

THE
London and Country Cook:
OR,
Accomplished Housewife,
CONTAINING
Practical DIRECTIONS and the best RECEIPTS
In all the Branches of
Cookery and Housekeeping;

SUCH AS

BOILING,
ROASTING,
PASTRY,
PICKLING,
JELLIES,
PRESERVING,

CONFECTIONARY,
CAKES,
CREAMS,
CORDIALS,
SYRUPS,
ENGLISH WINES, &c.

Interpersed with
Many sovereign and approved MEDICINES used
by PRIVATE FAMILIES in most DISTEMPERS;

And illustrated with
Forty-nine large COPPER PLATES.

By CHARLES CARTER,
Cook to his Grace the Duke of *Argyle*, &c.

The THIRD EDITION,

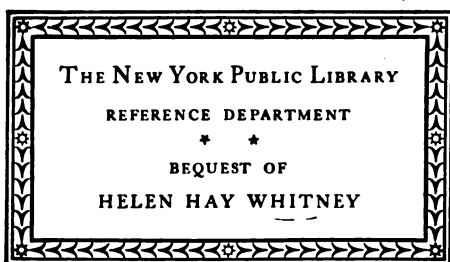
Revised and much improved
By a GENTLEWOMAN;
Many Years Housekeeper to an eminent Merchant in the
City of LONDON.

L O N D O N :
Printed for CHARLES HITCH in *Pater-noster Row*;
STEPHEN AUSTEN in *Newgate-street*, and JOHN
HINTON in *St. Paul's Church-yard*, MDCCXLIX.



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THE
P R E F A C E.

AS *eating* and *drinking* ought to be considered, as they were originally designed, a means to preserve health and to support nature under the fatigues of life: So it becomes every one concerned in the management and dressing of the necessaries of life to have those great ends always in view. Yet perchance there has never any subject been worse handled, nor the public more imposed upon, than by the publishers of *receipts*

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in *cookery* and *housewifry* : whose design in general seems rather, how they might scrape together a *great number*, than to oblige the public with such receipts and directions as are *really valuable* and *practicable*. Therefore, as the desire of doing good is the sole motive that first engaged me in this work ; so has that great principle ever been too sacred in my esteem to suffer the least mixture of unfaithfulness or carelessness throughout the whole management and compofure of it. Had I the same worldly views as those mentioned before I might have saved much trouble and expence, which have not been spared, in collating and trying every receipt before I would allow it a place in this book, in order to make it the best and most profitable in its kind.

I HAVE also had a great regard to those, who are supposed most to want
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P R E F A C E.



the help of *such a guide* : and as it must be confessed that they are chiefly the *young* and unexperienced, and seldom the most literate of the *female* sex ; I have endeavoured to make my *directions* in COOKERY both *palatable, useful* and *intelligible*, instead of those odd and fantastical rules published under the name of some great masters ; but in such a manner as never to instruct their readers, and sometimes to mislead from the wholesome dictates of a good natural capacity. And, as I professedly write no more than *my own practice* in the most fashionable families in these kingdoms ; so it will be found that I confine my directions, in general, to the dressing after the best, most natural and wholesome manner, such provisions as are the product of our own country ; and that my *receipts* are all suitable to *English* constitutions and *English* palates, and all practicable and easy to be performed, as well for a sumptuous

sumptuous as a frugal table: And I may venture to add, that if they be carefully observed, they will prevent the spoiling of many good dishes of meat; the waste of many good materials; the vexation and shame that frequently attend mismanagements, and the frequent imprecations bestowed on bad Cooks.

THOSE *receipts*, which teach confectionary, the art of pickling, making cordials, *English* wines, &c. and the nice composition of puddings, pyes, &c. deserve your particular regard: For, though many of these, as well as others, were handed down to me by the late Mr. *Carter*, I have been so just to the public, and free with my author, as to reject in him what even I found upon experience would not answer his recommendation and their expectation; always supplying his defects with what I can warrant to be

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genuine:

genuine : So that, without doing any injustice to his character, I may be permitted to say, I have greatly improved his book ; and to require your approbation and recommendation when you have benefited thereby.



T H E

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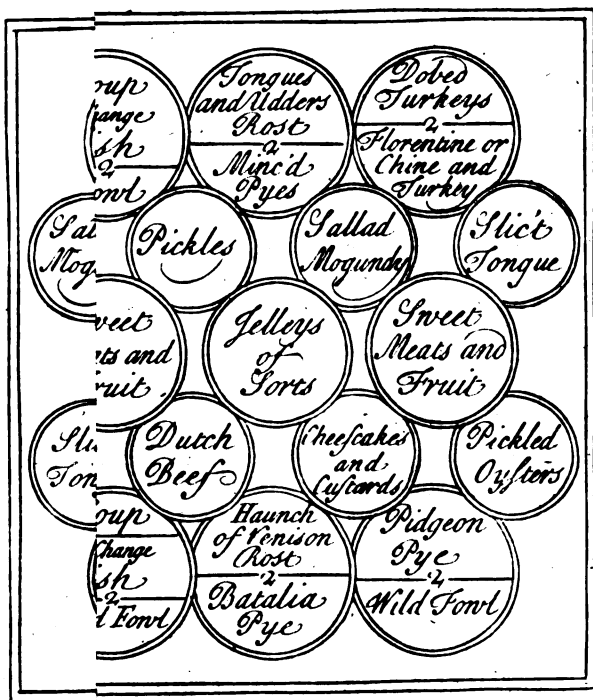
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THE L O N D O N A N D C O U N T R Y C O O K.

To broil mackrel whole.

CUT off their heads, gut them, wash them clean, pull out the row at the neck-end, boil it in a little water, then bruise it with a spoon, beat up the yolk of an egg, with a little Nutmeg, a little lemon-peel cut fine, a little thyme, some parsley boiled and chopped fine, a little pepper and salt, a few crums of bread : mix all well together, and fill the mackrel ; flour it well, and broil it nicely. Let your sauce be plain butter, with a little catchup or walnut-pickle.

To broil herrings.

SCALE them, gut them, cut off their heads, wash them clean, dry them in a cloth, flour them, and broil them, but with your knife just notch them a-cross : take the heads and mash them, boil them in small beer or ale, with a little whole pepper and onion. Let it boil a quarter of an hour, then strain it, thicken it with butter and flour, and a good deal of mustard. Lay the fish in the dish, and pour the sauce into a bason, or plain melted butter and mustard.

B

To

To boil a cod's head.

SET a fish-kettle on the fire, with water enough to boil it, a good handful of salt, a pint of vinegar, a bundle of sweet herbs, and a piece of horse-raddish. Let it boil a quarter of an hour, then put in the head, and when you are sure it is enough, lift up the fish-plate with the fish on it; set it a-cross the kettle to drain, then lay it in your dish, and lay the liver on one side. Garnish with lemon and horse-raddish scraped; melt some butter, with a little of the fish liquor, an anchovy, oysters, or shrimps, or just what you fancy.

To make scots-collops brown.

TAKE a fillet of veal, cut it in thin collops, and hack them well; season them with nutmeg, pepper, and salt; then fry them off quick and brown; then brown off a piece of butter, gold colour, thicken'd with flour; and put in some good clear gravy, mushrooms, morels, truffles, and force-meat-balls, with sweet-bread diced; squeeze in an orange or lemon; let this boil of a right thickness, then put in your collops, but don't let them boil: toss up the collops quick, and serve them up.

To make white collops.

CUT them small, and hack them well; season with nutmeg, pepper and salt, and pass them quick of a pale colour, in a little bit of butter; squeeze in a lemon, put in half a pint of cream, the yolks of four eggs; toss them up thick, and serve them up.

To

To roast veal sweet-breads.

LARD them with small lardoons of bacon ; put them on a skewer, fasten them to a spit, and roast them brown ; put some good gravy into a dish, lay in the sweet-breads, and serve them up.

You must set your sweet-breads, and spit them, then egg and bread them, or they won't be brown.

To make English sausages.

TAKE the lean of a fillet of young pork, chop and bruise it small, then to every pound put a quarter of a pound of fat, well skinned ; season it with pepper, salt, and a little nutmeg ; add some grated bread : mix them all well together ; put the mass into guts season'd with water and salt ; and tie them.

To make fine pancakes.

TAKE half a pint of cream, half a pint of sack, the yolks of eighteen eggs beat fine, a little salt, half a pound of fine sugar, a little beaten cinnamon, mace, and nutmeg : Then put in as much flour as will run thin over the pan, and fry them in fresh butter. This sort of pancake will not be crisp, but very good.

A second sort of fine pancakes.

TAKE a pint of cream, and eight eggs well beat, a nutmeg grated, a little salt, half a pound of good dish butter melted : mix all together with as much flour as will make them into a thin batter, fry them nice, and turn them on the back of a plate.

A third sort.

TAKE six new-laid eggs well beat, mix them with a pint of cream, a quarter of a pound of sugar, some grated nutmeg, and as much flour as will make the batter of a proper thickness. Fry these fine pancakes in small pans, and let your pans be hot. You must not put above the bigness of a nutmeg of butter at a time into the pan.

A fourth sort, called, a quire of paper.

TAKE a pint of cream, six eggs, three spoonfuls of fine flour, three of sack, one of orange-flower water, a little sugar, and half a nutmeg grated, half a pound of melted butter cold ; mingle all well together, and butter the pan for the pancake ; let them run as thin as possible, when they are just coloured they are enough : And so do with all the fine pancakes.

To make pretty almond puddings.

TAKE a pound and half of blanched almonds, beat them fine with a little rose-water, a pound of grated bread, a pound and a quarter of fine sugar, a quarter of an ounce of cinnamon, and a large nutmeg beat fine, half a pound of melted butter, mixed with the yolks of eggs, and four whites beat fine, a pint of sack, a pint and half of cream, some rose or orange-flower water ; boil the cream, and tie a little bag of saffron, and dip in the cream to colour it. First beat your eggs very well, and mix with your batter ; beat it up, then the spice, then the almonds, then the rose-water and wine by degrees, beating it all the time, then the sugar, and then the cream by degrees, keeping it stirring, and a quarter of a pound of vermicelli. Stir all together, have some
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hog's guts nice and clean, fill them only half full, and as you put in the ingredients, here and there put in a bit of citron ; tie both ends of the gut tight, and boil them about a quarter of an hour. You may add currants for change.

To roast a spring of pork.

T A K E a spring of pork, and cut off the knuckle, and leave as much skin on the spring as you can ; part it from the neck, take out the bones, and rub it over well with salt, strew it all over with sage and thyme, shred small ; a nutmeg, cloves and mace, beat small, and mix'd together ; rub them well in, then roll it up tight with the flesh inwards ; sew it fast, spit it length-ways, and roast it.

A Ragoû of lamb-stones and sweet-breads.

T A K E lamb-stones and sweet-breads, parboil them, and cut them into slices ; cocks - combs blanch'd and slic'd ; then season them all with pepper and salt, and other spices ; then fry them in a little lard, and drain them, and toss them up in good gravy, a bunch of sweet herbs, two shallots, some mushrooms, truffles ; thicken it with a brown thickening, with a glass of claret ; garnish with red beet-roots, or pickled mushrooms.

To make a dish of mutton cutlets.

C H O P a neck of mutton into steaks, and beat it to make it tender ; wash it over with butter melted thick, and have ready some sweet-herbs chopp'd small with grated bread, a little salt, and nutmeg ; strew it over that side which is butter'd ; then lay it on a grid-iron over a charcoal fire ; butter the other side of the meat, and put on the same ingredients ;

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make

make your sauce with gravy, anchovies, and shallot, a little nutmeg, thick butter, and lemon.

To make a venison pasty.

