soffter of them
selves=

[fo.47v]

To make crackneyles /

Take one *pound* of suger & one *pound* of flower, half
a *pound* of butter, 4 eggs, but 2 whits, a spoonfull
or more of careways seeds, n mix all these
into a pest, butter pye plats & beat *the*
past on them with *your* hand, as thenn as you
can, when you put them into *the* oven, wash
them over with *the* yoalk of an egg, when *they* are
baked <--> take them of *the* plats as soon as
ever you can, & torn [turn?] them hollow –

To make Lemon Jelley /

Take Lemons & rost *them* then sques out *the* Juse &
<----> take *the* full weight of it, in duble refined

suger, set *them* on a chafing dish of coles, there let it scald till it will Jelly, & looks clear

To make orange wine

48

Take 6 gallons of spring watter, & 12 pound of *the* best powder'd suger, & *the* whits of 4 eggs well beaten, put *them* in *the* watter & suger, *then* boyl *them* all three quarters of a houer, & when it is cold put in 6 spoonfulls of yest, then take *the* Juce & rine of 25: oranges & let this work 2 days & 2 nights, then add, if you please 2 quarts of rennesh wine or white wine, so tun it up in a vessell stoped very close, in six weeks you may drink it, it is best with:out *the* full quantity of *the* peel

To make quinces puding /

take 2 or 3 quinces & parboyle *them*: till *they* be tender then pare *them* & core *them*: beat *them*: in a mortar with: some suger according to *your* tast, & *the* yolks of 8 eggs till it is well mixt, then put to it half a pint of cream, so put it into a dish or patipans, with: som past in *the* bottom, & bake it a quarter of an houer you may make orange puding *the* sam way, take *the* rine of 2 oranges, & *the* jus of one

To make allmone cream /

[fo.48v]

take a quarter of a *pound*: of Jorden allmons, layed in cold watter till *they* well blanch, then beat *them*: in a ston mortar, with a lettel rose or orang flower watter, stran *them* with a quart of sweet cream, season it with: suger, then put it in a clean skellet, & set it on *the* fier, stiring it till it boyl a lettel, then power it into cream dishes & eat it cold

To make allmon bisketts /

take half a *pound*: of blanch'd allmons & beat *them*: fine, ading oriang flower watter to *them*:, *then* take half a *pound*: of fine sifted suger, & beat with *the* allmons & when *the* suger is well incorporated, beat in half a *pound*: of fine flower well dried, by degrees

break in 6 eggs, leave out 3 whits, beat *them*: in *the* mortar with *the* rest, *the* eggs must be put in before *the* flower, when *they* are all well mixt droop *them* in lettell biskets, on pewtter plats & bake *them*: in an oven when they are brown at *the* edges, *they* are baked enough, *the* oven must not be to hott

To reggou a brest of veale

49

beat it very well with *the* flat side of a cleaver so put it into watter, & parboyle it till it is white, flower it very well & fry it in hogs lard till it is brown, take *the* fat of backon & cut it into bits, put it into a saspan over *the* fier, till it is very brown, then take *the* backon out, & stire up *the* lickquer with: a lettell flower over *the* fier till it is very brown, but not burnt, put *your* brest of veale into this lickquer, & turn it in till it is very hot, so put as much very strong gravey to it as well cover it take a dozen borss [bones?] of veal parboyl *them*: flower *them*: & fry *them*: in butter till *they* be brown they must be cut in slices before *they* are fried so put *them* to *the* veal, & boyle *them*: altogether till *the* veal is tender, there must be 3 or 4 anchoves a lettell nutmeg, a bunch of sweet hearbs, a onion when it is enough sarve it up in *the* gravey it is stwe:d in, & squise a letel lemon in, & to slices of lemon on it

To make cowslipp wine –

[fo.49v]

Take 6: gallons of watter & boyle an hour & halfe, allow six quarts for wast, then put in 12 pound good suggar, scumm it well, then take it of, & put it in a vessell to cool, & when tis a lettell warmer than milk from *the* cowe, put in 2 pecks of pick'd cowslipps bruis'd, in a mortar, mix them with *your* hand, then let it stand till it be of temper, then put in *your* barm, & a bole=dish, stir it as it works, let it stand two days, & a night, then put *that* liquor & flowers into a hair sieff, & with *your* hand squeeze, *the* flowers well, then tunn it into a sweet barrell, & see that *your* barrell be full, to work,

when done make it up close & let it stand
3 weeks, then draw it of into a nother vessell,
put in two penneyworth of Isinglass, cut small,
& half a pound of good loaf suggar, stop it close
8 or 10 days, then bottle it, & se that *your* bottles
be very dry, & corks very good

how to make meade /

50

Take 10 quarts of watter, let it be just at
boyleing, put to it a quart of honney, 1 pound of
lofe suger, let it boyle while any scum well rise
takeing of *the* scum as it rises, then take it of
the fire, & put to it 2 Lemons, cut in halves &
sques'd in, with: a large rase of ginger slited, &
4 cloves, & a peece of sinement, & a peece of
rosmerey, when it is cold, stran it into an
earthen pot with; a spigot in, put to it 3 spoon
full, of barme, it well work like Ale for 6 days,
then bottel it, you may drink it in 3 weeks time
but it well be better if you keep it 2 months,
it must be a lettel warm when *the* barme is
put to it,

To make mead with Elderberies

[fo.50v]

Take very ripe Elderberries, pick them from
the stalkes, put them in an Earthen pot, and
past them close, & bake them in an oven
while the are warm, straine them out, take
a gallon of *the* joyce to twelfe gallons
of water, *that* was first boyld for an hour
or more, then when *the* water & joyce
is wel mixt & boyld a little, then put in
one & thirty pounds of honey, boyle them
well for an houer or more *that* is till you
think two gallons is wasted, scum it well
all *the* time, as it rises, when it breakes
in *the* ladle i'ts enought, then pour it in
your tubb, & let it stand to coole, when i'ts
cold, put barm to it as warme as you doo
to Ale worke it two days or more if it
happen to be soe cold as not to worke, sett
a pitcher of hott water in *the* tubb, & *the*
heat of *the* water will set it a working
when *the* barme getts a heade, take *the* pitcer

of water out, & beate it as often as you
doe Alle, when it hath worked two or
three dayes, tunn<-> it, & stopp your barrell
close at five months end botle it, and
it will keep a long time in *the* botle
as hath been prov'd

<To make....>

To Coller a breast of veal to eat hot

51

Bone it & beat it with *the* flatt side of *the*
clever, *then* seis' in it with salt & jemecca peper &
a little cloves & mace, *then* strow it over with some
sweet hearbs cut small & some yolk of egg
then lay a row of baken upon it, cut very thin
& upon *that* your hearbs & egg & seisning agen *then*
~~then~~ roul it up very heard & put it in a cloth ty it
about with a tape & let it boyle 2 hou^ers & half
if large veal 3 hours: For *the* sauce a little
grave & anchove & a little white wine & ~~the~~
thicken it with a good deal of butter to be like
fish sauce but not so stroung 3 or 4 youlks
of Eggs is enough.

<To make gooseberys>

To make goosberys biskits

scald your goosberys till *they* are soft *then* rub *them*
through a siffe take *the* white waight of your
pulp in double refind sugar, & *the* whits of 2 or 3 eggs
acording as you do for quaintity, beat *them* together,
for 2 or 3 hours till *they* looke white *then* drop *them*
upon tinn plates, or pewter in little <-> biskets
sett them to dry in *the* sun, when *the* top is a little
dry turn them^m

To make scoch collops

[fo.51v]

Take a leg of veal, & cutt *your* collops very thinn
wright way of *the* veal, & beat *them* well with a back
of a knife, *then* seisin *them* with nutmeg & salt & doe
some yeolk of egg all over them & let *them* ly<->
2 hours, *then* fry *them* in butter a little at a time
<.> besure you do not fry *them* too much but till *they* are
a little brown, *then* make your sauce of grave
& white wine, 2 anchoves & <th> thicken it up

with a little butter, let your sauce be hot
when you put your collops into it, so tos *them* up toge=
=ther, you may broyl *the* bone of *the* veal to lay
in *the* midle, & make some forst meate balls
to lay about it, with some sliced lemon
when you fry *them* strow some sweet hearbs on
them, 3 egg will do.

To make a hame of porck.

Take salt peder & common salt of
each a like, salt *the* gammon 12 or 15
days, turn it every day, hang it ^in^ *the* chimney
where *you* burn wood, for 3 weeks but not
too hot when it is dried enought lay it in
sweet wort for half a day, turn it & when
it is dry, rub it all over with sheeps blood,
& hang it up for use.

To make a seed cake /

52

Take 3 pound of flower, & a pound &
half of butter, with a quarter of a pound of
loafe sugar with six eggs, & a quarter of a
pint of yeast with a little mace & nutmegs
& creame mix all these together, & set *them* <...>
before *the* fire to rise, Then ~~bu~~ put in half a pound
of Carraway comfits, & bake it 3 quarters of an
hour

To season a wett Collar of beif

Take a briskett of beif & bone it & lay it in
water 2 days & 2 nights, & shift it twice in fre<sh>
water, & put in 2 hanfull of salt into *the*
water, & take it out & let *the* water run of it
then season it <-> with half an ounce of cloves
& mace a quarter of Cinnamon, ~~half~~ half a
pound of Bay salt, a quarter of salt peeter, a
little Nutmeg, an ounce of white pepper, then
lay it in a tray, & then putt in half a pint of
Clarrett, as much vineger, & let it ly in sesoning
3 days & 3 nights, Then put in halfe a pound of
Anchoves upon it (you must bone them) a handfull of
sweet hearbes; which must <-> be mother of thime,
sweet margerom & winter savory, & soe collar it up

as you doe Brawn & put it into a pot, & put in *the* gravey,
a pint of Clarett, half a pint of white wine vinegar,
bake itt with brown bread, & when it is baked,
turn *the* side downwards, which was ~~down~~ upwards
for an hour, then stretten *the* cloth & lay a weight
upon it, & let it stand 4 houers, & lay it in *the* pickle

[fo.52v]

A pickley for wet collar of beif

Take as much small bear as will cover it
& as much red sanders as will culler it some
cloves & mace some synnamon an ounce
of salt peter a bunch of sweet hearbs
put all together, & let them boyle one hour,
then strain them & when it is could
put in halfe a pint of white wine
vinegar, soe putt in *the* collar & cover it
close

To make Elder wine

Take to every gallon of water, 4 pound
of loaf sugar, & about 8 pound of Elder=
berrys when full ripe, let your water boyle
an hour, then put it in an Earthen pot, with an
narrow mouth, to infuse *the* berrys, having before
been wel beaten then take a little ale
yest, beaten with some of *the* same liquor
soe mix it together & let it stand, stirring it once

To Regoue a Rabbit or any meat /

53

make a strong broth or gravey of knockels of veal, or any
other bones, let *them*: boyle till all *the* goodnes is out, put
into it a blade of mace, a few cloves & a Lettel peper,
& a crust of bread tosted as hard as you can, & a Lettel
time & saverry, an anchovie or 2, when it is well
boyled stran it through a sive, add to it ether a pint
of white wine, or clarrit, a few pickled oysters, so
haveing stew'd *your* Rabbit, in this Lickquer, boyle it up
& thicken up with 2 or 3 eggs & som butter, so serve to
the table, with som mushrooms & Lemmon pill in *the*
gravey /

To make Ginger Bread of allmonds

Take a Lettel gumdragon & steep it in a pint of rose watter *the* space of one night, *then* take a pound of *the* best Jorden allmonds, being blanced in cold watter, beat *them*: in a stone mortar, but in beating *you* must add som of *the* rose watter, *which the* gumdragon was steep'd in, add to *them*: som ginger, & som grated bread & suger, *your* ginger must be finely sifted, *then*: knead *them*: togather as *you* doe past, & so print in moulds, with som search'd suger, & set it before *the* fier to dry

To pickel walnuts a hundred

[fo.53v]

make strong brine to bare an egg
Let them Ly 9 days, stiring them once
a day, then put them in boyling watter
Let them boyl up, take them out, put
them in a cloth, then take cloves, mace, genger
Black peper, in all one ounce, som musterd
seed, & sherlot, & if *you* pleas a few Elder
flowers,

To make Elder Flower wine /

54

Take six gallons of watter & twelve pounds
of fine suger, & six pounds of Raisins of
the sun cut small Boil these togather an
hour, *then* take of *the* flower of elder, when
they are falling & will shake off, *the* quantity
of half a peck, put *them* in *the* Liquer when
allmost cold, *the* next day put in six
Larg spoonfull of syrup of Lemons, & four
spoonfull of ale yeast, & three days after
put it in *the* vessell, that it will fill &
stop it close, & let it stand till clear
then Bottle it off, it may stand three or
four months, if not then clear rack it of
into a nother vessell a few day & *then*
Bottle it, if a pound of suger or Raisins
be added to it, it will be *the* better /

To make Elder wine /

[fo.54v]

Take 20, pound of malago raisons (or raisons of *the* sun)
let *them* be clean rubb-d, then shred *them* very small
& put *them* to five gallons of boyling watter,
the watter haveing first been boyl-d one hour, Let

them steep ten days, stirring *them* once or twice every day, then <=> ^stran^ *the* Liquor, through a hair sieve, & have in readines six pints of very ripe elder berrys Juice, stew'd over *the* fier in a pot, put into a caldron of boyling watter, put it into *the* Liquor cold, & stir it for some time very well together, then tun it into a clean vessel, & Let it stand in a warm place for two months or ten weeks, then bottle it

To make *the* white frigacie of Chickens or Rabbits.

55

Take *your* Chickens, cut *them* in pieces to *your* likeing and season *them* with nutmeg & salt, *then* having *the* frying Pan with Butter in it hot over the fire, Put in *your* Chickens & make *them* a little crisp, *then* take *them* out and Put *them* into *your* stewe pan, some water, & Anchovie to *your* likeing, & white wine & when enough, Thicken *them* up with some good cream, & two yolk's of egg's & Butter some Mushrooms & sliced Lemmon, upon it.