TAKE a neck and breast of venison, bone it, season it with pepper and salt according to your palate. Cut the breast in two or three pieces; but don't cut the fat of the neck if you can help it. Lay in the breast and neck end first, and the best end of the neck on the top, that the fat may be whole; make a good rich puff-paste crust, let it be very thick on the sides, a good bottom crust, and a thick top. Cover the dish, then lay in your venison, put in half a pound of butter, about a quarter of a pint of water, close your pasty, and let it be baked two Hours in a very quick oven. In the mean time set on the bones of the venison in two quarts of water, with two or three blades of mace, an onion, a little piece of crust baked crisp and brown, a little whole pepper, cover it close, and let it boil softly over a slow fire, till above half is wasted, then strain it off. When the pasty comes out of the oven, lift up the lid, and pour in the gravy.

When your venison is not fat enough, take the fat of a loin of mutton, steeped in a little rap vinegar and red wine twenty-four hours, then lay it on the top of the venison, and close your pasty. It is a wrong notion of some people, to think venison cannot be baked enough, and will first bake it in a false crust, and then bake it in the pasty; by this time the fine flavour of the venison is gone. No, if you want it to be very tender, wash it in warm milk and water, dry it in clean cloths till it is very dry, then rub it all over with vinegar, and hang it in the air. Keep it as long as you think proper, it will keep thus a fortnight good; but be sure there be no moistness about it; if there is, you must dry it well, and throw

throw ginger over it, and it will keep a long time. When you use it, just dip it in lukewarm water, and dry it. Bake it in a quick oven; if it is a large patty, it will take three hours; then your venison will be tender, and have all the fine flavour. The shoulder makes a pretty patty boned, and made as above with the mutton fat.

A loin of mutton makes a fine patty: Take a large fat loin of mutton, let it hang four or five days, then bone it, leaving the meat as whole as you can, lay the meat twenty-four hours in half a pint of red wine, and half a pint of rap vinegar, then take it out of the pickle, and order it as you do a patty, and boil the bones in the same manner to fill the patty, when it comes out of the oven.

Puff-paste.

TAKE a quarter of a peck of flour, rub fine half a pound of butter, a little salt, make it up into a light paste with cold water, just stiff enough to work it well up; then roll it out, and stick pieces of butter all over, and strew a little flour; roll it up, and roll it out again; and so do nine or ten times, till you have rolled in a pound and half of butter. This crust is mostly used for all sorts of pies.

To roast a chine of mutton.

RAISE the skin from the chinebone downwards, let it hang by the lower-part; then take slices of a lean gammon of bacon; season with white pepper, cives, and parsley; spread them over the chine, lay the bacon upon them; then turn the skin over them, and tie it up with tape or pack-thread; put paper over it, and roast it: When it is almost enough, dredge with crum bread; put a ragoû under it, and serve it up; garnish with mutton cutlets.

You may roast a quatter of mutton or lamb the same way.

To pot beef.

TAKE a buttock of beef, or leg of mutton piece; cut it in pieces, season it with savoury spice, an ounce of salt-petre, half a pint of claret; let it stand all night, then put it into a pan, and lay over it three or four pounds of butter; tie a paper over it, and bake it with household bread; then take it out, and dry it with a clean cloth, and beat it very fine in a mortar; then pour to the butter, clear from the gravy, and mix it together; then put it close in pots: Set it in the oven to settle; when it is cold, cover it with clarified butter.

To make beef alamode.

TAKE the hinder part of a buttock of beef; lard it with thick lardoons of bacon; put it into a stew-pan, with some slices of bacon at the bottom; season with salt, pepper, nutmeg, cloves, and sweet herbs; cover it with bards of bacon, cover the pan, and stew it gently between two fires, for some hours; then garnish with pickles, and serve it up hot or cold.

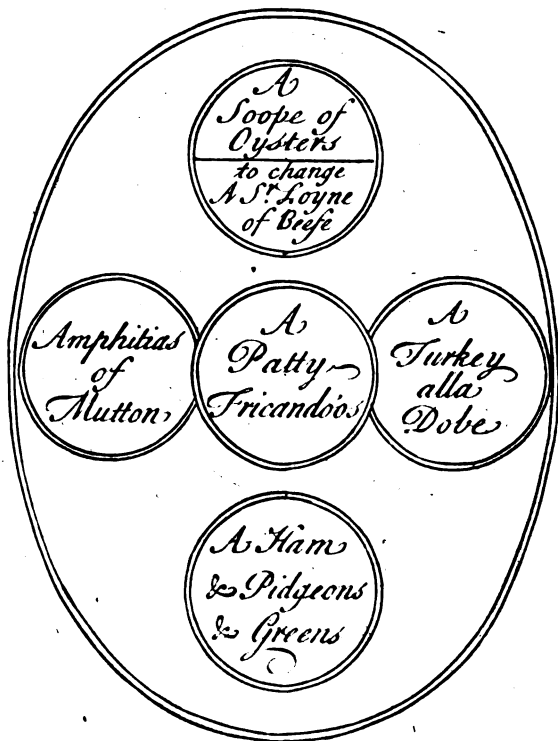
Suet dumplings.

TAKE a pint of milk, four eggs, a pound of suet, and a pound of currants, two tea spoonfuls of salt, three of ginger: First take half the milk, and mix it like a thick batter, then put the eggs, and the salt and ginger, then the rest of the milk by degrees, with the suet and currants, and flour to make it like a light paste. When the water boils, make them into rolls as big as a large turkey's egg, with a little flour; then flat them, and throw them into boiling water. Move them softly, that they don't stick

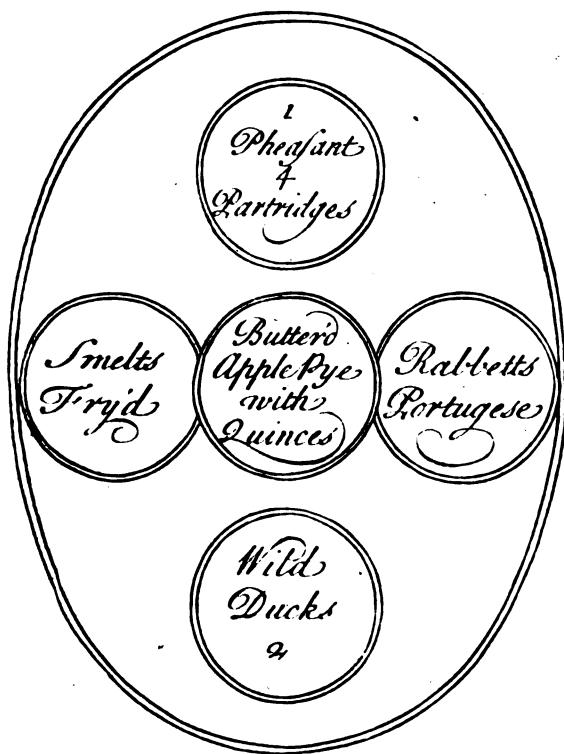
JANUARY.

7

First Course



Second Course



stick together ; keep the water boiling all the time, and half an hour will boil them.

An Oxford pudding.

A QUARTER of a pound of biscuit grated : a quarter of a pound of currants, clean washed and picked ; a quarter of a pound of sewet shred small ; half a large spoonful of powder-sugar ; a very little salt, and some grated nutmeg ; mix all well together, then take two yolks of eggs, and make it up in balls, as big as a turkey's egg. Fry them in fresh butter of a fine light brown ; for sauce have melted butter and sugar, with a little sack or white wine. You must mind to keep the pan shaking about, that they may be all of a fine light brown.

To make plum-porridge for Christmas.

TAKE a leg and shin of beef, put to them eight gallons of water and boil them till they are very tender, and when the broth is strong strain it out ; wipe the pot and put in the broth again ; then slice six penny loaves thin, cutting off the top and bottom, put some of the liquor to it, cover it up and let it stand a quarter of an hour, boil it and strain it, and then put it in your pot ; let it boil a quarter of an hour, then put in five pounds of currants clean washed and picked ; let them boil a little and put in five pounds of raisins of the sun stoned, and two pounds of pruens, and let them boil till they swell, then put in three quarters of an ounce of mace, half an ounce of cloves, two nutmegs, all of them beat fine, and mix it with a little liquor cold, and put them in a very little while, and take off the pot, and put in three pounds of sugar, a little salt, a quart of sack, and a quart of claret, the juice of two or three lemons. You may thicken with sago, instead

stead of bread, if you please ; pour them into earthen pans, and keep them for use. You must boil two pounds of pruens in a quart of Water, till they are tender, and strain them into the pot, when it is a boiling.

To stew venison.

CUT it into slices ; put them into a stew-pan, with a little claret and gravy, fix cloves, pepper and salt ; put a bit of butter rubb'd in flour : tofs this up together ; squeeze half a lemon in it, but don't let it boil, for it will make it hard ; stew them for some time ; then grate in some nutmeg, and serve it up.

To make sauce for roasted venison.

TAKE claret, vinegar, and water, of each a glasseful, an onion stuck with cloves, anchovies, salt, pepper and cloves, of each a spoonful ; boil them all together, strain them through a sieve.

To recover tainted venison.

TAKE ale and vinegar with bay-salt, boil them together, and make a strong brine ; scum it, and let it stand till it is cool ; steep the venison in it for a whole day ; then press and dry it ; parboil it ; season it with salt and pepper, and it will be fit for use.

To make forced meat.

TAKE half a pound of the lean of a leg of veal ; cut it in small pieces, and pick out all the skin ; mince it very small ; then take a pound of beef-suet, and shred it very small also ; shred them both together ; when you have so done, take a nutmeg, and grate it ;

it; about half so much mace beaten small, three cloves beaten with it, pepper and salt as you think fit, a little rosemary, winter-savory, thyme, and sweet-marjoram shred very small, about the quantity of a nutmeg, when it is grated. Put all this to the aforesaid meat, then put them into a mortar, and beat them all together, till it be so smooth, that it will work with one's hand like paste; afterwards break in two new-laid eggs, yolks and whites together, and a little white-bread crums; make it up into a paste with your hands, and fry them in butter. You may leave out the herbs.

Gravy soup.

TAKE the bones of a rump of beef, and a piece of the neck, and boil it till you have all the goodness out of it; then strain it off, and take a good piece of butter, and put it in a stew-pan and brown it, then put to it an onion stuck with cloves, some fallary and endive, and spinage; then take your gravy and put to it some pepper, salt, and cloves, and let it boil all together; then put in sippets of bread dry'd by the fire; you may put in a glass of red wine. Serve it up with a *French* roll toasted in the middle.

A standing sauce for a kitchen.

TAKE a quart of claret or white wine, put it in a glazed jar, the juice of two lemons, five large anchovies, some Jamaica pepper whole, some sliced ginger, some mace, a few cloves, a little lemon-peel, horse-radish slic'd, some sweet herbs, six shallots, two spoonfuls of capers, and their liquor; put all these in a linnen bag, and put it into the wine, stop it close, and set the vessel into a kettle of hot water for

for an hour, and keep it in a warm place. A spoonful or two of this liquor is good in any sauce.

To collar eels.

SCOWER your large silver eels with salt, slit them down the back, take out all the bones, wash and dry them, season them with savoury spice, minc'd parsley, thyme, sage and onion; then roll each in little collars in a cloth, and tye them close; boil them in water and salt, with the heads and bones, half a pint of vinegar, a faggot of herbs, ginger, a pennyworth of rising-glass; when they are tender, take them up, tie them close again, strain the pickle, and keep the eels in it.

To collar pork.

BONE a breast of pork, season it with savoury seasoning, and a good quantity of thyme, parsley, and sage; roll it in a hard collar in a cloth; tye it at both ends, boil it, and when it is cold steep it in the favouring drink.

How to stew carp from Pontack's.

TAKE half gravy, and half claret, as much as will cover your carp in the pan, with mace, whole pepper, a little cloves, two anchovies, a shallot or onion, a little horse-radish, a little salt; when the carp is enough, take it out, and boil the liquor as fast as possible, till it be just enough to make sauce; flour a bit of butter, and throw into it; squeeze the juice of one lemon, and pour it over the carp.

Baked

Baked beef.

LARD and bone some tender beef, and season it with pepper, salt, and cloves, and tie it up tight, putting in whole pepper, an onion stuck with twelve cloves, two or three bay-leaves a-top, a bunch of sweet herbs, a quarter of a pound of butter, with half a pint of claret and vinegar; bake it four or five hours.

A bisk of pigeons.

TAKE pigeons, wash them clean, and parboil them; put them into strong broth, and stew them; make for them a ragoû with gravy, artichoke bottoms, and onions; season them with savoury seasonings, the juice of lemons, and lemons diced, bacon cut as for lard, mushrooms, truffles and morels; pour the broth into a dish with carved and dried sip-pets; then place the pigeons, and pour on the ragoû. Garnish with scalded parsley, beet-roots and lemons.

A brown fricassÿ of rabbits.

YOU must fry the rabbits brown, have some gravy, an onion, thyme, parsley tied together; stew the rabbit in it; season it, and thicken it with brown thickening; you may put morels, mushrooms, forc'd-meat-balls and lemon.

A white fricassÿ of the same.

CUT them in pieces, and wash away the blood, and fry them on a slow fire; then put them into a tossing-pan with a little strong broth; season and toss them up with mushrooms and oysters; when almost
enough,

enough, put to them a pint of cream, and thicken with a piece of butter roll'd in flour.

To collar pork.

T A K E a breast of pork, bone and season it, with savoury spice, sage, parsley, and thyme; roll it in a hard collar in a cloth, tie it close, and boil it; when cold, keep it in soufe.

Almond butter.

T A K E three quarters of a pound of almonds, and lay them in cold water all night; blanch them the next morning, and beat them very fine; put to them a pint of clear spring water, and strain them hard (or press them in a little press); then beat your almonds again with some of the same liquor, and strain them again; do so till all the goodness of your almonds is come into your liquor; set a quart of thick cream on the fire, and as soon as it is warm put in your almond-milk, the yolks of six eggs well beat, two or three spoonfuls of rose-water or orange-flower water, and a little salt; stir it till it rises in curds, then drain it in a cloth; the next day beat it up with six ounces of double-refin'd sugar beat and searc'd.

N. B. Another way is, to beat that quantity of almonds and butter together, and put to them as much sugar as you judge will serve; then strain them through a cullender, and serve them up.

Raspberry cream.

T A K E a quart of thick sweet cream, and boil it two or three wallops; then take it off the fire, and strain some juice of raspberries into it to your taste; stir it a good while before you put your juice in,
that

that it may be almost cold when you put it to it; and afterwards stir it one way for almost a quarter of an hour, sweeten it to your taste, and when it is quite cold eat it.

Thus you may do mulberries or currants raw, and plums, apricots, peaches, or cherries, being stewed in a pot or kettle of water till they will yield juice. If you will you may put some juice of almonds to these creams.

A white fricassy of rabbits.

TAKE two or three rabbits, and cut them to pieces, and put them in a stew-pan, with three ounces of butter; then season them with pepper and salt, a nutmeg, a little thyme and sweet marjoram, a little lemon-peel grated, and let these be close cover'd, and stew them gently till they are tender, in half a pint of veal broth, with an onion; then strain off the liquor, and beat three yolks of eggs, with some cream, then put some of the broth by degrees to the eggs and cream, keeping them stirring, lest they curdle: You may put to it some parsley, boil'd tender and shred small, then toss them up thick, adding some mushrooms; and serve them hot with a garnish of slic'd lemon and red beet roots.

To make a fricassy of chickens.

CUT your chickens in pieces, and take a frying-pan, with just as much liquor as will cover them; half of it must be white-wine, and half water, with one nutmeg sliced in it, two or three blades of large mace, half a dozen cloves and some whole pepper: let all these be boil'd together in the frying-pan; then put in half a pound of sweet butter, and scum it very clean; put in your chickens, and let them boil till they are tender; afterwards put in a little hand-ful

ful of shred parsley ; next take four eggs, but put away two of the whites ; beat the rest well ; put to them some thick butter beaten well together ; then put it to the chickens in the pan, and tofs it over a slow fire, till it is thick ; last, serve it up with sippets.

To jugg hares.

CUT them to pieces, half lard them, season them ; then take an earthen jugg with a large mouth, and put in the hares with a faggot of sweet herbs, and two onions stuck with cloves ; cover it close down, and boil it in water three hours ; then take it out, and serve them up.

To roast a hare.

LARD it with bacon, and make a pudding of grated bread ; the heart and liver parboil'd and chopt small with beef suet and sweet herbs ; mix with marrow, cream, spice and eggs, and sew it in the belly of the hare ; roast it, and serve it up with butter drawn with cream, gravy, or claret.

To pot pigeons.

TRUSS them and season them with savoury spice ; put them in a pot, cover them with butter, and bake them ; then take them out, and let them drain ; when they are cold, cover them with clarified butter.

In the same manner you may pot fish, always boning them when they are baked.

To make pease pottage.

TAKE a quart of white pease, a piece of neck-beef, and four quarts of fair water, and boil them
till

till they are all to pieces, then strain them thro' a colander; then take a handful or two of spinage, a top or two of young coleworts, and a very small leek; shred the herbs a little, and put them into a frying-pan, or stew-pan, with three quarters of a pound of fresh butter, but the butter must be very hot before you put in your herbs; let them fry a little while, then put in your liquor, and two or three anchovies, some salt and pepper to your taste, a sprig of mint rubbed in small, and let it all boil together till you think it is thick enough; then have in readiness some forc'd-meat, and make three or fourscore balls, about the bigness of large peas, fry them brown, and put them in the dish you serve it in, and fry some thin slices of bacon, put some in the dish, and some on the brim of the dish, with scalded spinage; fry some toasts after the balls are brown and hard, and break them into the dish; then pour your pottage over all, and serve to table.

Pull'd chickens.

Boil six chickens near enough, then flea them, and pull the white flesh all off from the bones, put it in a stew-pan with half a pint of cream, which must be first made scalding-hot, the gravy that runs from the chickens, a few spoonfuls of that liquor they were boil'd in; to this add some raw parsley shred fine, give them a toss or two over the fire, and dust a little flour upon some butter, and shake up with them. Chicks done this way must be killed the night before, and little more than half boiled, and pull'd in pieces as broad as your finger, and half as long; you may add a spoonful of white-wine.

To broil eels whole.

SKIN them, and wash, and dry them; score them with a knife, and season them with crums of bread,
C thyme,

thyme, parsley, pepper and salt ; then turn them round, and skewer them cross-wise, and you may roast or broil them as you please : The sauce may be melted butter, with lemon-juice.

To spitch-cock eels.

Scour them in their skins with salt, and wash and dry them ; then slit them down the back, and take out the back-bone, and slash them with the back of a knife ; season them with salt, pepper, chopp'd parsley, and thyme ; wash the inside with melted butter, and cut them into pieces about three inches long, and broil them ; make the sauce with melted butter, and orange-juice.

To pot eels.

TAKE Jamaica-pepper, common pepper pounded fine, and salt ; mix them together, and strew some of it at the bottom of an earthen pan ; cut the eels, and lay them over it, and then strew more of the seasoning over them, and put in another lay of eels, repeating this method till you have put in all the eels : then place a few bay-leaves upon them, pour in as much vinegar as is convenient with the like quantity ; cover the pan with brown paper, and bake them ; then pour off the liquor, and take as much clarified butter as will cover them, pour it upon them, and lay them by for use.

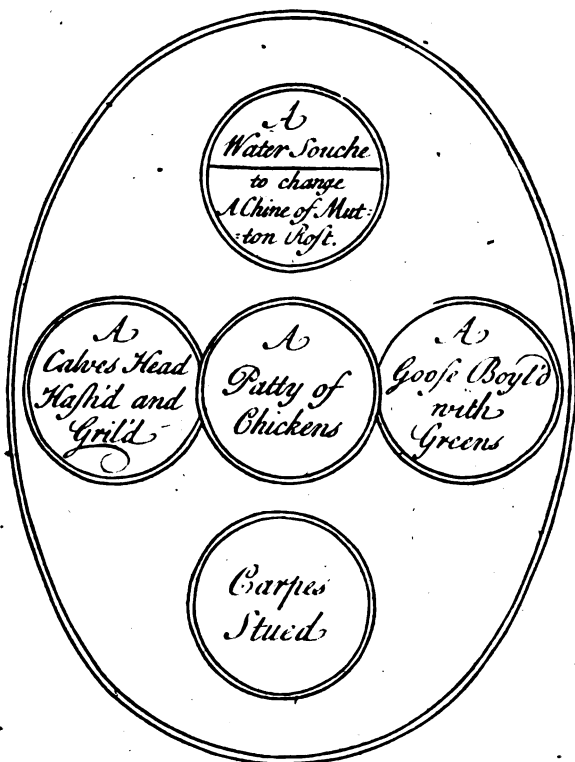
To boil a leg of veal and bacon.

LARD the veal over with large lardoons of bacon, and lemon-peel ; boil it with a piece of middling bacon ; when the bacon is boil'd enough, cut it in slices ; put the veal into a dish, and lay the bacon round it ; serve it up with green sauce in saucers,

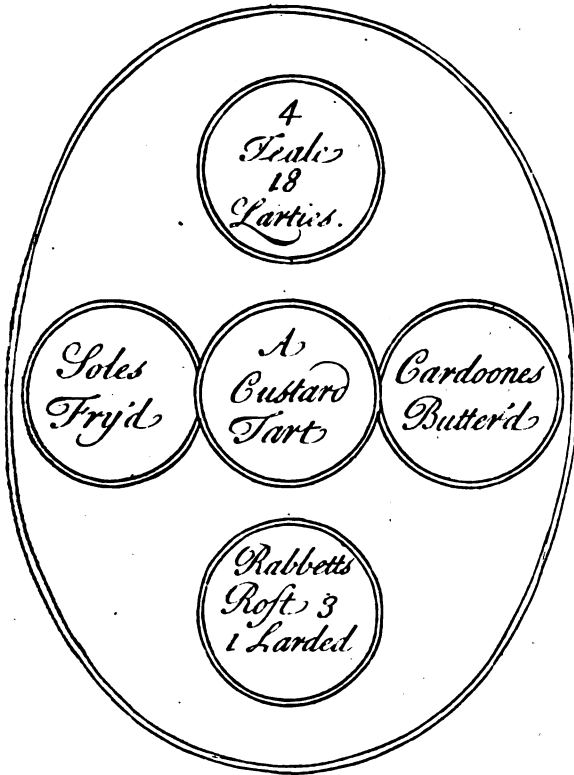
FEBRUARY.

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First Course



Second Course



saucers, which is made thus: Beat two or three handfuls of sorrel in a mortar, with two pippins quarter'd, and put vinegar and sugar to it.

To make collar'd beef.

TAKE a flank of beef, salt it with white salt, and let it lie forty-eight hours; then wash it, and hang it in the wind to dry twenty four hours; then take pepper, salt, cloves, mace and nutmegs, and salt-petre, all beaten fine, and mix them together, and rub it all over the inside, and roll it up hard, and tye it fast with tape; put it in a pan with a few bay-leaves, and four pounds of butter, and cover the pot with rye-paste, and bake it with household bread.

Oyster loaves.