To pickell Murshroms

[fo.55v]

gather *them* in August, & lay *them* in water, then shift *them* in another water, then take a cleane cloth & rub *them*, till *you* see *they* are cleane, then boyle *them* in milk & water, & a Lettil salt, till *you* see *they* are tender – make some Pickell for *them*, with water whit wine & wine vinger – a like quantie of each boyle it, & putt into it, some cloues & mace, & whole peper – & salt – according to *your* tast, when *the* Lickour is cold, put *them* in, & keepe *them* in a gallow pott, for *your* vse /

To pickle Cucumbers /

56

~~wipe *them* with a cloth & put *them* into a close muge, & make a strong Brine of salt & watter Boyl *the* Brine, & put it so on *the* cucumbers, then cover *them* close, you must put in a lump of rock allom, into the brine as it boils.~~

~~And this must be thus repeated twice a day until you think them green enough. then drain them from the brine and rub them dry and make a pickle of aleger with what hot spices you please. then put a lump of Roch allom in, and some dill Boill it and put it on boiling hot to the cucumbers and so keep them close and they will keep green five or six years.~~

as for French Beans you cannot miss them if you doe but first let them lye a considerable while in salt and water.

This Receipt is good for nothing⁶⁷

To mack aquamarabiles /

[fo.56v]

Tack gubalis – gallingall – cardymnt – seeds – cloves – ginger – nuttmegs – mace – of each a nounce beaten to powder, Balme – spearmint – both dryd of each one drame, mellelott flowers cowslips – rosemary – burich – & mariegold flowers of each 2 drams – all dryed, then take Juce of sallindine – one pint – of whit wine 3 pint a pint of aquavite, angelicoe watter – one pint, put all these things together into a still, in the Evening, & cover them close, then the next morning stire them againe & putt *the* still head on, & past it close *that* noe aire can come in, so still it with a soft fier, in a common rose, still, keeping wett, cloths, with cold watter, upon *the* head of *the* still, draw of your watter by pints, till it drop lower, then take noe more, put in the glases you keepe it in, 4 drams of ambergrece & one of musk, both grun-smale & tied in a tifyny, & Lett it ly in all *the* time it stills then take a pint of the first runing, & there in dissovle a pound of lofe suger, so mixe it with all the watter, to gather, & keepe it /

57

A fine ointment for the Skyn /

[fo.57v]

Take a keyll, of a young Lamb, putt [^]it[^] in some faire watter, & shift it 2 or 3 days

⁶⁷ This comment is written in a different hand.

then take it, & putt it in a clean cloth,
& there beat it as you would doe salt; but
very smale, when it is smale enough, putt
it in a fine earthen pott, or silver can, & to
it putt some damask rose watter, a lettle Juce
of lemom, a lettle ambergeese, & musk, tied
in a bitt of laune, then cover your pott, & sett
this in a posnett of hott watter, to infuse, for
some 2 or 3 houers, then take it of, & beat
the ointment very well, with a spone, that it
may look whit, so lett it stand till the next
day, then infuse it as long againe, & then
beat againe, till it look very whit, take
out the musk, & so but [put] it in a glas or
pot, if ther bee any watter in the bottom when
it is cold, power it out, & keepe this for your use,
it is very fine for a pilled skin, or any
thing that is rough, & for Lipps,

58

A wash for *the fase* /

2 ounces of better allmonds, to a quart of
barley watter, & what hungrey watter you please /

The bitter Draught /

Take a handfull of cammomile flowers, as
much centuary, & as much roman worm
wood, gention roots ten grains, cardus seeds
a dram, & if you will have it purge, a dram
of sena, boyle a pint of watter & power it
upon *the* ingrediences, let it infuse half
an houer at Least,

[fo.58v]

A nother Bitter Draught
good for children /

Take century, camomill flowers, topps of celandine
with *the* roots, & cardus of each one handfull, safron
one scruple, boyle them in two pints of watter, till
one is consumed, then strane it, & give 5 spoonfulls
each morning & evening /
give *the* quantity of twenty five, or thrity dropps of
Elixir propietatis, for two or three mornings before
they take *the* Draught,

How to make allmon
pigs pudings /

take half a pound of *the* best allmons, blanched
& puned fine, with som rose watter, then boyl
h⁶⁸ A pint of cream, let it be cold a gane, & take
six eggs, leave out most of *the* whites, & *the* marrow
out of 2 beefe bones, sred smale, with a quarter pound
of beefe suehtt, or something more, a penney white
lofe grated, a lettel mace cinament & nutmeg, &
suger to *your* liking; so mix *them* all together, &
fill *them*, boyle *them* near half an houer /

To pickle oysters /

59

take of the largest oysters, you can get
open them, and save all the Liquor, that's in
them, then take that Liquor, & putt therto
some good whit wine, as much as you see will
bee enough, to putt your oysters in, then putt
to that Liquor, some grose peper, & whole
cloves & mace, what you see good, & as moch
salt, as you think will keepe, them, which
must bee well & high seasoned, so give thes all
together, one boyle vp, then putt in your oysters
& let them but Just boyle to plumpe them &
noe more, then take them out, & add to *your*
Liquor, a lettle good whit wine viniger, when it
is cold, & the oysters cold, put them up to
gather in a earthen pott, close tyed up, so
use them –

~~To make mead with Elderberries⁶⁹~~

[fo.59v]

~~Take very ripe Elderberries, pick them
from the stalkes, put *them* in an earthen
pott ~~then~~ ~~past *them*~~ close & bake them in an
oven while the are warm, strain them out~~

To make Gooseberry wine /

Take 24 quarts of *the* fruit got dry, pick *them*
& Bruise *them* Take spring watter & Boyle it

⁶⁸ This h should have been cancelled by the scribe.

⁶⁹ This entire recipe is scribbled out.

2 hours, when cold put 13 quarts to *the Berrys*
Let it stand 12 or 14 hours then draw it of
Let it run through a seive, & to every quart
of Liquour when a gane measured, put 3 quarters
of a pound of powder & Lofe suger mixt, save
one *pound* of *the* suger out, to put into *the* Barrel
& put a Lettle yest to it, stop it up Close, for
half a year, & when you bottle it put a peece of
suger, to each bottle,

unguentum album, unguentum,
nutritum, unguentum Rosatum,
unguentum populeum,
any of these ointments mixt together
is excelent good for burnings or
scaldings, or any red inflammation,

60

confectio, Alkermes a
rare cordiall, /

To Boyle a carpe /

[fo.60v]

take a carpe when hee is alive, gutt him &
scale him but not wash him, stob him to
make him bleede, then take the blood and
as much Claret wine as will boyle him over
head, & putt therin a bundle of herbs as a
lettle rosemary & time & margerum &
persly, some shaved horsreddish, a peece of
a lemom pill, some hole peper, some whole
cloves & mace, & a nuttmeg cutt in clices,
some eaght or tenn good anchoves, a whole
onion, lett all these boyle together in the
liquor, a prety while before you putt in the
carpe then when you think it is time to
putt him in, rub him all over with some
pound ginger, then putt him in to the pan
of liquor, & lett him boyle till hee benough put
in a good lump of sweet butter, & season the
broth with salt to your likeing, so take up
your carpe have a care of breaking him
lay him in a dish with as much of the
broth under him as you can, lay upon him
clices of lemom, & garnich the dish with
lemom & scraped horsreddich /

61

if you have shelott it is much better
to putt in then onion /

to make a mouth powder, *that* is sore or
hath *the* cancor /

take a Lettle scarlett cloth & burne it to a
powder, & drye a few red sage Leaves
& make it in a powder, & a Lettle fine
Spanish Bole, shafed smale, & a Lettle
very fine suger, mingle all these togather
& make it in as fine a powder as you can
so keepe it in a Box, for *your* use /

To rost a shoulder of mutton in *the*
blood, to look like venson /

[fo.61v]

Take a shoulder of mutton new killed, & take
som of *the* blood of *the* sheep, & put to it
a good handfull of salt, & whit breed crumes,
a lettel sreed penney royall, & a nutmeg greated
in, miggle all this like a puding, then let *the*
shoulder liy in it, & cut it up & down, &
~~stuffing~~ stuff it, then skewer up *the* two flaps,
one *the* inside, that it may look, like
a shoulder of venson, then take a peece of *the*
kell of *the* sheep, & lap it in, puting as
much of *the* blood & stuffing all over it as
may be, when it is well rosted, make sauce
of clarrit wine, with good anchoves dissovled
in it, to *your* likeing, & a lettel sweet butter,
so sarve it up, c –

a scarcloth to heale any thing that is
sore: & very good to heale a young child's
head that is raw or sore:

62

tack a lettel deeres suett: a lettel honny: a lettel
sweet bee wax: a lettel rossin: of that the least
for that is drawing: and a lettel francance:
onley to give it a smell: then tack as much
fresh butter; as the quantity of all the rest
of these things: & so putt them all togather
in a posnit: & boyle them a lettel while: then
skem it: & when it is a lettel cold dipe in
your peces of flacken cloth: of what big

niss you will: & when it is cold lay them
up in papers: & keepe it for your use:

of what quantity you will mack at
a time: you most only add more or
lesse of the things: you may if you
will when it is cold keepe it in lumps
lick saulfe: & so spread upon cloaths /

[fo.62v and 63r blank]

To make bisket ella

[fo.63v]

take some gume dragon dissolve it in a little rose water
the joyce of A lemon and A little muske then straine it
through a fine linion cloth then take as much refined sugar
as you will use beeing beaten and finely searsed take
the white of ann ege and beate it to froth then take your
gume and as much of the froth of your ege as will make
your sugear in to paste make it not to stiffe then straw
in some annelseeds beeing huld and made cleane and so
make them op in small loates [loaves] or knotts put under the
bothome of every one a wafern cut the loates about the
side as you doo a manchett and pricke them in the topps
soe lay then, on a sheete of paper and bake them litt not
your oten [oven] bee to hott they will doo as well without
wafernes if you straw a little suger upon the peapers you
lay them on

to make almonde cakes

take too ounces of the best almonds you can gett and lay
them in cold water all night in the moringe blanch them
in to a bason of cold water then drye them on a cloth, then
beate them very fine in a stone mortar, putting to them a
little rosen water to which you must have one pound of
refined suger finely searsed redy by you and the white
of ann ege beaten to froth and as you beate your almonds you
must put in some of the suger and a little of the frothe of the
ege intill you have mingled your almonds and suger into a
stiffe paste then role your cakes thin upon a trencher
and print them then bak them in ann ofen not to hott
and when they are risen drawe them keepe some of the
sugar out to mould them in or else they will stick to
your print

64

to mack a very good dish of meate:

tack som cold rosted veale: & sreed it very smale:
with som suett; then putt in som currines & reasons
& a lettel sugar: & nuttmege: & a lettel rose watter
so mixt it altogather: & putt it in a dish betwene
tow: peces of puffe past: so sett it in the oven:

to macke a quacking puding:

tack som with greated bread: & a lettel wheat fflower
with som sweete creame: & 7 or 8 wites of eggs:
butt one youlk: & som sugar & nuttmege: blend it
altogather: & putt it in a cloth: boyle it halfe
a hower: when you tack it up putt it in a dish
with som rose watter sugar & butter: & if you wish
stick som blancht allmons opone it:

to a pound of quince for marmalet take
a pint of watter /

to mack a venison pasty:

[fo.64v]

tack a peck of wheat fflower: & 14 – eggs: wits
and all: & a quart of creame: & – 4 – pound of
butter: work it up with your hands lightly opon
a tabell: & when it is past role it out: have the
meat boned: & be sure you tack out all the grissels
& sunnues: & season it well with peper salt &
nuttmege: when your past is ready: lay som suit
in the bottom under your meat: then mack it up
laying the pece of skine that you tack of the meat
one the top of the meat againe to keep it moist with
a lettel grose peper: then garnich your pasty with
past: as you please so sett it in the oven – 4 – howers
will bake it:

how to mack Shrewsberry cakes

65

tack a quarter of a peck of fine wheat fflower,
lay it one a bord: putt to it one pound of powder
sugar: one ounce of beaten ciniment: a quarter
of a nounce of cloves & mace beaten: mixt
them with the fflower: then break in 3 new
lay egges: & 3 pound of new butter: work it
very well togather: then weigh 4 ounces of
this past to every cake: drive them out
very thinn: & prick them: then back them

one papers: affter manchett or with it if *the*
oven be not to hott:

as I mack it / I tack 3 quarters of a pond of
fflower: a quarter of a pond of fine suger
one egge: a lettel cloves & mace &
& ciniment: & a quarter & a halfe *quarter*
of a pond of butter: washed in rose water

To drawe a tooth

[fo.65v]

Take a mulberye root beeing gotten in the beginning
of June: and layd in wine vineger: just nine days
and then dried in the sunn: and pound it to powder
and put it into a fine lawne ragge: and put it
to one tooth that aches: and noe more but that
tooth: and it will draw it: <...>

for the tooth ache

66

If the tooth bee trubled with a blud: let them furst blud
with a nedle: take a sponefull of wheat flower: more
or lesse: and a peniworth of Cloves: and a prity doase
of peper: and kneaded: with stroung water: and
bake it in the embers: and diepe in stroung water
a small quantity and put it to the tooth: and if the
tooth bee halloe furst pick it: and then a plye it

and this may doe you good

1709⁷⁰

For a sore mouth

[fo.66v]

Take *the* iner barke of elme
& boyle in water /

A pottel is two quarts /

To make meade

Eliz
Jackson⁷¹

[inside back cover]

⁷⁰ Written in another hand.

⁷¹ The recipe for mead does not appear; Eliz Jackson is written on the right-hand side of the page.