TAKE a quart of middling oysters, and wash them in their own liquor; then strain them through a flannel, and put them on the fire to warm; then take three quarters of a pint of gravy and put to the oysters, with a blade of mace, a little white pepper, a little horse-radish and a piece of lean bacon, and half a lemon; then stew them leisurely. Take three penny loaves, and pick out the crum clean; then take a pound of butter, and set on the fire in a saucepan that will hold the loaves, and when it is melted, take it off the fire, and let it settle; then pour off the clear, and set it on the fire again with the loaves in it, and turn them about till you find them crisp; then put a pound of butter in a frying-pan, and with a dredging box dust in flower till you find it of a reasonable thickness, then mix that and the oysters together; and when stewed enough take out the bacon, and put the oysters into the loaves; then put them into a dish, and garnish the loaves with the oysters you cannot get in, and with slices of lemon;

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and when you have thickned the liquor, squeeze in lemon to your taste; or your may fry the oysters with batter to garnish the loaves.

To make pomatum.

TAKE a new pipkin, and put in a quart of fresh oil of trotters, two ounces of sperma ceti, and two ounces of white wax; cut it small, and put them both in the oil; set it over a clear fire till the wax is melted, then pour it into a new pan, and take a quart of rose-water, and add to it, till it comes to a paste, and put it into pots for your use: half the quantity is enough to make at a time.

To roast a loin of veal.

SPIT it, and roast it; baste it with sweet butter; set a dish under it, with some vinegar, a few sage-leaves, and a little rosemary and thyme; let the gravy drop on these, and when the veal is roasted, let the herbs and gravy boil once or twice on the fire; serve it under the veal.

To fricassy a calf's head.

TAKE a calf's head, clean it, and boil it, then cut it into square pieces of the bigness of a walnut, put into it half a pint of its own liquor; then tofs it up with mushrooms, sweet-breads, and artichoke bottoms, cream, and yolks of eggs; season it with mace and nutmeg, squeeze in a lemon, and serve it up hot.

Calf's head hash'd.

CLEAN and boil your head enough, take half your head, and cut in thin slices; have a good ra-
goû

goû of forced-meat balls, morels, truffles, mushrooms, artichoke-bottoms, veal sweet-breads, throw in your slices, season your ragoû, a faggot of thyme and parsley, a bit of garlick, and squeeze a lemon in it, but scum it well; for the other half head score it like diamonds cross-and-cross, season it with pepper and salt, then rub it over with a yolk of an egg, then strew some crums of bread over it, and broil it, pour your hash in your dish, and lay the half head in the middle, the brains after set off and cut in slices, you must egg and flour, and fry, to lay round; you must fry some bacon, and lay round with sliced lemon.

To make gravy-soup.

CUT some bacon, veal, and buttock of beef in slices; carrots, turneps, onions; put these in a pan well seasoned, cover this close, set it over a fire-draught, fill it thick, then fill it up with your stock for brown soups.

To hash a lamb's neck.

BOIL the head and neck at most a quarter of an hour, the heart five minutes, and the lights half an hour, the liver boil'd or fry'd in slices (but not hash'd) slice all the rest very thin, put in the gravy that runs from it, and a quarter of a pint of the liquor they are boiled in, a few spoonfuls of walnut-liquor, or a little elder-vinegar, a little ketchup, pepper, salt, and nutmeg, the brains a little boil'd and chopt, with half a spoonful of flour and a piece of butter as big as a walnut mixed up with them; but before you put in the butter, put in four middling cucumbers slic'd thin and stew'd a little time, or you may fry them in butter before you put them into the hash, and shake them up together; but they are excellent

good if only stew'd : at the time of the year green gooseberries scalded, and in grape-time green grapes to strew on the top.

To make a savoury dish of veal.

CUT large collops out of a leg of veal, spread them abroad on a dresser, hack them with the back of a knife, and dip them in the yolks of eggs, and season them with cloves, mace, nutmeg, salt, pepper ; then make forc'd-meat with some of your veal, and beef-suet, and oysters chopt, sweet-herbs shred fine, and the aforesaid spice, and strew all these over your collops ; roll and tie them up, and put them on skewers, and tie them to a spit, and roast them ; and to the rest of your forc'd-meat add the yolk of an egg or two, and make it up in balls, and fry them, and put them in the dish with your meat when roasted ; and make the sauce with strong broth, an anchovy, and an eschalot, and a little white-wine and spice ; let it stew, and thicken it up with butter.

To roast a rump of beef.

LET your beef lie two days in salt, then wash it, and lay it one hour in a quart of red wine and a pint of elder vinegar, with which baste the beef very well while it is roasting ; then take two pallats well boiled sliced thin ; make your sauce with burnt butter, gravy, mushrooms, oysters ; to which add the pallats, and serve it up.

For chickens roasted.

TAKE the gravy, and the juice of oranges, and a little cinnamon, or pepper very finely beaten or sifted ; lay some slices of manchet, curiously carv'd, round the dish ; lay the chickens in the sauce, and garnish with lemons thinly slic'd, parsley and barberries.

To

To broil mackrel.

Y O U may split them, or broil them whole, pepper and salt them; for sauce scald some mint and fennel, chop them small; then melt some butter, and put your herbs in: you may scald some goosberries, and lay over your mackrel.

To make cray-fish soup.

B O I L off your cray-fish, take the tails out of the shells; then roast a couple of lobsters, beat these with your cray-fish shells, put this into your fish-stock, with some crusts of French-rolls; then rub this thro' a tammy, and then put your tails into it. You may force a carp, and put in the middle, if you please, or force some of the shells, and stick on a French-roll.

Green pease soup.

T A K E some veal and mutton, and make a stock, boil off some old peas in your stock; then get young peas boiled off by themselves; strain off your stock, scald off a handful of spinage; rub them through a tammy or sieve, with your young and old peas.

To pickle cucumbers in slices.

T A K E thirty large cucumbers, cut them in slices, but not too thin; put them in a broad pan, and lay with them some small onions peel'd; let them stand twenty-four hours; then put them into a cullender to drain; boil two quarts of vinegar, with whole pepper, large mace, and ginger; put the cucumbers into a jar, and pour the pickle boiling hot upon them, stop them very close that moment; set them by for two days, and then boil the pickle again, as before, till they are green'd.

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Note,

Note, That they keep best unpar'd, and the whole small onion may be kept in the pickle with them.

To roast pike or mackrel.

TAKE one large pike, or four large mackrel, draw and wash them clean, make the seasoning of four anchovies, a pint of oysters, or shrimps, nutmegs, cloves and mace, a little parsley, an onion, or shallot, if you like it; shred and grate all these very small, and mix it up with full half a pound of good butter; fill the bellies of the fish with this seasoning, and strew some on the outside of them; with flat large skewers and a broad tape, tie them on to the spit, baste it as it roasts with claret or butter (I prefer the last;) let your sauce be wine, oister-liquor, anchovy, spice, butter, and vinegar, which is always to be the last ingredient; when you stir in your butter, take care you stir in no more flour than will make it mix well, because the seasoning thickens it.

To stew carp white.

SCALE them, gut and cleanse them, save the roes and milts, then stew them in some good white broth; season them with cloves and mace, salt, and a faggot of herbs, onion, anchovies, and white-wine; and when they are stewed enough, thicken the sauce with the yolks of five eggs, and pass off the roes, and dip them in yolks of eggs and flour, and fry them with some sippets of French bread; then fry a little parsley, and when you serve them up, garnish the dish with the roes, parsley, and sippets.

A bisk of fish.

TAKE any sort of fish, clean it well, and steep it in white-wine-vinegar, a handful of salt, whole
spice,

spice, a bunch of sweet herbs, a few whole onions, and a lemon shred ; cover the fish with these ingredients ; and let them stand almost an hour ; then put them all together into a pot, and when they are half boiled, add some boiling water to it, to make the fish firm ; then fry some of the other in hot liquor ; make a sauce with oysters, shrimps, mushrooms, capers, a bundle of sweet herbs, two anchovies, two whole onions stuck with cloves, the yolks of eggs, the juice of a lemon, nutmeg and horse-radish scrap'd, intermixt with butter ; draw it up very thick, then dish your fish, and run over the sauces. Garnish your fry'd fish with parsley, horse-radish, and slic'd lemon.

To roast a haunch of venison.

MAKE up a substantial fire before you lay it down, then baste and flour it, and with very fine skewers fasten a piece of veal-cawl over the fat part ; if that cannot be had, the white of an egg, or paper well butter'd will serve. A haunch of twelve pounds weight will take up three full hours to be well soak'd : your sauce must be gravy, with a great deal of claret in it ; the fashionable sweet sauce is jelly of currans made hot. What was formerly used, was a pap-sauce made of white bread boil'd in claret, with a large stick of cinnamon, and when boil'd till smooth, take out the cinnamon, and add sugar. It is difficult to give general rules about roasting and boiling, because cooks are apt to neglect a fire, and not mind the distance, that it may neither scorch nor pawl ; but as to time, I will venture to say, that, allowing a quarter of an hour to every pound of meat, at a steady fire, your expectations shall hardly ever fail, from a fowl to a sirloin of the largest ox. And the same method may be followed in boiling.

A very pretty way to eat cold boil'd beef.

SLICE it as thin as it is possible, slice also an onion, or a shallot, and squeeze on it the juice of a lemon or two, then beat it between two plates, as you do cucumbers; when 'tis very well beaten, and tastes sharp of the lemon, put it into a deep *China* dish, pick out the onion, and pour on oil, shake in also some shred parsley, and garnish with sliced lemon; 'tis very savoury and delicious.

To collar eels.

TAKE large silver eels, scour them with salt, slit them down the back, and take out the bones, wash and dry them, and season them with spice, parsley shred, thyme, sage, and an onion; then roll each of them in collars, in a little cloth; tie them close, and boil them in water and salt, with the heads and bones, and a faggot of herbs; when they are tender, take them up, and tie them close again; strain the pickle, and put them into it.

An artichoke pye.

TAKE the bottoms of six or eight artichokes boil'd and sliced; season them with spice, and mix with them the marrow of three bones, upon these lay some dates, yolks of hard eggs, citron and mace; then cover these with butter; bake, and pour in hot wine and sugar.

For green geese.

STAMP sorrel, white-bread, and some slices of pippens, or such hard apples; put a little vinegar and sugar to them, then press out the liquid part, and serve it up in saucers. Garnish with parsley, marigold flowers, and some slices of oranges or lemons. Or for sauce, take the juice of sorrel, scald-
ed

ed gooseberries, and sugar, serv'd on sippets, with sugar and butter.

A lemon pudding.

TAKE a quarter of a pound of almonds, blanch them, and beat them very fine, with orange-flower water, or fair water will do, to keep them from oiling as they beat; when they are fine, put in half a pound of butter, three quarters of a pound of fine sugar; then beat it again, and grate in the rinds of two large lemons, and squeeze in the juice of one, and beat it again; put in the yolks of twelve eggs, well beaten, mix it again extremely well; put a puff-paste at the bottom of the dish; put the pudding in, and cover it with a puff-paste; three quarters of an hour will bake it; take care your oven be not so hot to scorch it: 'tis a most delicate pudding, and a very exact and certain way for either orange or lemon.

An orange pudding.

BOIL a quart of cream, and when 'tis cold, put to it the whites of seven eggs new laid, that they may be beat to a froth, blanch five ounces of fine *Jordan* almonds, and beat them small, with a little orange-flower water, then mix them with your cream, and whites of eggs; make it pretty sweet with fine powder sugar, then lay on the top some thin slices of orange, lemon, and citron-peel neatly cut; take care to bake it in a cool oven, for when the crust is bak'd, 'tis enough; you are to lay a thin crust in the dish, before you pour it in, and garnish the brim with the same: this is as delicate a pudding as can be made, and not very expensive.

To make lumber pye.

RAISE your crust, then fill it with minced-meat, such as minced-pyes, only chop some spinage, and mix with it; lay on the top citron, orange-peel, damsons,

fins, white plums, hard eggs; when it is baked make a white-wine caudle, and put into it; which is made thus:

H A L F a pint of white-wine, a quarter of a pint of verjuice, some sugar and nutmeg, the yolks of four eggs beaten; stir this over the fire till it thicken; pour this into your pye.

A chicken pye.

T A K E six small chickens, put into them a piece of butter rolled up in sweet spice; season them, and put them into the pye, with the marrow of two bones, with a few currans and raisins of the sun stoned, a few skirrets boil'd and blanch'd, dates, candied lemon and dried citron, preserved barberries, sliced lemon, large mace and butter; close it, bake it; and when it is taken out of the oven, make a caudle of white-wine, verjuice and sugar, beat up with the yolks of three or four eggs; set them on the fire, and keep stirring till it is thick; then put it in, and shake it; scrape sugar upon it, and serve it up.

Marrow-pudding.

T A K E a quart of cream, or new milk, put to it four ounces of biscuit, twelve eggs, nutmeg, salt, the marrow of two bones; season it with a little sugar, put in two ounces of currans, set it softly on the fire, then let it cool, and bake it in puff-paste; cut some candied orange-peel on the top, and some bits of marrow.

To make a pigeon pye.

M A K E a puff-paste crust, cover your dish, let your pigeons be very nicely picked and cleaned, season them with pepper and salt, and put a good piece of fine fresh butter with pepper and salt in their bellies; lay them in your pan, the necks, gizzards, livers,

livers, pinions and hearts lay between, with the yolk of a hard egg and a beef steak in the middle; put as much water as will almost fill the dish, lay on the top crust, and bake it well. This is the best way to make a pigeon pye; but the French fill the pigeons with a very high force-meat, and lay force-meat balls round the inside, with asparagus tops, artichoke bottoms, mushrooms, truffles and morels, and season high; but that is according to different palates.

To make a gibblet pye.

T A K E two pair of gibblets nicely cleaned, put all but the liver into a sauce-pan, with two quarts of water, twenty corns of whole pepper, three blades of mace, a bundle of sweet herbs, and a large onion. Cover them close, and let them stew very softly till they are quite tender; then have a good crust ready, cover your dish, lay a fine rump-steak at the bottom, seasoned with pepper and salt; then lay in your gibblets with the liver, and strain the liquor they were stewed in; season it with salt, and pour into your pye, put on the lid, and bake it an hour and half.

To make mutton broth.

T A K E a neck of mutton about six pounds, cut it in two, boil the scraig in a gallon of water, skim it well, then put in a little bundle of sweet herbs, an onion, and a good crust of bread. Let it boil an hour, then put in the other part of the mutton, a turnip or two, some dried marigolds, a few chives chopped fine, a little parsley chopped small; put these in about a quarter of an hour before your broth is enough; season it with salt; or you may put in a quarter of a pound of barley, or rice at first. Some love it thickened with oatmeal, and some with bread; and some love it seasoned with mace, instead
of

of sweet herbs and onion. All this is fancy and different palates. If you boil turnips for sauce, don't boil all in the pot, it makes the broth too strong for them, but boil them in a sauce-pan.

To make an oatmeal pudding.

GET a pint of oatmeal once cut, a pound of suet shred fine, a pound of currans, and half a pound of raisins stoned; mix all together well with a little salt, tie it in a cloth, leaving room for the swelling.

A sweet-bread pye.

TAKE two or three sweet-breads, cut them the bigness of half a crown; cut artichoke-bottoms boil'd tender; take out all the skins from the sweet-breads, take truffles and morels, boil them in a little gravy, put in some mushrooms and palates boil'd tender, and cut in pieces with oysters; season the sweet-breads with salt and pepper; put in three yolks of eggs boil'd hard; let these ingredients lie in your dish, with three spoonfuls of water; put puff-paste in the dish, and cover it with the same when it comes out of the oven; take white gravy with a little white-wine boil'd well, cut the lid transversly; take out some of the quarters, and pour in the liquor; send it to the table with the quarters cut out.

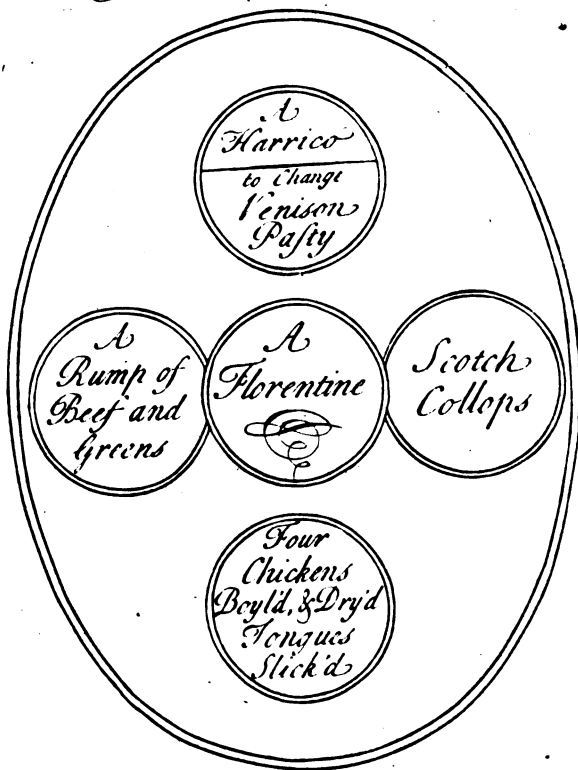
A pigeon pye.

TRUSS and season the pigeons with savoury spice, lard them with bacon, and stuff them with forced meat, and put them into the pye, with the ingredients for savoury pyes, and butter, and close up the pye; and when it is baked, make a lear.

A lamb-pye.

TAKE a hind quarter of lamb, cut it into thin slices; season them with savoury spice, and lay them into the pye, with a hard lettuce, artichoke-bottoms, the

MARCH.

First Course

Second Course

Three
Ducklins

Poft
Sweetbread

A
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Elas
Poffed

Two
Goflings

the tops of one hundred asparagus ; cover them with butter, and close the pye ; and when it is baked, pour a leas into it.

A lumber pye.

TAKE a pound and half of fillet of veal, and mince it with an equal quantity of beef suet ; season it ; add five pippens, a handful of spinage, a hard lettuce, thyme and parsley ; mix with it a penny white loaf grated, the yolks of two or three eggs, canary, and orange-flower-water, a pound and a half of currans, and preserves, as in the chicken pye.

Directions for dressing fish.

OBSERVE always in the frying of any sort of fish ; first, that you dry your fish very well in a clean cloth, then flour it. Let your stew-pan you fry them in be very nice and clean, and put in as much beef-dripping, or hog's lard, as will almost cover your fish ; and be sure it boils before you put in your fish. Let it fry quick ; and let it be a fine light-brown, but not too dark a colour. Have your fish-slice ready, and if there is occasion turn it ; when it is enough, take it up, and lay a coarse cloth on a dish, on which lay your fish to drain all the grease from it : if you fry parsley, do it quick, and take great care to whip it out of the pan so soon as it is crisp, or it will lose its fine colour. Take great care that your dripping be very nice and clean.

Some love fish in batter ; then you must beat an egg fine, and dip your fish in just as you are going to put it in the pan ; or as good a batter as any, is a little ale and flour beat up, just as you are ready for it, and dip the fish, so fry it.

A crawfish soup.

TAKE a gallon of water, and set it a boiling ; put in it a bunch of sweet herbs, three or four blades
of

of mace, an onion stuck with cloves, pepper and salt; then have about two hundred crawfish, save out about twenty, then pick the rest from the shells, save the tails whole, the body and shells beat in a mortar, with a pan of peas, green or dry, first boiled tender in fair water; put your boiling water to it, and strain it boiling hot through a cloth, till you have all the goodness out of it; then set it over a slow fire or stew-hole, then have ready a French-roll, cut very thin, and let it be very dry, put it to your soup, let it stew till half is wasted, then put a piece of butter as big as an egg into a sauce-pan, let it simmer till it has done making a noise, then shake in two tea-spoonfuls of flour, stirring it about, and an onion; put in the tails of the fish, give them a shake round, put to them a pint of good gravy, let it boil four or five minutes softly, take out the onion, and put to it a pint of the soup, stir it well together, and pour it into your soup, and let it simmer very softly a quarter of an hour. Fry a French-roll very nice and brown, and the twenty crawfish, pour your soup into the dish, and lay the roll in the middle, and the crawfish round the dish.

Fine cooks boil a brace of carp and tench, and may be a lobster or two, and many more rich things to make a craw-fish-soup; but the above is full good, and wants no addition.

Another goose pye.

PARBOIL and bone the goose; season it with salt and pepper, and put it into a deep crust, with a quantity of butter; bake it well, and fill it up at the vent-hole with melted butter, and serve it up.

A carrot-pudding.

TAK E raw carrots, scrape them clean, grate them, and to half a pound of carrot put a pound of grated bread,

bread, a nutmeg, a little cinnamon, and salt; half a pound of sugar, and half a pint of sack, twelve eggs, a pound of butter melted, and as much cream or new milk as will mix it well together; stir and beat it well, and put it into a dish, with puff-paste at the bottom, and bake it.

An orange-pudding.

TAKE the rinds of two Seville-oranges, the yellow part only; grate them, and boil them as a flossendine of oranges and apples; and season them as the carrots.

A tansy.

TAKE twenty yolks and eight whites of eggs, beat them well, and strain them into a quart of thick cream; one nutmeg, and three Naples biscuits grated, as much juice of spinach, with a little tansy; sweeten it to your palate; you must butter the dish, and butter a sheet of paper, and put in your dish, or it will not come out; and set it in an oven fit to bake custards; watch it, and when it is done, take it out, and turn it on a pye-plate; scrape sugar, and squeeze orange over it: Garnish the dish with orange and lemon, and serve it up.

To make a marrow pudding.

TAKE a quart of cream, and three Naples biscuits, a nutmeg grated, the yolks of ten eggs, the whites of five well beat, and sugar to your taste; mix all well together, and put a little bit of butter in the bottom of your sauce-pan, then put in your stuff, and set it over the fire, and stir it till it is pretty thick, then pour it into your pan, with a quarter of a pound of currans, that have been plumped in hot water, stir it together, and let it stand all night. The next day put some fine paste and lay at the bottom of your dish, and round the edges;

D

when

when the oven is ready, pour in your stuff, and lay long pieces of marrow on the top. Half an hour will bake it. You may use the stuff when cold.

A boiled fuet pudding.

TAKE a quart of milk, a pound of fuet shred small, four eggs, two spoonfuls of beaten ginger, or one of beaten pepper, a tea spoonful of salt, mix the eggs and flour with a pint of the milk very thick, and the seasoning mix in the rest of the milk and the fuet. Let your batter be pretty thick, and boil it two hours.

A boiled plum-pudding.

TAKE a pound of fuet cut in little pieces, not too fine, a pound of currans, and a pound of raisins stoned, eight eggs, half the whites, the crum of a penny-loaf grated fine, half a nutmeg grated, and a tea-spoonful of beaten ginger, a little salt, a pound of flour, a pint of milk; beat the eggs first, then half the milk, beat them together, and by degrees stir in the flour and bread together, then the fuet, spice and fruit, and as much milk as will mix it all well together very thick; boil it five hours.

To stew giblets.

TAKE the giblets clean pick'd and wash'd, the feet skinn'd and bill cut off, the head cut in two, the pinion bones broke into two, the liver cut in two, the gizzard cut into four, the pipe pull'd out of the neck, the neck cut in two: put them into a pipkin with half a pint of water, some whole pepper, black and white, a blade of mace, a little sprig of thyme, a small onion, a little crust of bread, then cover them close, and set them on a very slow fire. Wood embers is best. Let them stew till they are quite tender, then take out the herbs and onion, and pour them into a little dish. Season them with salt.

To

To broil mackrel.