Culinary and Medical Glossary

As cooking and medicine were intertwined in the seventeenth century, this glossary includes both culinary and medical terms: ingredients, techniques, weights and measures, implements, and ailments. Origins, uses, and supposed properties of ingredients are included as deemed fit. All English weights and measures are listed under the entry for “weights and measures.” All entries are included in lower case regardless of their appearance in the original manuscripts, except words that are proper names.

adarme – a medieval unit of weight, equivalent to approximately 18 grams (Spanish) (Granville 107)

agaric (agarick) – fungus growing primarily on larch trees; used as a purge (Granville 8)

agrimony (agremony, egræmony, egremony, egrimoni, egrimony, egrimonye) – a plant of the rosacea family, native to England and elsewhere in Europe. Ingested as a medicine to alleviate liver problems and other ailments, and applied outwardly to wounds (Granville 13, 18, 42, 43, [166b], 184, 205; Hall 14, Pudsey [15v], 22)

ague – a fever (passim)

alcarraza (alcarrasa) – a porous earthen jug whose shape ensured that limited evaporation kept the contents cool; this Spanish term is now quite obsolete (Granville 96)

ale (alle) – a drink made of fermented barley; originally, the distinction between ale and beer was that beer contained hops (passim)

aleager – sour ale; malt vinegar (Pudsey 56)

aleberrry (alebury) – ale brewed with spices, sugar and bits of bread (Granville 158)

ale-hoof – see ground ivy

alembic (alimbeck, limbeck, limbecke, lymbick) – an apparatus used in distilling; commonly made of glass or copper, it consisted of a rounded vessel with a long beak (passim)

alewort – fermenting malt (Granville 17)

alkermes (alkarmes, alkermis alkermus) – a red secretion from an insect found in the kermes oak around the Mediterranean region; often used in dyes. See also *confectio alkermes* (Granville 15, 48, 184)

allicompane, etc. – see *elecampane*

almond (allmon, allmond, almon, almonde, Jardon almond, Jordan almon, iordane almon, Jorden allmond) – native of the eastern Mediterranean region; used whole or ground into pastes such as marzipan. “Jordan” does not refer to the country, but is a bastardization of the Spanish *jardín*, meaning “garden” (*passim*)

aloe (alose) – succulent plant first cultivated in the West Indies, but native to Africa, India, China and South America; used to treat eczema and burns (Granville 193, 211; Pudsey 13, [13v])

alum (allum, allome, aluim, roach allum, rock allom, rooch allome) – an astringent mineral salt made from a double sulphate of aluminum and potassium; used in baking, pickling (with boiling vinegar), tanning, paper-making, and medicine (Granville 4, 90, 96, 101, [120], [166b], 170; Hall [24v], [26v], [50v]; Pudsey 5, [14v], 56)

amber – fossilized resin; considered an aphrodisiac by the Arabs and used as an additive in European recipes such as hot chocolate (Granville [104], 211)

ambergris (amber greece, amber greese, ambergrase, ambergreece) – intestinal secretions of the sperm whale, harvested from the sea or beaches; “gris” refers to its grey color. Used primarily in perfumery, it was also used to scent culinary creations (Granville 153, [160], [193], 236; Hall 6, 19, [30v], 41, 46; Pudsey [6v], 57, [57v])

ammoniac (amoniacum) – a salt originally made from camel dung (Granville 59)

andouilles (andules) – sausages or chitterlings (French) (Granville 189)

angelica (angelecoe, angelicoe, angellico, angilico) – indigenous English herb used as a digestive and in fruit recipes to reduce acidity; it was also often candied (Granville 14, 41, 184, 212, 306; Hall [8v], 14, 17, [39v], Pudsey 16, [56v])

aniseed (annelseed, annes seed, annesseed, annicdede, anny seed, anyseed) – feathery herb native to Egypt and the Middle East and spread across Europe by the Romans. Used as a flavouring, and medicinally as a digestive, to combat colds, and to increase mothers’ milk production (Granville [205]; Hall 18, 27, [37v], 60; Pudsey 6, 21, 44, [63v])

apricot (aprecock, apricok) – fruit native to the Middle East and introduced to Europe by the Romans. Particularly popular in sixteenth- and seventeenth-century England (passim)

aqua mirabilis (agua mirabilis, aqua merabilis, aquemerabilis) – Latin generic term for composite waters of various ingredients (Granville 18; Hall [10v], [39v], 45; Pudsey [56v])

aqua vitae (aquavitae, aqua vitta, aquavite, aquevitae) – Latin generic term for distillates, especially those that are alcoholic (passim)

arabicq gumme – see gum arabic

Aristolochia (birthwort) – a large family of vines and perennial plants. Due to the similarity of the flower to the birth canal, it was also called birthwort and was used since ancient times in childbirth to expel the placenta; however, the plant is now known to be carcinogenic and to cause kidney failure (Granville 59, 211)

arroba (aroba) – a medieval unit of weight, equivalent to approximately 11.5 kilograms

artichoke (hardychocke) – thistle-like plant native to the southern Mediterranean, introduced to England in the sixteenth century. Not related to the Jerusalem artichoke (Granville 127, 234; Hall 33)

ash key – winged seeds of the ash tree; used in place of capers in winter salads (Granville 238)

avens (aveirs, aven, auins,) – also known as herb bennet, a root used to impart a flavour of cloves (often to ale) (Granville 1, 42; Hall 14; Pudsey 22)

azumbre (a sumbre) – a measurement of liquids, equivalent to approximately two litres (Spanish) (Granville 101)

bain-marie (balmeo maria, balmeum, balneo) – a cooking vessel in which the upper part is heated by boiling water in the lower part (French) (Granville 38, 88; Hall 45)

balin (baline) – obsolete word for an unknown plant with supposed medical virtues; while various herbals and other works reference this plant, its identity remains a mystery (Granville 39)

balm (baume, baum, balme) – lemon balm, used medicinally since the time of ancient Greece. Paracelsus called this herb the “elixir of life”; used to dispel melancholy as well as combat colds and, in a poultice, to relieve insect bites (Granville 3, 12, 41, 184; Hall 14, 17, 45; Pudsey [15v], [56v])

balsum, balsamum – general term for oily resin from plants or trees (passim)

barbel (barbell) – a carp-like freshwater fish (Pudsey 8)

barberry (barbereis) – a sharp-flavoured, pointed berry; more than 400 species exist and some are native to England. Used in jams, jellies and sauces, as well as decoratively in meat dishes (Granville 31; Pudsey 11)

barm (barne) – ale yeast, which forms as a froth on top of fermenting malt liquors; used to leaven bread (Granville 145; Hall 19, [27v], 29, Pudsey 23, [27v], [32v], [49v], [50v])

barrowe's grease – lard from a boar; see also "leaf fat" (Granville 3, 5)

bay (baise, boye, house bay) – the leaf of the laurel tree; used as a flavouring and a digestive (passim)

bay salt – salt made by natural evaporation (i.e., in a saltwater bay), often sourced from southern Europe; used frequently in salting of meats (Granville 90, Pudsey 20, 52)

bdellium (bdelium) – gum resin similar to myrrh; used primarily for its scent (Granville 59)

bean flower (beane flower) – flour made of beans, likely fava beans or broad beans (Granville 8)

bean water (beane water) – this term is listed in the *Oxford English Dictionary* as simply an attribute of the bean seed; perhaps it meant a broth made of beans, or a strained bean mash (Hall [24v], 26)

beefor (beviore) – an animal that supplies beef (Granville 189)

beer – essentially hopped ale, which keeps longer than unhopped ale. According to Richard W. Unger, beer was introduced into England from Holland in the thirteenth century or earlier. Beer was often purchased – unlike ale, which was made at home, and beer-brewing long remained the work (and business) of men, primarily, Unger notes, Dutch expats in London. See also "small beer" (Granville 3, 10, 42, 153, 238; Hall [26]; Pudsey [16v], 41)

benjamin (benjamind, benjanind) – the tree from which derives benzoin gum, an aromatic resin used in perfumes and medicinally as a tonic (Granville 184, [233]; Pudsey 6, 30)

betony (betany, betenny, betonye, bettony, bitony, bittony) – a woodland plant widely believed in early modern England to hold cleansing and other medicinal properties; used as somewhat of a panacea (passim)

beviour – see beofer

bezoar (bezar) – a stone-like concretion found in the digestive systems of certain ruminants; believed to have medicinal properties (Granville 14)

bindweed (bind weed) – a trailing vine of the family *Convolvulus*, of which several varieties exist, and John Gerard states that many varieties are native to most parts of England; used as a laxative (Granville 238)

bind wheat (wave wind) – as the *Oxford English Dictionary* notes, this name was applied dialectically to trailing vines such as honeysuckle, smilax and tamus; Mary Granville treats bindweed and bind wheat as distinct (Granville 238)

birthworth – see Aristolochia

biscuit (bisket, biskett) – any small biscuit or cake made with sugar; see also cog's biscuit, nun's biscuit, Naples biscuit, biscuit ella etc. (passim)

biscuit ella – Pudsey's recipe title seems unique in early modern cookbooks; however, the recipe is similar to those for Italian biscuits, as both call for musk and aniseeds and are "cut like manchet." (Pudsey's recipe differs only in that it calls for gum dragon rather than ambergris.) Plus, "-it ella" certainly sounds similar to "Italian" and much of Pudsey's spelling is phonetic (Pudsey [63v])

bitony, etc. – see betony

black pitch – see pitch

black soap (black soape) – soft soap made from alkali and fish oil or blubber (Granville 60)

bloodwort (bloudwort) – the perennial bloody dock, also called bloody sorrel, which has red-veined leaves and is eaten like spinach (Granville 48)

bole armoniac (bole almanack, bolearmeniack, bolearmo lick, bolearmonak, bole armoniac, bolearmorick, bolus, boulearnimicke, Spanish bole) – an astringent clay originally brought from Armenia; used to stop the bleeding of a wound (Granville 9, 120, [156], 169, 212, 306; Pudsey [14v], [19v], 64)

borage (burridge burrage, burich) – herb native to the Middle East and Mediterranean countries; leaves and flowers are eaten to dispel melancholy (Granville 12, 37, 43, 194; Pudsey 2, 3, [56v])

boye – see bay

bramble – the blackberry bush; the leaves were consumed as a cure for diarrhea or were boiled with water, honey, alum and white wine as a cure for sores in the mouth (Granville 4, [166b])

bray (brade) – to beat small or crush in a mortar (Hall [56v])

brerd (bred) – obsolete term for the topmost surface or edge of a dish (Hall [43v])

brewis (brewes) – beef or vegetable broth, sometimes thickened with bread; also bread soaked in broth or pottage (Granville 7)

brimstone (brimstone) – sulfur; used to treat various skin ailments (Hall 61; Pudsey [6v], 20)

brook lime (brooklime, brocklime, bruck lime, speedwell) – a succulent herb with blue flowers also known as veronica; eaten as a salad plant and used medicinally as an astringent and to cure coughs (Granville 3, 43, 306; Pudsey [8v], 40)

broom buds (broombuds) – buds of the broom plant, pickled and used in place of capers; believed to be a diuretic (Hall 6)

bugloss (buglas, buglos, gubalis?) – a plant similar to borage, although John Gerard says bugloss leaves are longer. Also eaten to dispel melancholy, as well as used to cure wounds (Granville 3, 12, 44, [193]; Hall [39v]; Pudsey [56v])

burnet (burnett) – herbaceous plant; several varieties exist. Eaten in salad and used medicinally to dispel melancholy and to staunch bleeding (Granville 41; Pudsey 22)

burrage, burich, burridge – see borage

Burgundy pitch – resin of the spruce fir, chiefly obtained in the forests around Neufchâtel, previously part of Burgundy; used medicinally in plasters (Granville 236)

butter – as with milk, provenance was sometimes specified. The Irish butter called for by Granville was considered to be high-quality: in 1861, Mrs. Beeton mentions Irish butter, saying that in London it is always sold salted, but it is generally good (passim)

bynilla – see vanilla

cabbage (cabbeg) – while lettuce was sometimes referred to as “cabbage lettuce,” “cabbage” referred to the vegetable we know today; John Gerard says, “This is the great ordinary cabbage known everywhere, and is commonly eaten all over this kingdom” – although it only appears once in these three manuscripts (Hall [34v])

cake – general term used to refer to baked items made with flour, sugar, and various other ingredients; in Scotland and the north of England it also referred to a thin oat

bread. Clear cakes, as noted below, refer to a jelly-like confection involving sugar and fruit or flower juice, and recipes for violet cake, quince cake, raspberry cake and others are actually for this confection. See also diet cake, queen's cake, cheesecake, Shrewsbury cake, sugar, Duke of York's cake, Woodstreet cake (passim)

calamint (calimas?) – a genus of aromatic herbs, often used medicinally. Calimas is likely a variant as Pudsey's ointment is similar to green ointments found elsewhere that call for calamint (Pudsey 30)

calimas – perhaps a variant of lapis calaminarius, but more likely calamint; see both terms

camphor (camphire, camfoare, champhir) – a waxy turpenoid from an evergreen native to Asia, as well as a few related plants. Used medicinally to reduce itching (Granville 5, 9, 46, 47, 48, [120]; Hall 46; Pudsey [6v])

canary – see sack

cantharidis – the Spanish fly. Powder made from ground-up insects was used in the treatment of boils and sores, and it was also believed to cure incontinence when ingested (Granville 236)

capon – castrated rooster (passim)

cardamom (cardamomum, cardimum, cardymnt) – John Gerard notes that this spice (which he describes as a kind of pepper) came from the East Indies and was used to dispel humours from the stomach and head (Granville 18, 193; Hall [37v], [39v]; Pudsey [56v])

carduus benedictus (cardus) – also known as holy thistle; eaten as a salad vegetable and used medicinally in several ways, including as a common ingredient in plague water, and to increase flow of mothers' milk (Granville 41, [156], 159, 184, 212, 306; Hall 14, 17; Pudsey 16, 22, 58, [61v])

carrot (carret, carriot) – John Gerard describes both yellow and blackish-red carrots, but not orange, and says they are sweet but not particularly nutritious (Granville 125; Hall [49v], 54; Pudsey [2v], 8)

cartix – unknown, although in context likely an herb or spice (Pudsey 6)

case ginger – see ginger

Castile soap (Castill soap, Spanish soap) – olive oil soap originating in the Castile region of Spain (Granville 60)

caudle (cadle) – a thick drink; often ale or wine sweetened and then thickened with egg (Granville [158]; Hall 21)

cazuela (cassuela) – an earthenware pot (Spanish) (Granville 95)

celandine (cellendine, calandine, saladine, sallandine, selandine, selendine, sallindine) – John Gerard also calls this plant the pile-woort, and says it grows commonly in ditches. Used to purge the head of “filthy humours” and, as suggested by their alternate name, to cure hemorrhoids (passim)

centaury (centery, centry, century, sentry) – a woody herb growing plentifully in England, used as somewhat of a cure-all, especially in healing “green wounds” (Granville 159; Hall 14, 25, [26v]; Pudsey [2v], [58v])

ceterach (centerach) – a genus of ferns; used medicinally as a diuretic (Granville 16)

ceruse, cerus – see lead

Cevill orange, etc. – see orange

chafing dish (chaffing dish, chafingdish) – a portable grate holding coals that served as a small stove (Granville 140, 240; Hall 10; 8, [47v])

chalk – limestone, or other geological substances of the same texture (Granville [211])

chamomile (camamill, camaile, camamile, cammomile, camomell, camomill) – herb native to England and other places; used as a calmativ (passim)

chap (chape, choppe) – crack in the skin (Granville 4; Pudsey [25v])

chafe (chauffe) – a rubbed spot on the skin (Granville 97)

cheesecake (cheas cake, chees-cake) – unlike modern versions, these “cakes” were a kind of custard made with butter, eggs and sugar but no cheese (Granville [191], 214; Hall 9, [21v])

cherry (cheiry) – John Gerard lists several species of cherry and notes their use in tarts; he urges sour varieties over small, sweet, wild cherries, which he says “not only breed worms in the belly, but troublesome agues, and often pestilent fevers: and therefore in well governed commonwealths it is carefully provided, that they should not be sold in the markets in the plague time” (passim)

chicory (succory, suckrey, suckry, sucory) – edible plant with blue flowers; medicinally, it was used to cure fevers and insomnia (Granville 8, 16; Pudsey 2, [8v])

china (cheynie, chieng) – porcelain dishware (Granville 93, 140, 240; Hall 43)