CLEAN them, cut off the heads, split them, season them with pepper and salt, flour them, and broil them of a fine light brown. Let your sauce be plain butter.

To make excellent black puddings.

TAKE oatmeal a little ground; grate to every quart of it a half-penny stale white loaf; soak these in milk a night, then in the hog's blood warm twelve hours; after which mince your fat or lard small, mingle and stir them to a proper thickness; then mince penny-royal, white-favoury, and such other proper sweet herbs as the season will afford, and stir them together; season them with a sprinkling of salt, and fill the guts with them, tying them at what convenient lengths you please; and when you have boil'd them, hang them up in a dry loft, near the chimney, to keep them from moistness or mouldying.

White-puddings, the best way to make them.

GRATE fine manchet, sprinkle a little flour on it, and beat a small quantity of mace and nutmeg; steep these in as much milk as they will thicken like pap; then to every quart of this put a quarter of a pound of currans, and four ounces of almonds, chopt marrow and sugar; mix them well together, and put them into fine thin guts, well clean'd, and rinsed in warm water; tie them up as the former, and keep them in dry boxes when boil'd.

Savoury balls.

TAKE part of a leg of lamb or veal, chop it fine, with the like quantity of beef-suet minced, a little lean bacon, sweet herbs, a shallot, and anchovies; put some grated bread and eggs, and mix it; beat them in a mortar till they are as smooth as wax;

D 2

season

season with savoury spice, and make it up into little balls.

Fish sauce with lobster.

FOR salmon or turbot, broiled cod or haddock, &c. nothing is better than fine butter melted thick, and take a lobster, bruise the body of the lobster in the butter, and cut the flesh into little pieces, stew it all together, and give it a boil. If you would have your sauce very rich, let one half be rich beef gravy, and the other half melted butter with the lobster; but the gravy, I think, takes away the sweetness of the butter and lobster, and the fine flavour of the fish.

To make shrimp sauce.

TAKE a pint of beef gravy, and half a pint of shrimps, thicken it with a good piece of butter rolled in flour; let the gravy be well seasoned, and let it boil.

To make oyster sauce.

TAKE half a pint of large oysters, liquor and all; put them into a sauce-pan, with two or three blades of mace, and twelve whole pepper-corns; let them simmer over a slow fire, till the oysters are fine and plump, then carefully with a fork take out the oysters from the liquor and spice, and let the liquor boil five or six minutes; then strain the liquor, wash out the sauce-pan clean, and put the oysters and liquor in the sauce-pan again, with half a pint of gravy, and half a pound of butter just rolled in a little flour. You may put in two spoonfuls of white wine, keep it stirring till the sauce boils, and all the butter is melted.

To make anchovy sauce.

TAKE a pint of gravy, put in an anchovy, take a quarter of a pound of butter rolled in a little flour,
 stir

for all together till it boils. You may add a little juice of lemon, catchup, red wine, and walnut liquor, just as you please.

Plain butter melted thick, with a spoonful of wall-nut-pickle, or catchup, is good sauce, or anchovy : In short, you may put as many things as you fancy into sauce; all other sauces for fish you have in the *Lent* chapter.

To make kickshaws.

MAKE puff-paste, roll it thin, and if you have any moulds, work it upon them, make them up with preserved pippins. You may fill some with gooseberries, some with raspberries, or what you please; then close them up, and either bake or fry them; throw grated sugar over them, and serve them up.

A custard.

TAKE a quart of cream, or new milk, and a stick of cinnamon, four laurel leaves, and some large mace; boil them all together; take twelve eggs, beat them well together, and mix them with sugar and canary, till a white scum arises; skim it off: then, the coffins being first dried in an oven, fill them.

Cheese-cakes.

TAKE the curd of a gallon of milk, three quarters of a pound of fresh butter, two grated biscuits, two ounces of blanch'd almonds pounded, with a little sack and orange-flower-water; half a pound of currans, and seven eggs, spice and sugar; beat it up with a little cream, till it is very light; then fill your cheese-cakes.

Orange cheese-cakes.

TAKE half a pound of jordan-almonds; beat them very fine, and put to them a little sack, or

orange-flower-water, lest they turn to oil ; the yolks of eight eggs, and three whites ; three quarters of a pound of melted butter, and the rinds of two Seville-oranges grated and well beaten : Mix these all together, and sweeten it to your taste. The oven must be as quick as can be, without burning them : A very little time will bake them.

To make little cakes.

TAKE two pounds of fine flour, one pound and half of butter, the yolks of five or six eggs, one pound and half of sugar, six spoonfuls of rose-water, nine spoonfuls of sack, three spoonfuls of caraway-seeds, two nutmegs, one pound of currans ; beat your batter with your hand, till it is very thin ; dry your flour well ; then put in your sugar, caraway-seeds, and nutmegs being finely grated ; afterwards put them all into your batter with your eggs, sack, and rose-water : mingle them well together ; then put in your currans ; let your oven be pretty hot, and they will be bak'd in less than a quarter of an hour, or as soon as they are colour'd a little.

To make furmity.

TAKE a quart of ready-boiled wheat, two quarts of milk, a quarter of a pound of currans clean picked and washed ; stir these together and boil them, beat up the yolks of three or four eggs, a little nutmeg, with two or three spoonfuls of milk, add to the wheat ; stir them together for a few minutes. Then sweeten to your palate, and send it to table.

To make plum porridge or barley gruel.

TAKE a gallon of water, half a pound of barley, a quarter of a pound of raisins clean washed, a quarter of a pound of currans clean washed and picked. Boil these till above half the water is wasted,
with

with two or three blades of mace. Then sweeten it to your palate, and add half a pint of white wine.

To make butter'd wheat.

PUT your wheat into a sauce-pan, when it is hot, stir in a good piece of butter, a little grated nutmeg, and sweeten to your palate.

To make salamongundy.

TAKE two or three Roman cabbage lettuces, and when you have washed them clean, swing them pretty dry in a cloth; then beginning at the open end, cut them cross-ways, as fine as a good big thread, and lay the lettuces so cut, about an inch thick all over the bottom of a dish. When you have thus garnished your dish, take a couple of cold roasted pullets, or chickens, and cut the flesh off the breast and wings into slices, about three inches long, a quarter of an inch broad, and as thin as a shilling; lay them upon the lettuce round the end to the middle of the dish, and the other towards the brim; then having boned and cut six anchovies, each into eight pieces, lay them all between each slice of the fowls, then cut the lean meat off the legs into dice, and cut a lemon into small dice; then mince the yolks of four eggs, three or four anchovies, and a little parsley, and make a round heap of these in your dish, piling it up in the form of a sugar-loaf, and garnish it with onions, as big as the yolks of eggs, boiled in a good deal of water very tender and white. Put the largest of the onions in the middle on the top of the salamongundy, and lay the rest all round the brim of the dish, as thick as you can lay them; then beat some sallad-oil up with vinegar, salt and pepper, and pour over it all. Garnish with grapes just scalded, or French beans blanched, or station flowers, and serve it up for a first course.

To make light sugar cakes.

TAKE one pound of searced sugar, and almost a pound of butter; work them together a quarter of an hour with your hands; then beat it half an hour with a slice; afterwards take six eggs, leaving out two of the whites; four spoonfuls of rose-water: beat all these together three quarters of an hour; then put in one pound of fine flour well dry'd, and work them all together; after which, your oven being ready, butter your tin pans; then bake them less than half an hour; when they are put in, if you please, candy them over with a little rose-water, and sugar, warmed together.

To make apricot-chips.

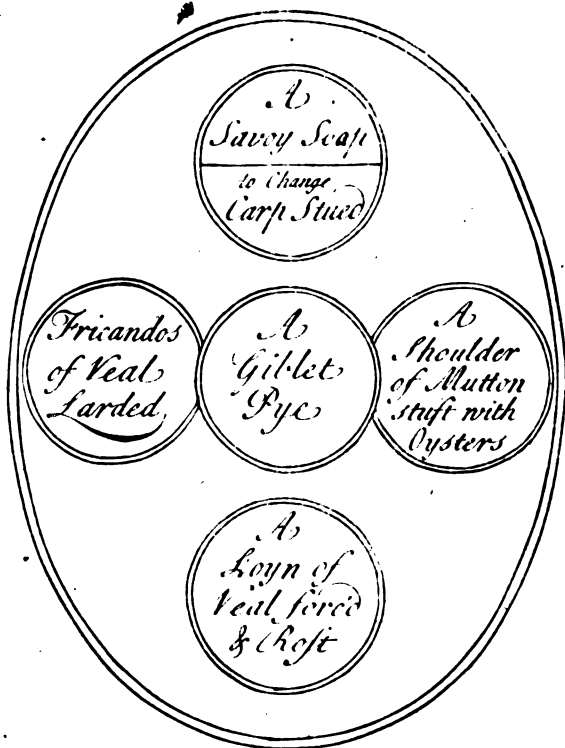
TAKE half a pound of apricots, cut in slices, but not too thin; then take half a pound of double-refin'd sugar; put them to a very little water, set them on the fire, and let them boil very fast, till they are clear; then let them stand in, till they are half cold; afterwards take them gently out of that syrup, and put them into a clean bason, or dish that is not too big; then strew half a quarter of fine searced sugar upon them in every place, and so let them stand until the sugar be dissolved, not setting them on the fire again; afterwards take them out with a bodkin, for fear of breaking; and lay them upon glass plates; set them into the stove; and as they dry, turn them on the other side.

To make a plum-cake.

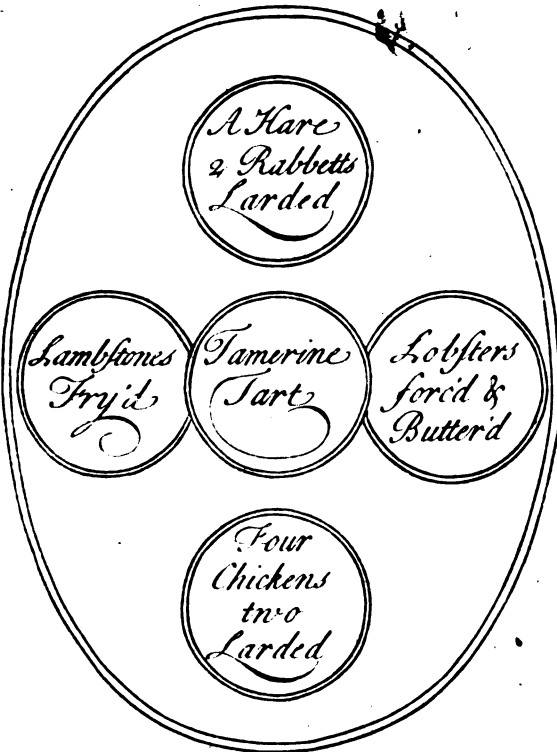
TAKE three pounds of flour, and a little ale-yest, a pint of milk, a pound of sugar, a pound of butter, and a little spice; make it into dough, before you put in the plums; work in as many plums as you please.

To

A P R I L.

First Course

Second Course



To make mango of large cucumbers.

YOU must scrape out the seeds and cores, and put into them whole pepper and other spice, and a clove of garlick; then tie them close, and put them into salt and water twenty hours, then wipe them dry; boil as much vinegar as will cover them, but the vinegar must be with spice, and pour'd on scalding hot.

Mutton cutlets from Pontack's.

TAKE a handful of grated bread and a little thyme and parsley and lemon-peel shred very small with some nutmeg, pepper, and salt; then take a loin of mutton, cut it into steaks, and let them be well beaten; then take the yolks of two eggs: rub all over the steaks. Strew on the grated bread with these ingredients mixt together. Make your sauce of gravy, with a spoonful or two of claret and a little anchovy.

Veal cutlets from Pontack's.

TAKE a neck of veal, cut it into steaks fry'd in butter. Boil the scrag to strong broth, two anchovies, two nutmegs, some lemon-peel, penny-royal and parsley shred very small; burn a bit of butter, pour in the liquor and the veal cutlets with a glass of white wine, toss them up all together. If it be not thick enough, flour a bit of butter and throw in. Lay it into the dish. Squeeze an orange over, and strew salt as much as will relish.

Another way to pickle artichokes.

CUT off the stalks within two inches of the head, making a strong liquor of them, by boiling them in water and salt; and when it is cold, put in the artichokes, and keep them close from the air. When you use them, lay them in warm water, and then in cold

cold, to take off the bitterness; it is best to slice the stalks before you boil them.

To make mango of large cucumbers.

SCRAPE out the seeds and cores, and fill them with whole pepper, and other spice, and a clove of garlick; then tye them close, and put them into salt and water twenty hours; after which wipe them dry; boil as much vinegar with spice as will cover them, and pour it on scalding hot.

To pickle samphire.

PICK it, and lay it in a strong brine of water and salt cold; let it lie twenty-four hours, then make it boil once on a quick fire, and instantly pour it on the samphire. After it has stood twenty-four hours, make it just boil again on a quick fire, and let it stand till cold, when it must be untopt, and taken up to drain. When this is done, lay it in a pot, and let the pickle settle, and cover it with the clear of it. Let it be put in a cool dry place; and if the pickle mothers, boil it once a month, and when cold put the samphire to it.

Fish balls.

TAKE carp and eels, mince them fine, mix them together, with the like quantity of suet, sweet herbs, and savoury spice, grated bread and eggs; beat them in a mortar, and make up into little balls.

To pickle cucumbers.

TAKE your cucumbers, and lay them in salt and water for nine days, and every three days you must pour the salt and water from them, and put in fresh, and when they have been thus brined for the time, take them out, and dry them very well; then take as much of the best vinegar as will cover them, with some cloves and mace, some ginger slic'd, some Jamaica

maica pepper, and a little dill-seed ; put the vinegar and spice over a quick fire, and when it is ready to boil put in your cucumbers, give them one boil up as quick as you can, then pour them into your pot, and cover them close. You must take care that you give them but one boil up. Keep them warm a day or two.

To pickle walnuts.

T A K E your walnuts when a pin will pass thro' them, put them in a pot, and cover them with vinegar ; change them once a week, for three weeks, then take some of the best vinegar, an ounce of mace, half an ounce of nutmeg slic'd, an ounce and a half of ginger slic'd, and an ounce and a half of long pepper bruis'd ; give this pickle a boil or two over the fire, pour it boiling hot over your nuts, and cover them close ; then in four days boil your liquor again, and pour it over your nuts as before ; so you must do three times, and they will keep three years good : 'tis much better than laying your nuts in salt and water.

To pickle mushrooms.

T A K E your mushrooms, and peel them ; then take them out of the water, and dry them ; put them in a sauce-pan, and put to them a good deal of salt, and some blades of mace and nutmeg quarter'd ; let them boil in their own liquor four or five minutes over a quick fire, then drain them from the liquor, and let them stand till they are cold ; then take all the spice that was us'd in the boiling them, and as much white wine, and white wine vinegar, as will cover them, and a little salt ; then give them a boil or two, and put them in your pot, and when they are cold put two spoonfuls of oil on the top to keep them. You must change the liquor once in six weeks.

To

To make French-bread.

BEAT two eggs with a little salt, lay to them half a pint of ale-yeast, or more, then put to it three pounds of fine flour, and put into it as much blood-warm milk as will make it soft and light; then make it into loaves or rolls, and when bak'd and cold, rasp or grate all the outside off, and then it is fit to set at table.

To make ketchup.

TAKE a pint of the best white-wine-vinegar, put it into a wide-mouth'd quart bottle; then take twelve or fourteen cloves of shallot, peel'd and bruis'd; put them into the vinegar; afterwards take a quarter of a pint, or more, of the strongest red or white-port; let it boil a little; then take twelve or fourteen anchovies, wash and bone them, and dissolve them in the wine; when cold, put them into the vinegar-bottle; take it and stop it close with a good cork, and shake it: take the same quantity of wine, or more, put into it a spoonful of white pepper, just crack'd or bruis'd; five, six, or seven races of ginger slit; half a spoonful of cloves bruis'd, five or six blades of large mace; boil them over the fire till they have receiv'd the strength of the spice; when almost cold, slice into it a couple of large nutmegs; when quite cold, put nine or ten bits of lemon-peel into it; put that also into the bottle; then take a piece of a large sound horse-radish-root, scrape it thin, and put it into the bottle; stop it close, and shake it well together; shake it once a day for ten days; after which time you may use it, two or three spoonfuls to a pound of butter, for fish-sauce. The same quantity use to a joint of roast mutton.

To

To pickle barberries.

T A K E water, and colour it with the bad barberries, and put in some salt; then boil it about half an hour; scum it; when it is cold, strain it on the barberries; press them close into the liquor, and cover them with leather.

To make black-caps.

T A K E a dozen and a half of pippins cut in two, and lay them with the flat sides downward; lay them single, but close to each other; pour the juice of lemons, and two spoonfuls of orange-flower water over them; shred lemon-peel very fine, and grate double-refin'd sugar over them.

To make custards.

T O a pint of cream, you must have eight eggs, and but two of the whites; put the cream into a sauce-pan to boil, and you must boil in it a piece of nutmeg, some mace, and a little cinnamon; let your cream boil till you think it has the flavour of the spice, then pour it into a pan, and let it stand till it is cool; you must make it pretty sweet with fine sugar, then put in your eggs, and strain it thro' a cloth or sieve.

A fine bread pudding.

T A K E three pints of milk, and boil it, and when it is boiled put to it a small nutmeg grated, more than a quarter of a pound of sugar, three quarters of a pound of butter, and when the butter is melted, pour it into a pan over eleven ounces of grated bread; cover it up, and when it is cold put to it ten eggs well beat; stir it well together, and butter a dish; pour it into your dish when it is just going into the oven. Three quarters of an hour will bake it.

Boil

Boil a piece of lemon-peel in the milk, and take it out again.

To make cheefe.

TAKE new milk, warm it a little, sweeten it to your taste with as much rose-water, or orange-flower water, as you please; then put a little runnet to it, and when the curd is come, take it up tenderly (so as not to break it) with a skimming-dish, and put it into rush baskets, made purposely for it, in which let it drain near a quarter of an hour; then serve them up with cream, or their own whey, as you please. The baskets must be first dipp'd in water, to prevent the curd from sticking to them.

A venison pasty.

BONE a side or a haunch of venison, cut it square, and season it with pepper and salt; make it up in your aforesaid paste; a peck of flour for a buck-pasty, and three quarters for a doe; two pounds of beef suet at the bottom of your buck-pasty, and a pound and half for a doe. A lamb-pasty is season'd as the doe.

To pickle mushrooms.

IN *August* or *September* gather your mushrooms, and with a knife peel off the uppermost skin; the great ones cut in quarters, and fling them into fair water as you do them; be sure you put in no worm-eaten ones: the button you may put in whole; the white are the best, and will look better colour'd than the red; then take them out of that water, and wash them in another clean water; afterwards take them out, put them into a dry skellet without any water, set them on the fire to boil, put in some salt, and let them boil in their own liquor till half the water is consumed, and they are as tender as you would have them; as the scum rises, take it off; then re-
move

move them from off the fire, and pour them into a colander, that the water may all drain from them ; after which, have a pickle ready boil'd, and cold again, made of the best white-wine-vinegar you can get ; put in a few cloves, mace, ginger, and whole pepper, when you boil it : when your mushrooms are cold, put them into the pickle ; tie them up close, and keep them for use.

To preserve currans.

PU T a layer of currans, and a layer of sugar, in a flat-bottom'd pan ; boil them till the syrup is pretty thick, scum them as they boil ; then take them off, and let them be cold before you put them into your glasses, which must then be close stop'd.

A brown fricassée of chickens.

TA K E chickens fresh kill'd, and skin them, cut them in pieces, and fry them in butter or lard ; when they are fry'd, take them out and let them drain, then make some balls of forced-meat, and fry them ; then take some strong gravy, a shallot or two, some spice, a bunch of sweet herbs, a little anchovy liquor, a glass of claret, some thin lean tripe cut with a jagging iron, to imitate cocks-combs ; thicken your sauce with burnt butter, then put in your chickens and toss them up together ; garnish it with fry'd mushrooms dipp'd in butter, or lemon slic'd, or parsley fry'd.

A brown fricassée of chickens and rabbits.

CU T them in pieces, and fry them brown in butter, then having a pint of gravy, a little claret, white wine and strong broth, two anchovies, two shiver'd pallates, a faggot of sweet herbs and savoury balls, and savoury seasoning ; thicken it with brown butter, and squeeze on it a lemon.

A

A white fricassée of the same.

CUT them in pieces, wash them from the blood, fry them on a soft fire, and put them into a frying-pan with a little strong broth; season them and toss them up; when it is almost enough, put to it a pint of cream, thicken it with a bit of butter roll'd up in flour.

A spring pye.

CUT a hind quarter of lamb to pieces, take four ounces of the lean, and make it into forc'd-meat as for the lumber pye; then make it into little balls, as big as nutmegs, and some about the length and bigness of your little finger; season the meat with cloves, mace, cinnamon, salt, and a little pepper; then lay in the meat, with some prunellas slit, and a little spinage and beet-leaves shred, but first butter the bottom of the pye; then put over it a pound, or less, of preserv'd citron or lemon, eringo-roots and barberries, and a lemon par'd and slic'd; then put in eight ounces of fresh butter on the top lid, baste it, and put in as for a chicken-pye.

To make hart's-horn jelly.

TAKE a pound of hart's-horn, two ounces of ivory shavings, and six quarts of spring water; boil it five or six hours, to three quarts; then put to it a pint of the juice of lemons, seven whites of eggs well beat, three quarters of a pound of double-refin'd sugar, and a little bit of allum.

To dry plums.

WASH the plums, and to every pound of plums put a pound of double-refin'd sugar; scald the plums, and take out the stones, and peel away the skins: lay the plums on a dry cloth; then wet the sugar a little, and put it on the fire; keep stirring it one way,
till

till it boils to sugar again. Take some of this sugar, and put it at the bottom of the preserving-pan, and lay the plums upon it, and strew the rest of the sugar upon them; let it stand till it is melted; then make it scalding hot (but suffer it not to boil) twice a day; and when the syrup is very thick, lay them on glasses to dry, and keep them always warm, sifting a little sugar over them till they are almost dry; wet the stones in the syrup, and dry them with sugar, and put them into the plums; and when they are quite dry, put them in boxes with papers between.

To make savoy biscuits.

TAKE eight eggs, part the yolks from the whites, beat your whites till they be very high; then put your yolks in with a pound of sugar; beat that for a quarter of an hour, and when your oven is ready, put in one pound of fine flour, and just stir it, till 'tis well mixt; lay your biscuits upon the paper, and ice them, which will be infallibly effectual: only take care your oven be hot enough to bake them speedily.

To bask a calf's head.

BOIL your calf's head almost enough, and when 'tis cold, cut the meat in thin slices clean from the bone, and put it into a stew-pan, with some strong broth, a glass of white-wine, some oysters and their liquor, a bunch of sweet herbs, two or three shallots, a nutmeg quarter'd, and let these stew on a slow fire till they are enough; then put in two or three anchovies, the yolks of four eggs well beaten, and a piece of butter, and thicken it up; then have ready fry'd some thin slips of bacon, some forc'd-meat balls, some large oysters dipp'd in butter; the brains first boiled and then fried, some sweet-breads cut in slices, some lamb-stones cut in rounds; then

E

put

put your hash in your dish, and the other things, some round and some on it. Garnish the dish with sliced lemon.