China root (China roote) – the root of the China plant, closely related to the American plant known as sarsaparilla (and listed as *tsinaw* from Virginia in John Gerard's *Herball*). Used to cure stomach problems, ulcers, tuberculosis, gout, leprosy, syphilis and other ailments (Granville 49)

cinnamon (cinaman, cinament, cinamon, cinimon, cynamon, sinamon, sinamond, sinement, siniament, siniment, sinnimond, sinomand, sinoment, sinomon, sinomond, synnamon) – bark from a tree native to Sri Lanka and perhaps China; used as flavouring in both sweet and savory dishes, and medicinally as an astringent, antiseptic, and stimulant (passim)

cinquefoil (sincfield) – the five-leafed plant *Potentilla* from the Rosaceae family; John Gerard says it is useful against the bloody flux, poisoning, the falling sickness, “ruptures and burstings of the rim, and guts falling into the cods” and other ailments (Granville [166b])

citron (cittorn, cittern, sictren, sitterne) – thick-peeled, lemon-like fruit grown in southern Europe. The juice was often used as a flavoring, and the peel candied; medicinally, used to stimulate appetite, ease colds, and sweeten the breath (passim)

civet (sevet) – musk produced by the cat-like civet, native to tropical Africa and Asia; imported in powder form to England and used to impart an exotic touch to food (Granville [104], 107, [108]; Pudsey 6)

claret (clarett, clarrett) – the most common wine exported from the Bordeaux area; typically light red in color (Granville 7; Hall [51v]; 53, Pudsey 42, 52, [60v])

clary – herb native to southern Europe, often made into fritters or to flavour wine. Used medicinally to cure eye problems (Granville 184)

clear cake – a transparent, jelly-like confection made of fruit or flower juice and sugar (Hall [33v], 34, 37, 56)

clover (cliver) – goosegrass, a “hairy” plant that catches on clothing. John Gerard says it is used to treat spider bites, and that women make it into a pottage with mutton and oatmeal to “keep them from fatness” (Pudsey 40)

clove gilly flower – see gilliflower

cochineal (cochineale, scuchineale) – insect native to Mexico and South America; its dried and pulverized body is the source of the red dye carmine (Hall [15v], 48)

cocks tread – see tread

coffin (cauffin, coffine) – pastry case for pies and tarts; often reused and only sometimes eaten (Hall [20v], 21, [30v], 34, [46v]; Pudsey [1v], 7, 25, [34v])

cog's biscuit (cogs biskett) – cog meant, among other things, a small drinking vessel or a dram (usually of liquor); these biscuits might be named after the six spoonfulls of ale called for by the recipe (Hall [33v])

collar – boned, rolled and trussed joint of any meat or fish, usually pickled or brined before boiling (passim)

collop (schotch scollop, scoch collop, scotch scollop) – thin slice of meat, such as bacon. “Scotch” may derive from “to cut” (Hall [27v], [34v], 53; Pudsey [51v])

colts foot (coltsfoot) – broad-leafed plant used against coughs, although now believed to be toxic; also used to produce green-yellow dye (Granville 16, 49, 194, [205]; Pudsey 44)

columbine (cullobine) – a higher-altitude plant with bonnet-shaped flowers. John Gerard says “milk of the leaves” was a popular medicine against a sore throat in his day (as is the case in Granville's recipe), although he insists the only columbine remedy described by the ancients was to mix a dram of columbine seeds with half a scruple of saffron in wine as medicine against jaundice and other liver problems; he also notes that a Dutch doctor gives a powder of the seeds to hasten labour (Granville 167)

comfit (comefitt, comfitt, cumfit) – sugar-coated grain, seed or aromatic substance. The most common flavours were caraway, aniseed and coriander (Hall [3v], 4, [7v], 29; Pudsey 52)

confectio alkermes (confectio alkermis, confectio alkermus) – a compound cordial; see also alkermes (Granville 15, 48)

comfrey – plant with blue-mauve bell-shaped flowers; used for healing wounds and reducing swelling around fractured bones (Hall [60v])

cominout – unknown; the writer of (Hall 27) likely meant to write cinnamon, as this is called for in other recipes for surfeit water. See cinnamon

copperas (coperas, coperis, coppris, Roman vitirall, vitriol, vitrioll, white copeirs, white coperis) – copper, iron or zinc sulfate, used primarily for tanning, dyeing and making ink (Granville 2, 4, 9, 11, 42, 103; Hall [12v]; Pudsey 4, 38)

coral pearl: see pearl

coriander (corroander, cordind?) – feathery plant brought to Europe by the Romans. Used as a digestive, often as a sugar-coated comfit (Granville 44, [189]; Pudsey 14, [21v], 23 [45v])

cordind – unknown; perhaps a variant of either coriander or diascordium

corrinths – see currants

costmary (corsemary) – large-leafed plant native to western Asia; used to flavour ale, and medicinally to treat various ailments, including insect bites, gout and sciatica pain (Granville 3)

cowslip (cowslipp) – early-blooming plant, closely related to the primrose. Infusion of the leaves was used as a cough remedy, to relieve headaches and, according to John Gerard, to cure “all diseases of the sinews” (Granville 12, 37; Hall [39v]; Pudsey 16, [49v], [56v])

crab’s eye (crabs eye) – bean-like seed from the precatory vine, native to Indonesia and common in tropical and subtropical parts of the world and often used in jewellery-making. The bean is toxic, although an infusion of the leaves is used to cure colds (Granville [213])

cracknel (crackneyle) – a thin, crisp biscuit that takes on a curved or hollow shape when baked (Pudsey [47v])

crag (cragg) – neck of mutton or veal. Sometimes also called “scrag,” although this refers specifically to the lean (and inferior) part of the neck (Granville 183)

cromes – see crumbs

crumbs (cromes) – small bits of bread, often used for thickening a sauce or adding texture to a dish (Granville 193, [201]; Hall [40v]; Pudsey 7)

cuartillo (quartillo) – a unit of liquid measurement equivalent to approximately 500 milliliters (Spanish) (Granville [104], 107, 123)

cubeb (cubebu, cubell, cubube, gubalis?) – a type of pepper native to Indonesia. Popular in the 1600s, used both as a flavoring similar to allspice, and as a curative for respiratory problems; Pudsey’s recipe calling for gubalis is similar to those calling for cubeb (Granville 193; Hall 11, [39v]; Pudsey [56v])

cucumber (cowcomber, cowcumber) – John Gerard describes several shapes of cucumbers. He notes that they are good for the complexion both when applied outwardly and when consumed in a stew with mutton; over-consumption of the vegetable, however, “filleth the veins with naughty cold humours” (Hall [35v], 54; Pudsey [38v], 56)

cume – see scum

cumin (comin, cummine, cumminseed) – feathery herb native to Egypt; one of the oldest cultivated herbs. Used to flavour pickles and curries, and medicinally as a digestive and to relieve stitches in the side (Granville [158], 170; Pudsey 13)

currant (carron, corrinth, curan, currain, curranc, curran, currat, curence, currende, curine, currin, curron) – while red and white currants were planted throughout England, “currants” in most of these recipes refers to the black currant, usually imported from Greece (one exception is Pudsey [31v]). Besides being a popular culinary ingredient, they were seen to have medical virtues; John Gerard even notes that the sap from the branches could be used to remove warts and superfluous hairs (passim)

cyprus – the leaves of this tree were used to reduce inflammation and heal burns (Granville [233])

d – abbreviation of “denarius,” commonly used to mean “penny” / “pence”

dallfennell – see fennel

Damask powder (damaske powder) – likely a powder prepared from Damask roses (Granville 5)

damson – a bluish-black varietal of plum; particularly good for making jams and jellies. The name indicates its origins around Damascus (Hall 38, 62; Pudsey 28, 35)

dandelion (lyon-tooth) – a jagged-leaved plant with yellow flowers; its description is one of Gerard’s most poetic: “upon euery stalke standeth a floure greater than that of Succorie, but double, and thicke set together, of colour yellow, and sweet in smell, which is turned into a round downie blowball, that is carried away with the winde.” Most commonly, the leaves are eaten in the manner of spinach, and the plant has long been known for its diuretic properties (Granville 16, 48)

daucus (duacus) – wild carrot known to grow in the Alps and Jura mountains; used medicinally as a diuretic and to alleviate stomach problems (Pudsey 40)

devils (devills) – this may refer to the meadow flower scabious, also known as devil’s-bit, which was used to improve eyesight and to cure scorpion bites, or it may refer to ditain (see ditain) (Granville [156])

diachylon (diacalum) – originally an ointment made of various vegetable juices, then a plaster composed of boiled litharge (lead oxide), olive oil, and water; used to aid in digestion and reduce swelling (Granville 171)

diascordium (cordind?) – medicine made from the herb scordium, used as a diuretic and a sudorific, and to alleviate stomach problems (Granville [213], 306; Pudsey 14)

diet cake (diett cake) – the *Oxford English Dictionary* defines diet-bread as special bread prepared for invalids, so diet cake is likely made especially to strengthen an ill person (Granville 53)

ditain (ditanum) – the alkaloid substance derived from the bark, known as dita-bark, of the evergreen *Alstonia* tree, also known as devil’s tree, native to southeastern Asia; used as an astringent. Also sometimes referred to as devils (Granville [211])

dock root (butter dockroote, dock roote, dockroote) – refers to various types of cress or lettuce, including sorrel (Granville 17, Pudsey [8v])

Doctor Stevens’s Water – Gervase Markham says in *The English Housewife* that this remedy keeps one youthful and that Doctor Stevens took it for years, as did the Archbishop of Canterbury (who apparently drank it in his old age through a silver straw). Markham describes the water as a cure-all; among other things, it comforts the spirit and vital parts, increases fertility and cures toothaches and bladder troubles.

dodder – a parasitic plant growing on herbs such as thyme and which, as John Gerard writes, is like threads “very much snarled or wrapped together.” Small knobs turn to flowers. Medicinally, used to purge melancholy and other “corrupt and superfluous humours” (Granville 16)

double refined sugar, etc. – see sugar

dragon (dragons, dragons wood) – there is some discrepancy regarding this term. Sir Kenelm Digby uses “dragon” to refer to the aromatic herb “tarragon,” and John Gerard says it is the French term for tarragon. However, Gerard also uses the term to refer to the dragon tree growing in Portugal and the Canary Islands, and perhaps native to Africa or South America, that is the source of dragon fruit. The “blood” of the tree is its red sap, extracted by boring into the trunk and used medicinally for its astringent properties (see gum dragon). Finally, Gerard also uses the term to refer to blood worte, which he describes both as a type of sorrel, and a bastard rhubarb (Granville 3, 41, 184, 212, 306; Hall 14; Pudsey 16, 22)

dropsy (dropsye) – edema or swelling of some part of the body (Pudsey 5, [14v])

dross (drose, drosse) – dregs, for example of oil or wine, or impure residue left from other substances (Granville 88, 216; Pudsey [4v])

Duke of York cake – the meaning and provenance of this recipe are unknown (Hall [11v])

dung (of cow, of hen, of hog, of horse etc.) – used in ointments and sometimes in medicines; the benefit of each particular dung is unknown (Granville 4, 6; Pudsey 15, 17)

ebulum (ebbylon) – elderberry wine (Pudsey [46v])

egremony – see agrimony

elder (eleder) – a common English tree with white berries. The berries were eaten or pressed into wine, while the bark, leaves and seeds were all consumed to aid digestion and cure stomach ulcers (Granville 3, 7, 145, 186, 192, 234; Hall 12, Pudsey 5, 33, [46v], [50v], [52v], [53v], 54, [54v], [59v])

elecampane (allicompane alycompane elocompane, elicampane, elicum pane, ennula campana) – a yellow-flowered herb native to England and many parts of Europe; John Gerard says the roots were particularly good for curing chest and lung ailments, while an ointment cured “itch, scabs, manginnesse and such like” (Granville 14, 41; Hall 14, 27; Pudsey 16, 22, [45v])

electuary – a medicinal paste made palatable by the addition of a sweetener such as honey or sugar (passim)

emula campana, ennula campana – see elecampane

eryngo (eringo, erringgo, ringoe) – the root of the sea holly, a common grassland and coastal plant with a thistle-like flower; often candied or pickled, these were considered an aphrodisiac (Granville 184; Hall 21, [46v], [60v])

exodore – unknown. Presumably a rare or technical word distorted beyond recognition in the process of copying; a possibility, which occurs in some recipes for plague water, is zedoary; seventeenth-century medical Robert Johnson wrote that Virginia snake-root and zedoary protected one against the plague. See zedoary (Hall 14)

eyebright (eiebright) – *Euphrasia*, a small flowering plant that grows across England and was reputed to cure conjunctivitis and weak eyesight (Pudsey 13)

felon (fellon) – a small abscess (Pudsey 6)

femitary, femitery – see fumitory

fennel (dallfennele, fenell, fennell, brown fennell) – John Gerard describes both wild and garden fennel, the former being so common that “it were but lost labour to describe the same.” He suggests that garden fennel becomes wild/common fennel the second year, so must continuously be replanted from seed. Medicinally, fennel seeds, leaves and roots were primarily consumed to aid digestion and to alleviate kidney problems. “Dallfennele” is probably a reference to dill fennel or dill, fennel (Granville 10, 16, 37, 48, 194/5; Hall [35v]; Pudsey 2v, 13, [16v], 21, 27)

fenugreek (fenigreeke) – a plant “sowne in fields across the seas” as well as in England, according to John Gerard. The seeds and leaves were consumed as a purge, while the

seeds were also commonly ground into powder and used to heal skin problems (Granville 7)

feverfew (featherfew, fetherfew) – an herb with a daisy-like flower; used medicinally to alleviate headache and fever (Granville 41, [205]; Hall 14)

fig (figg, Lent figg) – John Gerard notes that, while fig trees are plentiful in Spain and Italy, they must be planted against a south-facing wall in England; he suggests diverse medical uses for figs: the fruit cures skin diseases, lung and throat problems, the leaves treat tuberculosis, and various concoctions and plasters cure hemorrhoids, gout, toothache, and biting by a mad dog. A Lent fig (Granville 205) is perhaps a dried fig, since in the northern hemisphere figs ripen in autumn, and since all of the other fruits she describes here are dried (passim)

filipendula (philopendelay) – a flowering herbaceous plant of the Rosaceae family; used as a flavouring in beer and jams, and medicinally as a diuretic and to ease bladder pains (Pudsey 16)

firkin (ferking) – a small cask a quarter the size of a “barrel” (Pudsey [27v], 28)

flounder (flownder) – a flatfish formerly commonly fished in English seas (Granville 91; Hall 28)

flour (flower) – a wide variety of flours were used in early modern England, including not only those from grains but also those from pulses, such as beans (passim)

frankincense, (francance) – aromatic gum resin from a species of pine; used primarily for its scent, but was also believed to heal wounds and improve eyesight. John Gerard also describes an “herb frankincense,” the plant *Libanotis*, which is used as a curative for diverse ailments such as swellings and gout (Granville 4, 46, 59, [120]; Pudsey 62)

French bread – bread enriched with butter, milk and eggs (Granville [180], 196)

fricasée (fricasay, friccacee, frigacie, friggasee) – mixture of meat and other ingredients chopped and fried, then boiled or stewed in a broth (Granville 45; Hall [10v], 28, 33, [47v], [51v]; Pudsey [38v], 55)

fumitory (femitery, femitary) – small flowering plant that commonly grows wild in England; a tea of its leaves (often boiled with whey) was drunk to heal skin disease and to cure conjunctivitis (Granville 16, 47)

galbanum – aromatic gum resin from a large, fennel-like plant; used in perfumes but also for various medical conditions. John Gerard claims it cures poisoning, regardless of whether the poison “hath been taken inwardly or shot into the body with venomous darts, quarrels, or arrowes” (Granville 59)

galingale (galingall, gallinal, gallingall, gallingallio, golingule) – root of a Javanese plant with a flavour reminiscent of ginger (Granville 10, 18; Hall [11r], [39v]; Pudsey 14, [56v])

galley pot (galleypot, gallipot, galliy pot, gallow pot) – small, glazed, earthenware pot used by apothecaries for mixing medicines (passim)

gall – fungus growing on a species of oak tree common in southern Europe; high in tannins, galls were often used in tanning and making ink (Granville 42, 101 (*agallas*), 123 (*agallas*); Hall 61 reference is to the gall bladder of a pig)

Gasconne powder (Gasgoin powder) – a common curative powder in seventeenth-century household manuals. While one might speculate that this remedy was associated with Gascony in southwestern France, the remedy's inclusion in Elizabeth Grey, the Countess of Kent's *A Choice Manual*, ends with, "this is thought to be the true composition invented by Gascon" (Granville [305])

Gasconne wine (Gascoigne wine) – wine from the Bordeaux area of southwestern France; one of the most widely imported French wines into England in medieval and early modern times (Granville 10)

gentian (gention) – small Alpine plant, some species with bright blue flowers; its leaves and flowers were drunk in a tea as a cure for colds and coughs (Granville [156], 159, [203], [211]; Pudsey 58)

gillyflower (clove gilly flower, gilliflower, gillefflower, jilliflower, jilly flower, pinke) – the carnation, used for its clove-like scent and flavour (Granville 12, 88, 190, 216; Hall [37v], 39; Pudsey 16)

ginger (genger) – root native to southeast Asia; used in many seventeenth-century recipes (John Gerard notes it is "right good with meate in sauces") and used medicinally as a digestive. Case ginger (in Granville's recipe for a "hipocras for a consumption") is unknown, although it is perhaps whole, unpeeled ginger; in *The English Housewife*, Gervase Markham refers to "case pepper," which is also unknown (passim)

glair (glare) – white of an egg (Hall 48)

glister – clyster or liquid enema, or a purge to be drunk (Hall 25)

gold – believed to have healing properties. Sir Thomas Browne, however, wrote in *Pseudodoxia Epidemica* around 1646, "That gold inwardly taken, either in substance, infusion, decoction, or extinction, is a cordial of great efficacy, in sundry medical uses, although a practice much used, is also much questioned, and by no man determined beyond dispute" (*Works* 338). Litharge of gold is gold mixed with red lead (Granville 2, 5, 17, 43, 48, 59, 91, 184)

grain of paradise (parradice) – peppercorns of *Aframomum melegueta*, a plant native to Ethiopia and also known as Guinea pepper or Malagueta pepper; related to the ginger plant, although John Gerard describes the grains as related to cardamom and says they warm a weak, cold and feeble stomach (Granville [158])

green sickness (greensicknes) – chlorosis, a form of anemia; symptoms include a green pallor to the skin (Granville 8, [211]; Hall [24v])

gromwell (gromwall, grun-smale, grounmile) – herb of the borage family; used both as a purple dye and to dissolve bladder stones (Granville 37; Pudsey 16, 57)

ground ivy (ale-hoof, alehoofe, ivy, grownd ivey) – creeping herb with purple flowers; used as a diuretic and a digestive *or*, rarely, periwinkle. Granville lists both “alehoofe” and “ground ivy” in one recipe, suggesting her understanding of ground ivy as periwinkle (Granville 1, [166b], 194, [205], Hall 61, Pudsey 44)

gubalis – see buglas *and* cubeb

gum (gumme) – plant resin, such as frankincense or galbanum (passim)

gum arabic (arabicq gumme, gomme arabicke) – aromatic resin of the acacia tree; used primarily as a stabilizer in dye and ink (Granville 96, 101 (*goma arabiga*), 103)

gum dragon (dragons blood gumdragon, gume dragon) – aromatic resin of the tragacanth legume plant, also known as burnet goat’s thorn, native to Persia; John Gerard says this plant is to be “licked in with honey against the cough” (Granville 5, 50, 52, [108], 123 (*sangre de drago*); Hall [56v], 58; Pudsey 53, [63v])

gum ladanum – aromatic resin of a flowering shrub native to Spain and Portugal; used primarily as a fixative in perfumes (Pudsey 30)

gum storax etc. – see storax

gut (gutt) – intestinal case of animals, used for making sausage and black pudding (Granville 42; Hall [6v]; other references are to the general entrails, or the verb to remove the entrails)

hair sieve (hare sefe, hare sive, hair cive, haire scive, hair seive, hair sieff) – just as the name implies, this is a sieve made of finely woven hair; usually used for straining liquids (Granville 160, 167, 192; Hall 22, [33v]; Pudsey [19v], 31, [49v], [54v])

hardychocke – see artichoke

harstrang (hart strange) – also known as hog’s fennel, used to treat stomach aches and diverse other ailments (Pudsey 5)

hartshorn (hartshorne, harts horn) – ammonium carbonate, a salt both naturally occurring and created through distillation of animal hooves and horns; also called spirits of hartshorn. Traditionally used in dyeing, prewashing of wool, and as a source of nitrogen in the fermentation process (Granville 40, 41, 157, [158], [203], [213], 216; Hall 46, 61)

hartstongue (harts tongue) – a fern native to England; used medicinally to cure stomach ailments and snake bites (Granville 17, 43, [205])

hash – a stew of meat, spices and other ingredients (passim)

haske – see husk

hazelnut (hasell nut) – while this is a common English tree, only one recipe calls for hazelnuts in these three cookbooks; John Gerard says hazelnuts are hard to digest and cause headaches (Hall [42v])

heave – to cause to expand or rise (e.g., dough) (Hall 19)

heel – in Granville's reference to violets, this possibly means the sepals: the green, leaf-like structures at the base of the petals, which cover the petals in the bud stage (Granville 206)

hemlock – a poisonous plant native to England; John Gerard says even laying the leaves on the body is dangerous, so it is surprising to see remedies in Hall's book calling for its leaves to be used in a plaster (Hall 25, [26v])

herb of grace (hearbegrace, hearbagrass, herbgrass) – see rue

hermodactyl (hermiodachilis) – a bulbous root originally from the East Indies; used medicinally as a treatment for gout and arthritis (Pudsey 6)

hipericon – see St. John's wort

hippocras (hipocras, hipocris) – spiced wine (Granville 40; Pudsey [21v])

hive bee – common honey-bee (Granville 60; this reference substantially antedates the *Oxford English Dictionary's* first reference)

hog's soil, hogs soile – see dung

honey (honny, hony) – the principal sweetener used in English cooking prior to widespread access to sugar; honey type is rarely, if ever, specified in seventeenth-century English recipes (passim)

hoop (hope) – a wood or tin ring used in baking cakes (Granville 92, [124], 162, [235]; Hall [6v])

hops (hopes) – plant used in the making of beer (their inclusion is what, traditionally, distinguished beer from ale); also used, as John Gerard notes, to “make bread light” (Granville 16; Pudsey [8v], [46v])

horehound – herb with downy leaves native to England; used to treat coughs (Granville 93)

horseradish (horse radish, horse redish, horsreddich, horsreddish) – wide-leafed plant native to England, used to flavour dishes; also used medicinally to cure diverse ailments, particularly in poultices for stomach or hip pains (Granville 127; Hall 28, 51; Pudsey 41, [60v], 61)

horsetail (horstale) – a plant growing around bogs in England; used medicinally in ointments to heal wounds, and drunk in medicines to cure diverse ailments including stomach problems and ulcers (Granville 167)

hounds tongue (houndstongue) – an herb related to borage and native to England; known for its foul scent. Used to treat wounds, ulcers and hemorrhoids (Granville 184; Pudsey 39)

house bay leaves – see bay

house ivy – likely a term used simply for climbing ivy, rather than “ground ivy” or ale-hoof (Granville 1)

hoxy croxy – oxycroceum. The *Oxford English Dictionary* defines oxycroceum as “A medicinal plaster made from saffron, vinegar, and various other ingredients” with attestations ?1425-1873 and variant forms including oxirocroceo (15th cent.) and oxycrocij (16th cent.). See also *Scottish Notes and Queries* 2.11 (April 1889) 164 for hoxy croxy as the name of a panacea in a mummers’ play (Granville 5)

Hungary water (Hungrey watter) – a distillation of wine and rosemary essence, named after one of the Hungarian queens. A common recipe, particularly in French cookbooks and herbals, in the seventeenth century (Granville [150]; Pudsey 58)

husk (haske) – a disease that includes a dry cough (Pudsey 5)

hypericum etc. – see St. John’s wort

hyssop (hisop, hissop, hysop, isope, issope) – an aromatic herb native to England, used medicinally to cure lung diseases, and also as a purge: John Gerard says it purges “mightly, and that in great abundance, waterish, grosse, and slimy humors” (Granville 5, 93, [166b], 194, [205]; Hall 32)

impostumation – a running or festering sore (Granville 169)

iorne – see iron

Irish butter – see butter

iron (iorne) – iron pots were common early modern cooking vessels as they could be used over an open fire (passim)

isope etc. – see hyssop

isinglass (issinglass, izing glass) – gelatin derived from the air bladders of freshwater fish such as sturgeon; used primarily for making jelly and glue (Granville 166; Hall 48; Pudsey [49v])

ivy – see ground ivy, house ivy

Jamaica pepper (Jameca pepper, Jemeca pepper, Jemecca peper) – allspice; a pepper native to southern Mexico and central America with a flavour similar to cloves (Granville 127, [237], [183b]; Hall [49v]; Pudsey 51)

jasmine (jesemi)– climbing plant with fragrant, star-shaped white flowers used often in perfumery (Granville [108])

jilly flower – see gilliflower

Jordan almond, etc. – see almond

jujube – fruit of the *Ziziphus* tree, native to many parts of Asia; also referred to as Chinese date (Granville 193)

kettle (bell-mettle kettle, cettle) – an open metal pot, used for boiling food. Bell-metal is an alloy of copper and tin, and is generally the substance from which bells were made (passim)

kell (keyll) – fatty membrane around the intestine (Pudsey [57v], [61v])

knot marjoram – see marjoram

lady's smock – spring-blooming herbaceous plant with white flowers; Granville's inclusion of this plant in a remedy is quite rare, and John Gerard says this plant was only used decoratively (Granville 239)

lambs stones – see stones

lane – see lawn

lapis calaminaris (calaminarus, calimas?, lapis calaminanus, lapis calaminarius, lapis caluminaus, tapis calliminaris) – calamine, a zinc ore used against rashes, itchiness and similar skin problems (Granville 59, [120]; Pudsey [4v], 30, 38)

lapistuticia – see tutty

large mace – see mace

lavender – an aromatic herb used medicinally for its calming properties. John Gerard writes that the flowers, mixed with cinnamon, nutmeg and cloves and made into a powder mixed with distilled water “doth helpe the panting and passion of the heart, prevaileth against giddinesse, turning, or swimming of the braine, and members subiect to the palsie” (Granville 3, [104] (*alxusema*), [193], [205]; Hall [24v], 26; Pudsey 6, 14, 15, [37v])

lavender cotton – obsolete term for ground cypress, a low, aromatic shrub native to the Mediterranean region (Granville 3; Hall [24v])

lawn (lane, lawne) – a fine linen cloth (Hall 18, [44v]; Pudsey [65v])

lead (cerus, ceruse, white lead) – chemical compound used primarily in ointments to treat skin diseases and whiten the skin (Granville 91, [120], 236 (although used here as a weight, not an ingredient))

leaf – sometimes used to refer to the petal of a flower (Granville 206)

leaf (leafe) – the fat around the kidneys and that in the flaky layers between the flesh and the skin; regarded as the best lard (Granville 153, 189; Hall [28v])

lear – a thickened sauce (Hall 31, [31v], 32)

leaven – yeast starter, added to dough to cause fermentation; to “lay leaven” is to mix the leaven into the dough (Granville 10; Hall 12, 20)

ledoary – see zedoary

lemon (leam, leamon, lemen, lemnen, lemmond, lemom, lemond) – lemons were imported to England primarily from Italy and Spain in the seventeenth century and fulfilled many culinary uses; medicinally, John Gerard says lemons helped “stinking breath,” cured manginess and improved the skin (*passim*)

Lent fig – see fig

lettuce (lettic, lletuce) – diverse short-stemmed plants with edible leaves, used in salads or cooked as a vegetable (Granville 16, 26, [122] (reference))

li – abbreviation of “libra,” often used to mean “pound(s)” (passim)

licorice (licoris, licorish, licourich, liquorish, lycorich, lycorish) – root of the plant *Glycyrrhiza*; used as a flavouring for gingerbread and other things; medicinally, used primarily to treat coughs (Granville 16, 49, 93, [163], [205]; Hall 14, 27, [37v], [39v], 61; Pudsey 6, 16, 21, 27)

lignum (lignam) – lignum aloes or aloeswood, a tree native to southeast Asia that develops an aromatic bark when infected with a type of mold; the aromatic bark is burnt as incense and used in perfumes (Granville [193]; Pudsey 6)

lily of the valley (lilly of the valley) – a woodland plant with fragrant, white, bell-shaped flowers in springtime; used medicinally against palsy, gout, and various other ailments. John Gerard says that a glass of flowers placed into an anthill for a month will result in a liquor particularly good for treating gout (Granville 193, 306)

limbeck etc. – see alembic

lime – calcium oxide, created by submitting limestone to a red-hot heat; used in mortars (Granville 111 (*cal*), 192)

line – in Hall’s recipe “to make sasinges,” this likely refers to lineage. Thus a “ientle line” would be a gentle lineage, or a hog of good breeding (Hall [16v])

litharge (litharidge, lithridge, liturage, red lead) – lead monoxide, a natural mineral form of lead; used as a pigment (Granville 2, 17, 48, 59, [120]; Hall [3v], 12; Pudsey [19v], 36, 37, 45)

litharge of gold – see gold

liverwort (liver-worte, liverworte) – term referring to diverse plants beneficial to the liver, including agrimony and a type of lichen (Granville 16, 17, 43, 48, 184, [205]; Pudsey 40)

loaf sugar, loafe shugger, loafe suger – see sugar

long pepper (long pep) – pepper native to Indonesia, related to cubeb; commonly used in curries and pickles (Granville 41; Pudsey 3)

Lucatellus’s balsam (lugaiillus balsam) – a turpentine-based remedy for bloody urine and for “spitting of blood” (Hall [42v])

Lucena – a town near Córdoba, Spain

lumber-pie (lumbard py) – a savoury pie made with meat or fish and eggs, hence Hall’s note that it is for a second course (Hall 21)

lungwort (lungworte) – also known as cowslip of Jerusalem, a plant with hairy leaves, native to England; used to treat lung ailments (Granville 43; Pudsey 44)

Lyon tooth – see dandelion

macaroon (macaroone, mackaroone) – a small sweet cake whose principal ingredients include sugar, egg whites and ground almonds (Granville 49/50)

mace (large mace, mase) – an aromatic spice derived from the fleshy part surrounding the seed of the nutmeg tree; widely used in seventeenth-century cooking. Large mace is not listed in the *Oxford English Dictionary* but it is specifically called for in recipes by Sir Kenelme Digby, Joseph Cooper, Thomas Dawson, Granville and Hall (passim; large mace: Granville 26, 40; Hall 8)

madder – a plant with a large root, native to Asia but growing in England; the root was widely used to make red dye. Medicinally, an infusion of the boiled root was taken as a cure for ulcers, wounds and bruises (Pudsey 5)

made dish – a dish composed of many ingredients; sometimes the dish is simply called “a made dish,” in other cases a principle ingredient is given, such as a made dish of rabbits, a made dish of apples, a made dish of artichokes.... (Pudsey [2v])

magesterium of pearle – see pearl

maiden hair (maiden haire, white maiden hair) – a fern with a fine dark stems and leaves similar to those of rue; the “white” form is a lighter color. Used medicinally to cure kidney stones as well as coughs, tuberculosis, and other lung diseases (Granville 16, 49, [205]; Pudsey 40)

Malaga raisin, etc. – see raisin

Malaga sack, etc. – see sack

malmesy – a strong sweet wine from Greece, the Canaries, Madeira, and other Mediterranean regions (Granville 40, 41)

manchet (manchett, penny manchett) – fine white bread made from the best, whitest flour available. It was usually sold in small loaves; “penny” would indicate the price of one loaf (passim)

mangoe – a kind of pickle resembling those made of green mangos (often made with cucumbers) (Hall 51)

mannah – solidified gum of an ash tree from southern Italy; used medicinally as a laxative (Hall [24v])

manus Christi – a restorative confection or cordial drink, usually flavoured with rose water, violet water, or cinnamon (Granville 48; Pudsey [4v])

marigold (maregould, mariegold, marygold) – flowers used both for their yellow coloring (for example, in the making of butter), as well as in salads; medicinally used to cure toothaches and eye inflammations (Granville 12, 41; Hall 17, 23, [39v]; Pudsey [1v], 16, 22, 39, [56v])

marjoram (knot margoram, margerim, margerom, margerome, margerum, marjorum) – an aromatic herb native to southern Europe. Knot marjoram is also known as sweet marjoram. Commonly used as a flavouring, and medicinally as a diuretic and to ease tooth-aches (passim)

marking pitch – see pitch

marshmallow (march mallowe, marsh mallo, marshmalloe, marsmallo, marsh mallow) – a flowering plant native to Africa; medicinally, the root was used to cure sore throats and to cure throat and stomach ulcers (Granville [163], [211], [239]; Hall [24v], 26, [60v]; Pudsey 16, 29)

maserene – see mazarine

mastic (masticke) – aromatic resin of a shrub native to the Mediterranean region; used medicinally to treat diverse ailments including indigestion and colds. John Gerard also refers to an herb called “masticke,” which resembles marjoram and is used medicinally to cure cramps and convulsions (Granville, 46, 92)

may weed (mayweed, may weede) – small, daisy-like plant native to England; often referred to as stinking chamomile (Granville 42; Hall 14; Pudsey 22)

mazarine (maserene) – a deep plate pierced like a strainer and sometimes placed inside a serving dish (Hall 22v)

mead (meade, meath) – alcoholic drink made of fermented honey and water (Granville 13, 17; Pudsey 50, [50v], [59v], inside back cover)

melilot (melilot, mellelott, mellilet) – plant of the clover family, common in England. Used medicinally as a diuretic and in the making of plasters to reduce swelling (Granville 18; Hall 11; Pudsey 29, [56v])

mell – to mix or blend (Hall [48v])

meth, methridate etc. – see mithridate

Michaelmas – September 29; generally, the beginning of autumn and the academic year (Granville 13; Hall 44)

milk – seventeenth-century recipes are sometimes particular about the type of milk to be used; the recipe for “the milk cordial water” in Mary Granville’s manuscript, for example, specifies “red Cows milk [taken] in the month of may,” while her recipe “To make a thicke creame” calls for the cows to be brought for milking to the place where the cream is set (*passim*)

mint (mintce, minte) – a fragrant herb of which many varieties grow wild in England; John Gerard notes it is “marvelous wholesome for the stomach” (Granville 3, 10, 18; Hall 14, 17, [39v]; Pudsey [2v], [56v], 14, [15v])

mirhe – see myrrh

mithridate (meth, methridate, metredate) – compound medicine of various ingredients, regarded as a cure-all, including curing poisoning (Granville 5, 41, 157, 211, 213, 306; Pudsey 3, [3v])

mollin – see mullein

mother of time etc. – see thyme

motherwort – diverse plants used to cure uterine disorders or aid in childbirth (Hall 14)

mugwort (mugworth) – *Artemisa vulgaris*, or common wormwood, a weedy plant native to temperate Europe. Used to protect travelers from weariness and danger, and medicinally in a plaster to treat pain (Granville 41, 184; Pudsey [15v], 22)

mulberry (mulberye) – the fruit of the black mulberry is consumed as food, while the white mulberry bush was often used to feed silkworms (Granville 11; Hall [26v]; Pudsey [65v])

mullein (mollin) – sage-like plants with grey woolly leaves, of the genus *Verbascum*; used medicinally as a remedy for sore throat, cough and asthma (Hall [13v])

murgerim – see marjoram

mushroom (musarune, mushrone) – despite suspicions of their inedibility (John Gerard suggests they are both poisonous and cause choking), culinary recipes for mushrooms are not rare in seventeenth-century cookbooks (Granville 25, 152; Hall [29v]; Pudsey 53, 55)

musk (muske) – substance secreted by glands of animals such as the civet cat or the musk deer; used in both confectionary and perfumery, sometimes tied up in a little bag before use (Granville 12, 14, 37, 53, 88, 93, 95, [104] (*algalia*); [108], [160], [193], 236; Hall 4, 6, 19, [56v], 58; Pudsey 6, 32, 57, [57v], [63v])

mustard (musterd) – John Gerard describes a “sauce” made of mustard and vinegar, which is the spreadable mustard we know today. Gerard notes that, besides its culinary uses, mustard is used medicinally to aid in digestion and stimulate the appetite, as well as in a number of plasters; he says that mustard plaster applied to a shaved head helps prevent the falling sickness (Granville 1, 147, 214; Hall [42v], 51); Pudsey [6v], [53v],)

myrrh (mirhe, mirrhe) – aromatic resin of a small thorny plant native to parts of Africa and the Middle East; John Gerard notes its use in medicines and plasters to treat various ailments, as well as in perfumery and in the preservation of dead bodies (Granville 5, 59, [120], [158], [211])

Naples biscuit (Napell bisket, Naples biskett) – lady-finger cookies, or sometimes macaroons made with ground pine nuts rather than almonds (Granville 162; Hall 22, 23, 24)

neal – to bake or glaze (Hall 14)

neat – archaic term for ox or cow (Granville [183b]; Pudsey [35v])

nun’s biscuit (nuns biskett) – macaroons; light cookies made with ground almonds (Granville 202)

nutritum – an ointment created of an emulsion of oil, vinegar, and a litharge (Pudsey 60)

oak bark – John Gerard does not have much to say of the virtues of oak bark, except that it is dry and binding (Granville 164)

oiling (oyling) – many recipes call for rose or orange flower water to be added to almonds when they’re pounded, “to keep the almonds from oiling.” Adding water or flower water to almond oil produces almond milk – a homogenous substance whose advantage over the pure oil is that it stays fresh for much longer, rather than being at risk of going rancid (and possibly causing ill effects on the body) (Granville 214, Hall [7v], [21v], 50)

oleum balsamiae – oleum is fuming sulfuric acid; while balsam is also defined above (an oily resin from plants) the precise meaning of oleum balsamiae, is unknown (Granville 5)

olibanum – see frankinsence

olive oil (oil ollife, oyle of olive) – besides its culinary use, olive oil was used, according to John Gerard, for its digestive properties, as well as outwardly to cure joint pain and swelling (passim)

onion – both white and green onions are called for in seventeenth-century household manuscripts but are not usually specified; besides onions' obvious culinary uses, John Gerard suggests that applying onion juice to a bald head in the sun will bring back hair “very speedily” (passim)

opopanax – resinous gum from the woundwort plant, native to Syria; John Gerard suggests that the woundwort cured snake bites and the biting by a mad dog, while mashed leaves of the plant acted as a salve to cure wounds and bone punctures (Granville 59)

orange (cheny orrieng, Cevill orange, Civill orrenge, oraing, orang, oring, oringe, oronge, orreng, orrieng, orring, orringo, Seville orange, sivell orring) – as noted by these terms, oranges in England originated in Spain and China (via Portugal). They were served whole or used as a flavouring; John Gerard also notes that a cordial of a dozen oranges boiled with water and mercury sublimate was useful in curing itchiness and mange (passim)

orris powder (aris root, arras powder) – powder made from the root of the blue iris; used to scent confections, syrups and perfumes (Granville 5, [233]; [12v], 32)

orza – tall, glazed, earthenware vessel (Spanish) (Granville 104)

oxymel of squills (oxcemells quills) – oxymel is a medicinal syrup made with vinegar and honey; squills are the bulbs or roots of the sea onion (Hall 61)

palsy (palsie) – any weakness in the body, sometimes accompanied by tremors (passim)

pap (pape, Spanish pap) – anything of a soft or semi-liquid consistency, often made from bread moistened with water or milk (Granville 165, 196; Hall [7v], 35, [38v], [54v]; Pudsey 12)

paper – used extensively in baking, tied onto hoops with string; as paper was relatively scarce in the early modern period, used pages from manuscripts were sometimes used

Paracelsus plaster (Paracelsus plaister) – it seems this name was given to plasters containing galbanum and frankincense; Paracelsus believed mineral substances worked as agents to help the body produce its own healing balsam (Granville 59)

parboil – in the early modern period, this term meant both to boil thoroughly and to partly boil, although the former was the original (and, it seems, more common) meaning (Granville 18, 25)

pare – see pear

parradice – see grain of paradise

parsley (parcly, persle, persly, perssly) – herb used to season dishes, and medicinally as a digestive and diuretic (passim)

pattypan (patipan, patty-pan) – a small baking tin or dish (Granville 214; Hall [21v]; Pudsey 48)

pear (pare) – a common fruit in early modern England; the fruit was sometimes made into perry (pear cider), which John Gerard states is good for digestion (passim)

pearl (corral pearl, magisterium of pearl, pearl of corral, powder of corral) – the hard secretion of the oyster; John Gerard describes corral next to sponges and mosses in his work. “Magisterium” is an alchemical term denoting a pure substance (Granville 5, 43, 48, 88 193, [213])

peel (peell, pill) – the rind of citrus was used frequently in early modern cooking, just as it is used today (passim)

pellitory of the wall (pelletory of the wale, pellotory of spaine) – a small plant generally growing on damp rock walls; brewed into a tea as a diuretic and to cure diverse ailments, including coughs and kidney stones (Granville 10, 37, 60; Pudsey 14, 16)

penny loaf (peny loafe, peny lofe) – a loaf of bread that cost a penny. Penny loaves and biscuits were often grated into sauces, pastes and puddings to thicken them or to serve the purpose of flour (passim)

pennyroyal (peneriall, pennyroyall) – a mint-like plant common in England; John Gerard says it was used to cure various ailments and to aid in expulsion of after-birth, while a garland of pennyroyal worn around the head cures giddiness (Granville 43, [305]; Pudsey [1v], [2v])

pennyworth – as much of an item as could be bought or sold for a penny (passim)

peony (pyonye) – the large- and fragrant-flowered *Paeonia*. The seed was used in culinary recipes, while the whole plant was believed to contain various medical properties; the roots were hung around infants’ necks to ward off maladies (Pudsey 16)

permacitty – see spermaceti

persly etc. – see parsley

philopendelay – see filipendula

picadillo – a dish of minced meat and vegetables (Spanish) (Granville 110)

pike (pick) – a freshwater fish common in England; this fish appears in many seventeenth-century recipes (Hall 28; Pudsey 8)

pill – see peel

pimpernel (pimpernell, pimponell, pympernell) – a chickweed common in England; used to cure diverse ailments, from toothache to tuberculosis (Granville 41, [156]; Hall 14; Pudsey [15v], 22, [42v])

pink – see gillyflower

pipkin (pipke) – a small, round, usually earthenware, pot (passim)

pippin (pepin, pipin, pipinn) – a sweet apple; several varieties exist (passim)

pitch (black pitch, marking pitch, stone pitch) – dark, sticky substance that is a residue of the distillation of wood tar or turpentine, used principally for sealing ship hulls; stone pitch is the solid form. Also used medicinally to reduce swelling and in other cures. See also Burgundy pitch (Granville 5, 153, [180]; Hall 12; Pudsey 37)

plaice – a common European flatfish (Hall 28)

plantain (plantan, plantane, plantine, planton) – any of several varieties of banana; native to tropical places, but known in England since at least the late sixteenth century (Granville 4, 166b, [205]; Hall [24v], [26v]; Pudsey [4v], 21, 22, 38, 39)

polypodium (polipodium, polipodyum) – fern common to England; its roots were used medicinally in purges (Granville 238; Pudsey 21, 40)

poppy (popey, poppe, poppie, popy) – the seeds were used in culinary recipes, and medicinally both the seeds and leaves were used to induce sleep (Granville 14; Hall 17, 18, 27, [37v])

porringer – a small wood, metal, or earthenware bowl, used for eating (passim)

posnet (possnet) – a small metal vessel with a handle and three feet, used for boiling (Hall 33; Pudsey 18, [57v])

possett (possit, possite) – a hot drink of milk curdled with wine or lemon juice (Granville 46, 47, 60; Hall 20, 25, 26, 30; Pudsey [6v], 19)

pottle – a pot or other container holding approximately one gallon (passim)

poultice (poultesse, poultis) – a pasty substance applied to the body, usually by means of a bandage or dressing, to encourage healing and assuage swelling (passim)

powder of coralls – see pearl

powder of the pomye stone – see pumice

prune (damiusk pruan, pruent, prunello, pruan) – John Gerard notes that prunes are more wholesome and nourishing than fresh plums, and that they are often used for “loosening” the belly (Granville 183, [183b], 184; Hall [24v], 26; Pudsey 1, 2, 3)

puffed pastry (puffe past, puff paist, puff past, pufft paste, pufpast, pust paste) – puffed pastry usually consists of numerous layers spread with butter. John Considine comments on Hall’s recipe for apples baked in puffed pastry: “Recipes for apples cooked in pastry do not seem very common in printed books, I suppose because considered too banal; but the colouring raises this one ([15v]) above banality, perhaps” (private communication). (Hall 7, [15v], 24, [29v], [30v], 31, [31v], [48v], [59v], 60; Pudsey 64, 126, 163)

pugil (pugill) – a large pinch or a small handful; see “weights and measures” entry (Granville 159)

pumice (pomye stone) – volcanic rock, used as a mild abrasive in toothpastes and detergents and on the skin (Granville 88)

pyonye – see peony

quarter – in measurements of length, a quarter is nine inches

queen’s cake – small pound cake made with rose water or orange water, often with currants (Granville 185)

ragout (reggou, regoue) – a stew of meat, vegetables and spices (Pudsey 49, 53)

raisin (Malaga raisin, Malago raison, Malago reason, Malego rason, Maligo raison, raisin of the sun, raison, raison of the sun, raisson, reasen, reason of the son, reisin of the sunne, reson, rayson) – this dried fruit was used widely in culinary recipes in the seventeenth century, and medicinally for their purging quality (passim)

raspberry (rasbery, raspberry, rasburye, raspase, rassbery) – a berry used in culinary recipes and medicinally for a weak stomach, and for curing sores in the mouth (passim)

rear (reare) – slightly undercooked; originally referred only to eggs (Pudsey [4v])

red cloth (red cloath, scarlett cloth) – red cloth and red thread have been used, superstitiously, as cures and as protection from harm from the middle ages through, in

some places, present times. The cloth or thread is tied around or placed next to a wound or vulnerable part of the body (Granville 7; Hall [24v], [26]; Pudsey 61)

red lead – see litharge

resin (rosen, rosin, rossel, rossing, rossin) – aromatic substance secreted by various types of tree (passim); rossel in particular is the residue from the distillation of turpentine (Hall [3v])

rew, etc. – see rue

Rhenish wine (Renish wine, Rennesh wine) – wine from the Rhine region of Germany (Granville 8, [122], 216; Pudsey 4, 48)

rhubarb (rubarb, rubarbe) – wide-leafed plant native to China, used in culinary recipes; medicinally, John Gerard suggests it is a bit of a cure-all and purges “naughty and corrupt humours” (Granville 8, 16, [203], 238)

ringoe – see eryngo

rock allom etc. – see allum

a la reine (a la roine) – literally, “in the style of the queen”; often applied to a style of bread, and *potage á la reine* is a soup with bread cubes as one ingredient (Granville 10)

rolls, (rowles) – balls or lozenges that can be kept for later use; many recipes call for a mixture to be “made up into rolls” (passim)

Roman vitriol (Roman vitirall) – see copperas

Romane Wormewood – see wormwood

rosa solis (rosasoles, rosa-solis, rosa sollis, sun dew) – herb sundew; often made into a liquor. Also used medicinally to cure blisters and as a cure for diverse ailments; John Gerard says it also works as an aphrodisiac for female cattle (Hall 14, [24v], 26; Pudsey [15v])

rose campion (rose campon) – a flower of the carnation family, native to England; John Gerard claims this plant cures scorpion bites (Hall [13v])

rose-still (rose still) – a still used specifically for creating rose water; the *Gentlewoman’s Companion* (often mistakenly attributed to Hannah Woolley), calls for one of these (Granville 194; Pudsey [56v] “rose, still”)

rose water (Damask rose water, Damascke rose water) – distillation made from a varietal of rose apparently brought from Damascus (passim; many references especially in Hall)

rosemary (rose=mary, rosmerey) – aromatic herb used widely in culinary recipes and medicinally for diverse cures, including to make the breath sweet and to improve the memory (passim)

rossel – see resin

rue (hearbegrace, hearbagrase, herb of grace, herbgrass reu, rew) – dwarfish shrub, native to Europe; used widely in medical remedies to cure diverse ailments, including earache (passim)

sack (Canary sack, Mallego sack, sacke, sak) – white wine formerly imported from Spain (including the Canary Islands and Malaga) (passim)

saffron (safforn, saform, safron, sifforne) – stigma of the crocus flower, which came to be grown in England in Saffron-Walden and other places; John Gerard says that, when consumed in moderation, this spice makes one lively, quick and merry (Granville [203]; Hall 4, 19, [33v]; Pudsey 2, 3, 16, 44, [58v])

sallandine etc. – see celandine

salsar – unknown; perhaps this is a variant of salsify, although this edible root – while native to England – does not often occur in seventeenth-century recipes (Pudsey 6)

saltpetre (peter salt, salt peder, salt peeter, salt peter, salt petra) – potassium nitrate, formerly derived from the decomposing feces of animals; used in meat preservation and medicinally to cure sore throats and arthritis (Granville [144], 208, [209]; Hall [52v], Pudsey [51v], 52, [52v])

samphire (samper, sampire) – aromatic plant with flesh leaves that grows on rocks near the sea; used in pickles (Granville 7, 26)

sanders (red sanders, yellow sanders) – red sandalwood, a tree native to India; its bark was used in dying cloth, in cosmetics, and medicinally as an astringent (Granville 5-6, 11, [193]; Hall 43; Pudsey 18, [18v], [52v])

sarcenet – a very fine, soft silk (Granville 193)

sassafras (sasafras, saxe fridge) – bark of a tree of the laurel family, native to Florida; the root was consumed in a tea to cure agues and fevers, and to help women to conceive (Granville 238; Pudsey 16)

sauce (sace) – a liquid or soft flavourful accompaniment to a dish (passim)

savory (saverrey, savery) – low-growing herb commonly used to flavour food (passim)

scabious – plant with lavender-colored flowers, also known as pincushion poppy; used medicinally to cure coughs and to heal skin sores (Granville 306; Hall 14; Pudsey [15v], 21, 22)

scarlet cloth (scarlett cloth) – see red cloth

scem – see scum

scerckt – see searce

scock colops – see collop

scordium – water germander; a plant used medicinally, John Gerard writes, “to draweth out of the chest thick flegme and rotten matter” and to cure poisonous snake bites (Granville 184; Hall 14; Pudsey 16)

scorzonera (scorcernero) – black salsify, a parsnip-like root vegetable; used medicinally to cure consumption, and sometimes as a cure for bites by venomous snakes (Hall [60v])

scotch collups etc. – see collop

scour (skowre) – to rub clean (Granville 15)

screen (skrin) – in Granville 109, the screen refers to the kid goatskin used for the fan itself (Granville 109)

scuchineale – see cochineal

scum (cume, scem, scume) – to skim off impurities floating in or on a liquid (passim)

scurvy-grass (scurbuerygrase, scurbugrase, scurvie grass) – *Cochlearia officinalis*, a plant often eaten by sailors to avoid scurvy, as the plant possesses high levels of vitamin C (Granville 43; Pudsey [8v])

scuttle-bone (scutlebone, skutell bone) – the cartilaginous pen of a cuttlefish, which is an invertebrate similar to a small squid (Granville 96, 101)

sear-cloth (searcloth, searecloth) – a bandage coated in salve, used as a winding sheet or a medicinal plaster (Granville 2; Pudsey 19, [33v])

searce (scarce, searce, scerck, search, seirce, serce) – to strain or sift, or the cloth used for doing the same (passim)

senna (sein, sena, sene, senea, senet, seney, senna of Alixandria) – a tropical shrub; its leaves were used in pickling, and medicinally the plant was used as a purge (Granville 8, 238; Pudsey 3, 6, 21, 40 [45v], 58)

sentry – see century

Seville orange – see orange

shallot (sallot, sallott, shelot, shelott, sherlot, sollot) – a bulb used in recipes in the manner of onions; their flavour was valued, as is evident in Lettice Pudsey’s note in a recipe “To boyle a carpe”: “if you have shelott it is much better to putt in then onion” (Granville [189]; Hall 8, 16, [27v], 28, [34v], [47v]; Pudsey [53v], 61)

share-bone (share bone) – pubis bone (Granville 60)

shewit – see suet

shrub (shrubb) – a drink made with either orange or lemon juice, sugar and rum (Granville 155, 190)

shred (shread, sread, sred, sreed) – to slice (passim)

Shrewsbury cake (shrewsberry cake) – a biscuit-type cake made with rose water and nutmeg or cloves (Granville 202; Pudsey 65)

shusk – presumably a variant of to husk, or to shuck; that is, to remove the dry or hard outer covering, or the skin, of certain fruits and nuts (Pudsey 10)

sibber – see simmer

sictren – see citron

silleybub – see syllabub

simmer (sibber, simber, simper, smiper, symber) – to sustain heating just below the boiling point (passim)

sinamond etc. – see cinnamon

sincfield – see cinquefoil

sippet (sippet) – a thin slice of toasted bread, used to garnish a dish and used for dipping/sopping (Hall [10v], [14v], [35v], [43v])

sitterne – see citron

skowre – see scour

skrin – see screen

skutell bone – see scuttle-bone

slit (sleted) – it seems nutmeg was sometimes added whole to a recipe rather than grated in; in such cases, it was slit (or sliced, as called for in some recipes) to release greater flavour, just as other spices such as mace were bruised (passim)

small beer (small-beere) – weak beer, often served to children (Granville 153, [203])

smallage (smallidge) – plant similar to wild celery or parsley; used medicinally to cleanse the body, and to cure persistent colds (Granville 5, 16)

smiper – see simmer

smaragd (smarage) – now-rare term for a precious green stone; an emerald (Granville [193])

snail (snal, sneale) – this gastropod appears surprisingly often in seventeenth-century household manuscripts, considering a taste for it did not endure in England (Granville 3, 15, 16, 184, 194; Pudsey 15, 44)

snakeweed (Virginia snake weed, Virginian snake weed) – name given to an American hemlock plant whose roots supposedly cured rattlesnake and other poisonous snake bites (Granville 213; Hall 14)

snow – egg whites beaten to stiff peaks (Hall 10, [16v], 59)

soak (socke) – to immerse in liquid for an extended period of time (passim)

sol de membrilla – An expression (Spanish): *membrillo* is a whitish-yellow varietal of quince. “Quince sun” is the time of year in which *membrillo* ripens in southern Spain, where the Granvilles lived (it does not ripen until early fall in northern Spain)

sollot – see shallot

sorrel (serrill, sorrell) – one of a number of small, edible, perennial plants; also sometimes referred to as dock (Granville 305; Hall [15v]; Pudsey [2v], 21, 22)

southernwood (southenwood, southernewood, southern wood) – *Artemisia*, a hardy southern European shrub, used medicinally as a diuretic, to cure one of worms and to reduce swelling when mixed in a plaster with barrow’s grease (Granville 3, [205]; Hall 25)

Spanish bole – see bole armoniac

Spanish soap – see Castile soap

speedwell – see brook lime

spermaceti (permacitty, spermecity, spirmacite) – waxy substance derived from the head of sperm whales; used in candle-making and medicinally in ointments (Granville 153, [305]; Hall [3v])

spikenard (spike) – plant native to China, India and Nepal, whose rhizomes contain an aromatic substance used in perfumery and as a sedative (Granville 5, 16, [193]; Pudsey 29, [29v])

spinach (spinnag, spinnage, spin nage, spinnige) – John Gerard was clearly not much of a fan of this leafy plant: he says it yields little nourishment, is windy, and “easily causeth a desire to vomit” (passim)

spurrey – a sprawling herb native to England; sometimes added to wine, as John Gerard says, “to make men merry” (Granville 44)

squench (squunch) – to quell or stifle; in Pudsey’s recipe, she clearly means to cool the stones (Pudsey 38)

squinacy (squinancy) – tonsillitis (Granville 11)

starch (Holland starch, stone blew starch, storch) – flour-derived substance used for stiffening cotton and linen cloth. “Stone blue” was indigo mixed with starch, added to counter yellowing of white cloth. “Holland” refers to special linen made in the Netherlands (Hall [27v], [39v])

stechados (sticcadus) – obsolete term for French lavender (Pudsey 6)

still (steele) – apparatus for distillation, consisting of a closed vessel (see alembic) in which the substance to be distilled is heated, and of tubes that collect the condensation of the vapour produced (passim)

stitch (stich) – a puncture or stab wound (Pudsey [16v], 30)

stive – to boil slowly or stew (Hall 50, 51)

steane (steen) – a clay pot with two handles (Granville 167)

St. John’s wort (hypericon, hipericon) – a plant of the *Hypericum* family, used medicinally to counter depression, heal wounds and cure hip aches (Granville 5, 6)

stones (e.g., lambs stones) – testicles (Hall [29v], 33)

stone pitch – see pitch

storax (gum storax, gume storax) – aromatic gum resin of the *Liquidambar orientalis* or Turkish sweetgum tree, native to the Mediterranean region; used in perfumery and incense and medicinally to cure colds (Granville 5/6, 106 (*ostoraxe*), [233]; Pudsey 30)

storch – see starch

store – see stir

stove – as a verb, this meant to subject a food to a hot-air bath; Hall includes this optional step in her recipe to candy angelica (Hall [8v])

strain (s[t]rain) – while the *Oxford English Dictionary* relates this culinary term only to liquids, Hall clearly uses “to strain” to mean “to sift” dry ingredients (Hall 13)

strawberry (strabry, strabury) – John Gerard says the berries quench thirst, take away redness in the face and make the heart merry, while the leaves strengthen the gums and “fasten” the teeth in the mouth (Hall [30v], Pudsey 2, 6 21, [31v])

strick – fast-running (i.e., water) (Pudsey [8v])

succory, sucory, suckrey – see chicory

sucket (suckitt) – food preserved in sugar, either in candied or syrup form (Hall 19)

suet (shewit, suehtt, suett, slette, suit) – solid fat from around the kidneys and loins of sheep, ox, and other animals; used as a fat in cooking (passim; especially common in Pudsey)

sugar (shuggar, shugger, suger, sugger) – John Gerard says sugar from the sugarcane plant cleanses the stomach and makes the throat clear. The more refined the sugar, the whiter and more expensive it was (passim)

loaf sugar (loafe shugger, loafe suger) – sugar sold in hard, conical loaves and cut then pounded in a mortar for use

powder sugar (poulder sugar) – sugar sold in a loose form rather than a loaf

refined sugar – a common sugar, refined only in its country of origin and often a pale-yellow color

double-refined sugar – sugar refined both in its country of origin and then again in England; this type of sugar was very white

triple-refined sugar – sugar refined three times and sometimes called “royal sugar”; this sugar was even whiter than double-refined sugar (not called for in any of Granvilles, Hall’s or Pudsey’s recipes)

sugar candy – refined sugar clarified and crystallized by slow evaporation

sulfur – see brimstone

sulfur vivum (sulphur vivum) – naturally occurring sulfur (Granville 47, 48)

sun dew – see rosa solis

sunflower (turnsole) – seeds of this large flower were not commonly used in the seventeenth century; the term “turnsole” comes from the French *tournesol*, which literally means to turn toward the sun (Hall [15v])

surfeit water (surfett water, surfiet water) – any medicinal water given as a cure for excessive indulgence (passim)

sweetmeat – sweet food, such as cakes, candied fruits, sugared nuts, etc. (passim)

syllabub (silleybub) – a drink or dish made of milk or cream curdled by wine and often sweetened and flavoured (Pudsey 24)

syrupus augustanus – a syrup of rhubarb, as indicated by Nicholas Culpeper’s 1649 *A Physicall Directory*; the recipe also calls for various flowers and spices, but no indication of purpose is given (Granville 8)

tamarisk (tamariske) – an evergreen shrub native to China and the Mediterranean region; its bark and leaves were used as an astringent (Granville 16, 17)

tankard – a tall mug, often made of silver or pewter (Granville 98-99)

tansy (tansey, tansie) – tall herb with yellow, button-like flowers and bitter-tasting leaves; used medicinally as a diuretic and to cure gout, worms and the “shrinking of the sinews” (Granville 47; Hall 22-[22v]); also a pudding or omelet flavoured with tansy leaves and sprinkled with sugar (Hall 22, [50v]; Pudsey [2v], 3, [38v])

tapis calliminaris – see lapis calaminaris

tartar, oil of (tartar, oyle of) – saturated solution of potassium carbonate, usually derived from grape juice residue that forms a crust on the inside walls of wine casks (Granville 17; Pudsey)

temper – to bring something to the proper state or condition (Granville 13, [108]; Hall 47; Pudsey [1v])

tent – to search, cleanse and/or keep a wound open with a soft, medicated bandage (Granville 3)

tetter (tetterworme) – skin eruption such as herpes, ringworm, eczema (Granville 48, Pudsey 20)

thyme (mother of time, mother time, thime, time) – aromatic edible herb native to England; John Gerard describes it as a cure for various ailments, including poisonous snake bites, the vomiting of blood, the “wambling and gripings of the bellie” and “lethargie, frensie, and madnesse” (passim)

tinaja (tinaxa) – large earthenware jug, sometimes glazed, with a middle that is wider than its base or mouth; it usually sits on the ground and is used primarily for holding water or oil (Spanish) (Granville 104)

toddy arrack (toddy arack) – liquor made from the fermented sap of the coconut palm (Granville 155)

tun (ton, tonne) – to put into casks or barrels; this is the last step in many drink recipes (passim)

tormentil (tormentell, tormentile, tormentill, tourmentell, turmindall, turmentill) – low, herbaceous, edible plant of the rose family; often used in dyeing and tanning. John Gerard also notes that a decoction of the roots eases toothaches, cures shingles and diverse other ailments, (Granville 41, [156], 212, 184, 306; Hall 14; Pudsey 16)

towce – unknown. Evidently a type of fish

tragon – see tarragon

treacle (treagle) – a compound salve with a honey base, usually applied as an antidote to poisonous bites. London, Venice, or other names of origin were often included in the remedy’s name; it was sometimes used interchangeably with mithridate (Granville 41, 306)

tread (cocks tread) – speck on the yolk of a fertilized egg; usually removed by straining (Granville 46, 53; Hall [30v])

trencher – a slice of bread (usually dry) used as a plate in the medieval and early modern period (Hall 38; Pudsey [63v])

trendle (trind) – round vessel used in baking (Hall 19)

turmentill – see tormentil

turnsole – see sunflower

turpentine (turpityne, uenes turpentine, Venice turpentine, venise turpentine) – semifluid resin of various coniferous trees (Granville 5-6, 11, 46-47, 59, 92, [120], [211], 236, 239; Pudsey 6, [15v], 18, 30)

tutty (lapistutitia, tutia, tuttye) – a crude zinc oxide, used as an astringent in ointments, as well as a polishing agent (Granville 96, 101; Pudsey 13, [13v], 38)

U – like li, this is an abbreviation for pound(s) (Granville 206)

unguentum (allum unguentum, unguentum populeum, unguentum, ungentum Rosatum) – unguentum means a salve or ointment, usually perfumed; qualifying words describe a key ingredient in the salve (Pudsey 60)

urine (watter) – human and animal urine was sometimes used in medieval and early modern medicine, as well as for cleaning everything from laundry to one's teeth. Bartholomæus Anglicus wrote in the thirteenth century that urine's drying property makes it useful for cleaning wounds, and that given in drink, it helps splenetics (Pudsey 4)

valerian (velerion) – a genus of plants used medicinally as stimulantants. John Gerard says the root was the base for wine and for a diuretic drink, and the the pounded leaves and flowers applied to venomous bites – and than even holding the plant prevented hurt by any venomous beast (Pudsey [37v])

vanilla (bynilla) – aromatic pod and seeds from the vanilla plant, native to Mexico and other parts of Central America, as well as Madagascar (Granville 95, 121 (*vynillas*))

veal glue (veal glew) – brownish gelatin obtained by boiling calf hooves (Granville 240)

verbena (vervain) – edible aromatic herb used medicinally to ease headaches and inflammations (Granville 306)

verjuice (verges, vergis, verjus) – sour juice from unripe apples or grapes (*passim*)

violet (vialet, violete, violett) – small, early-blooming flowers; many species are native to England. The flowers were often sugared; John Gerard says the flowers were also used medicinally to ease inflammations and fevers and to purge choler. He notes that simply looking upon flowers such as violets causes one to become virtuous: “floures through their beautie, variety of colour, and exquisite forme, do bring to a liberall and gentle manly minde, the remembrance of honestie, comelinesse, and all kindes of

vertues” (Granville 54, [205], 206; Hall 23, 27, [39v], 63; Pudsey 2, 6, [6v], 9, [9v], 16, 20, 21, 30)

Virginia snake weed etc. – see snakeweed

virtue (vertu, verty) – in the context of plants, the *Oxford English Dictionary* notes that this word means “efficacy arising from physical qualities; esp. power to affect the human body in a beneficial manner; strengthening, sustaining, or healing properties” (passim)

vitriol – see copperas

wallflower – small yellow violet, used medicinally to cure cankers and ulcers (Granville 12)

walme – a boiling of water, or a spell of boiling (length of this time is unknown) (Pudsey 12)

walnut (wallnuet, wallnut) – white walnuts were young ones that were peeled and then pickled in vinegar or preserved in sugar; black walnuts were the fully mature ones, often eaten fresh. John Gerard says walnuts are good for curing the biting by a mad dog, and the oil was used to smooth the skin (Granville 39, 60, 147, 204; Hall 39, [49v], 61; Pudsey [12v], [18v], [53v])

water cress (water creasis, watercrese, water cresset) – leafy edible plant; used medicinally to cure or prevent scurvy and as a source of iron for young women (Granville 43, 48, [122])

weights and measures – separate weights measures existed for dry items, wet items, and ale (John Evelyn states that a true quart of ale contains two pounds and six ounces of water). Besides the official weights and measures listed below, many unofficial forms were also used; Mary Granville calls for three thimbles of mace in a seed cake recipe, while Constance Hall calls for apricots about the size of pigeons’ eggs, and in another of her recipes calls for a “convenient” amount of butter. Similarly, her remedy for a syrup to cure a violent cough suggests that a grown person can take “as much as a walnut,” while a child should take “as much as a nutme.g.” One of the most colorful measurements comes from Grace Randolph’s *Cookery Book*, which calls for “as many herbs as will fill an egg.” A number of Mary Granville’s recipes call for brine that is salty enough “that it will bear [up] an egg,” while her “Receipt to make meath” calls for the following: “Take to six gallons of water, six quarts of honey, or as much honey as will make it strong enough to beare an egge the breadth of three pence above water.” Similarly, she suggests, in her recipe “To preserve walnuts” to boil the walnuts “till a rush or straw go through them.” (passim)

dry measures:

scruple – approximately 20 barley grains

drachma – three scruples
peck (pecke) – a quarter of a bushel; equivalent to two gallons
bushel (bushell) – four pecks
coumb – four bushels
quarter – two coumb

pugillum (pugill) – small handful
pennyweight – a unit of weight equal to 24 grains (and formerly 22.5 grains, which was the weight of a silver penny)

liquid measures:
pint – basic measure of liquid
quart – two pints
pottel (pottell) – two quarts (wet)
gallon – two pottels

Westphalia ham (Westfalio ham) – an esteemed dry-cured, beechwood- and juniper-smoked ham made from acorn-fed pigs in the German region of Westphalia (Hall [52v])

white lead – see lead

white-pot (whitepot) – trifle-like pudding, usually made with bread, butter, cream and flavouring (Hall [9v])

wigg – small, usually sweetened, bun (Granville [154])

winter cherry – fruit of a plant of the nightshade family whose cherry-like fruit is ripe in winter; also known as the cape gooseberry or ground cherry; used medicinally as a diuretic and to dissolve bladder stones (Granville 16)

wood betony – see betony

woodbine (wood bind, wood bine) – name given to various climbing plants, including honeysuckle; used medicinally as a cure for diverse ailments, including a sore throat (Granville 4 [166b])

wood rose (woodrose) – a wild rose; used medicinally to cure the biting by a mad dog (Granville 44)

Woodstreet cake – Woodstreet is an area of London, and was once known for its manufacture of excellent wedding cakes. Sir Thomas Browne notes he ate them for dinner, and Samuel Pepys writes in his diary that His Highness loved them (Wheatley 529) (Hall 20)

wormseed (worm-seed) – name given to diverse plants, including *Artemisia* species and certain types of fennel, believed to cure one of worms (Granville 203, Hall 25)

wood-sorrel (wood sorrell, woodsorrell) – common name of *Oxalis acetosella*, a small woodland plant with white flowers (Granville 41, 48; Hall 14)

wormwood (Romane wormewood, wormewood, worwood) – *Artemisia absinthia*, used to make a bitter tonic as well as absinthe (Granville 3, 8, 17, 40, 41, 159, 184, 306; Hall 14, 17; Pudsey 3, [3v], 4, 13, [15v], 22, 29, [37v])

wort – unfermented beer; an infusion of malt or grain. Or a general term applied to any plant, herb or vegetable used for food or medicine (passim)

wound water – any medicinal drink given to cure wounds; (Granville 9)

yarrow – tall-stalked plant with small flowers with a strong, bitter scent; native to England. Used medicinally to cure wounds and ease toothaches and migraines (Granville 48, [205])

yeast (yast, yearst) – in seventeenth-century England, yeast was usually derived from the froth skimmed off a fermented vat of ale; this was then used for baking bread (passim). Granville also uses “yearst” as a verb, to add yeast to a mixture (Granville 17, 25)

zedoary (ledoary, zydoiary, perhaps exodore) – a variety of turmeric, native to India; the roots are used medicinally to cure stomach aches and worms, as well as to sweeten the breath (Granville 184; Hall 14; Pudsey 16)

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