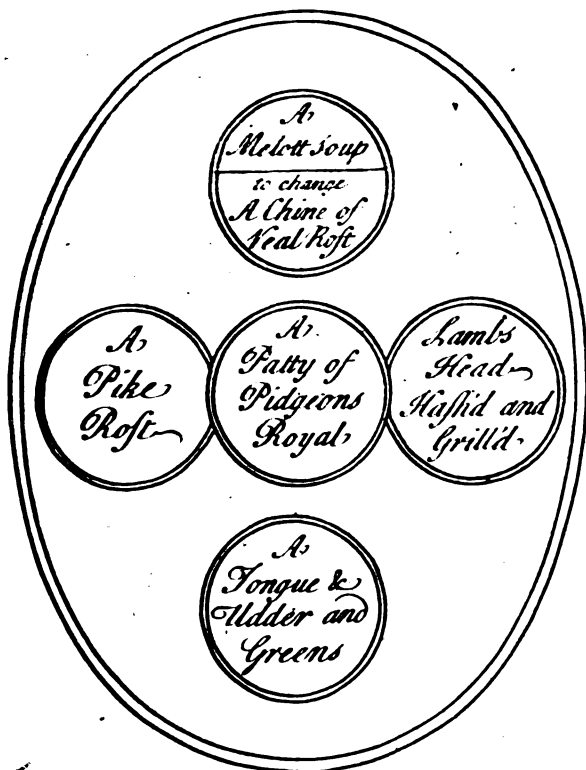
Africasse of ox-palates.

MAKE the gravy thus: take two pounds of beef, cut it in little bits, and put it in a sauce-pan, with a quart of water, some salt, some whole pepper, an onion, a shallot or two, two or three anchovies, a bit of horse-radish; let all these stew till it is a strong gravy; then strain it out, and set it by; then have ten or twelve ox-palates, boil them till they are tender, and peel them, and cut them in square pieces; then flay and draw two or three chickens, and cut them between every joint, and season them with a little nutmeg, salt, and shred thyme, and put them in a pan, and fry them with butter; when they are half fry'd, then put in half your gravy, and all your palates, and let them stew together, and put the rest of your gravy into a sauce-pan, and when it boils, thicken it up with the yolks of three or four eggs, beaten with a glass of white-wine, and a piece of butter, and three or four spoonfuls of thick cream; then pour all into your pan, shake it well together, and dish it up; garnish with pickled grapes.

To make fritters.

TAKE the yolks of seven eggs, and the whites of four, and beat them very well; half a pint of sack; a quarter of a pint of ale; half a pint of sweet cream; two or three spoonfuls of ale-yeast; a little beaten ginger; some mace; one nutmeg grated, and some sugar; then put in as much flour as will make the batter as thick as for wafers, and let them stand an hour: afterwards take some good pippins, pare them, and take out the cores; cut the apples thin all over, that they may lie in rings in the batter;

M A. Y.

First Course

Second Course

Turkey
Rolls
6.

Roast
Lobsters

A
Green
Apricock
Sart

Artichoke
Bottoms
with
Cream

Virgin
Pulletts
forc'd and
Roast

ter : when it is ready to be fry'd, season it with as much salt as will lie upon a knife's point ; then take the sliced apples, dip them in the cold batter ; and take beef-suet try'd, put it into a frying-pan ; and when the liquor is boiling-hot, put in the apples dipt in the batter, one by one, to the liquor, that they may not stick together ; fry them crisp.

To preserve golden-pippins.

To every pound of pippins put a pound of double-refin'd sugar, and a pint of clear spring-water ; set it on the fire, having first pared the pippins ; take the eyes and stalks out, put them into the sugar and water, cover them close, and boil them briskly half a quarter of an hour ; then let them cool, and boil them again as long as before ; repeat this two or three times, till they are very clear, when you may cover them close.

To stew carp.

T A K E two carps, scale and rub them well with salt, then cut them in the nape of the neck and round the tail, to make them bleed ; cut up the belly, take out the liver and guts, and if you please to cut each carp in three pieces, they will eat the firmer ; then put them in a stew-pan, with their blood, a quart of claret, a bunch of sweet-herbs, an onion, one or two shallots, a nutmeg, a few cloves, mace, whole pepper ; cover them close and let them stew till they be half enough ; then turn them, and put in half a pound of fresh butter, four anchovies, the liver and guts, taking out the gall, and let them stew till they are enough ; then beat the yolks of five or six eggs, with a little verjuice, and by degrees mix it with the liquor the carp was stewed in : just give it a scald to thicken it, then put your carp in a dish, and pour this over it ; garnish the dish with sliced lemon.

To pot beef.

TAKE a good buttock of beef, and cut out the bone, and lay it flat, and slash it in several places ; then salt it well, and let it lie in the salt three days ; then take it out, and let it lie in running water with a handful of salt three days longer ; then take it out, dry it with a cloth, and season it with pepper, salt, nutmeg, cloves, mace, and two ounces of salt-petre finely beaten ; then shred two or three pounds of beef-suet, and one pound in lumps, and three pounds of butter, put some in the bottom of the pot you bake it in ; then put in your beef and the rest of the butter and suet on the top ; cover your pot over with coarse paste, and set it in all night with household-bread ; in the morning draw it, and pour off all the fat into a pot, and drain out all the gravy ; pull the meat all to pieces, fat and lean, and work it into your pots that you keep it in while it is hot, or it will not close so well ; then cover it with the clear fat you poured off ; paper it when tis cold, it will keep good a month or six weeks.

To preserve raspberries.

TAKE the juice of red and white raspberries (if you have no white raspberries, use half codling-jelly) ; put a pint and half of juice to two pounds of sugar ; boil and scum it ; then put in three quarters of a pound of large raspberries ; boil them very fast till they are a jelly, and clear ; but do not take them off the fire for a quarter of an hour after they have begun to boil fast ; after which put them into pots or glasses, the raspberries first ; then strain the jelly from the seeds, and put it to the raspberries ; when they begin to cool, stir them, that they may not all lie upon the top of the glasses ; when they are cold, lay papers to them ; first wet the paper, and dry it in a cloth.

To

To preserve barberries.

TAKE a pound of barberries, pick'd from the stalks; put them into two quart pots, and set them in a brass pot full of hot water, to stew them; after which strain them, and add a pound of sugar, and a pint of rose-water; boil them together a little; then take half a pound of the best clusters of barberries you can get, and dip them into the syrup while it is boiling; take out the barberries, and let the syrup boil till it is thick; and when they are cold, put them in glasses or gally-pots with the syrup.

To preserve cherries.

PICK the cherries, and take out the stones; put to every pound of cherries, a quarter of a pint of the juice of white currans, (first passed through a jelly-bag) and the weight of both liquor and cherries of double-refin'd sugar; sift the sugar, and sprinkle it as you put them into the preserving pan, which you must boil and scum, till the cherries look clear; then put them into glasses.

A tanfy.

BOIL a quart of cream or milk with a stick of cinnamon, quarter'd nutmeg, and large mace; when half cold, mix it with twenty yolks of eggs, and ten whites; strain it, then put to it four grated biscuits, half a pound of butter, a pint of spinage-juice, and a little tanfy, sack, and orange-flower-water, sugar, and a little salt; then gather it to a body over the fire, and pour it into your dish, being well butter'd: when it is baked, turn it on a pye-plate; squeeze on it an orange, grate on sugar, and garnish it with slic'd orange and a little tanfy. Made in a dish; cut as you please.

Scotch collops.

CUT your collops off a fillet of veal ; cut them thin, hack them and fry them in fresh butter ; then take them out and brown your pan with butter and flour, as you do for a soup. Do not make it too thick ; put in your collops and some bacon cut thin and fry'd, and some forc'd-meat balls fry'd, some mushrooms, oysters, artichoke-bottoms diced, lemon, and sweet-breads, or lamb-stones ; some strong broth, gravy, and thick butter ; tofs up all together. Garnish the dish with sliced lemon.

A craw-fish soup.

CLEANSE your craw-fish, and boil them in water, salt and spice, pull off their feet and tails, and fry them ; break the rest of them in a stone-mortar, season them with savoury spice and an onion, hard eggs, grated bread, and sweet-herbs boiled in strong broth ; strain it, then put to it scalded chopt parsley and French-rolls, then put them therein with a few dry'd mushrooms : garnish the dish with sliced lemon, and the feet and tails of the craw-fish. A lobster-soup is done the same way.

To pickle mushrooms.

TAKE the small hard mushrooms called buttons ; cut off all the dirt from the stalks, wash them with water, and rub them clean with a flannel ; then boil water and salt ; when it boils, put in the mushrooms, and let them just boil ; then strain them through a cloth, after which make a pickle of white-wine-vinegar, mace, and ginger ; put them in, and stop them close up in pots or glasses, with a little oil on them.

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A fricassée of lamb.

TAKE a hind quarter of lamb, cut it into thin slices, season it with spice, sweet herbs and a shallot; then fry them, and toss them up in strong broth, balls, and palates, a little brown to thicken it.

A balsamick syrup for coughs, and to open the stomach.

TAKE of balsam of Tolu six drams, spring-water twenty ounces; boil them together, without taking off the scum that rises, to twelve ounces; then with twenty-one ounces of the best refined sugar, make it into a syrup without further boiling; and when it is grown cold, strain it off.

To dry pears or apples.

TAKE poppering-pears, and thrust a pik'd-stick into the head of them beyond the core, then scald them, but not too tender, then pare them the long way; put them in water, and take the weight of them in sugar, and clarify it with water, a pint of water to a pound of sugar; strain the syrup, and put in the pears; set them on the fire, and boil them pretty fast for half an hour; cover them with paper, and set them by till the next day; then boil them again, and set them by till the next day; then take them out of the syrup, and boil it till it is thick and ropy; then put the pears in your preserving-pan, and put the syrup to them, and if it will not cover them, add some sugar to them; set them over the fire and let them boil up, then cover them with paper, and set them in a stove twenty-four hours; then take them out, and lay them on sieves to dry; then lay them on plates, and dust them with sugar, and set them into your stove to dry; and when one side is dry, lay them on papers, and turn them, and dust the other side with sugar; squeeze the pears flat by degrees; if it be apples, squeeze the eye to

the stalk ; when they are quite dry, put them in boxes with papers between.

To dry pears or pippins without sugar.

T A K E your pears or apples and wipe them clean, and take a bodkin and run it in at the head, and out at the stalk, and put them in a flat earthen pot and bake them, but not too much ; you must put a quart of strong new ale to half a peck of pears, tie white paper over the pot, that they may not be scorch'd in baking, and when they are bak'd let them stand to be cold, and take them out to drain ; squeeze the pears flat, and the apples the eye to the stalk, and lay them on sieves with wide holes to dry, either in a stove or an oven that is not too hot.

To pickle cucumbers.

L E T them lie two or three days in brine, so strong as to bear an egg ; afterwards drain them well from the brine, and pour upon them the same pickle as is used with the melons, and prepare them in the same manner.

To pickle French-beans.

L E T them lie two days in very strong brine, and then drain them, and pickle them in the same manner as above directed for the melons.

An excellent way to make jelly.

T A K E a shouler of veal, and cut the fat clean away ; then take three or four calves feet, scald them clean, and cut away the fat ; afterwards lay both the veal and feet in fair water four or five times ; then take a pot which will hold two gallons of water, and put in your veal and feet : when it seeths, scum it well ; boil it till it is reduced to half a gallon, or somewhat more : it must boil five hours
or

or longer ; after which strain it, and when 'tis cold, take the fat quite away.

To make lemon-cream.

TAKE one pint of thick cream, set it on the fire, keep it stirring, let it simmer ; sweeten it very sweet with fine sugar ; keep it stirring till it is pretty cool ; then put in the juice of half a great lemon with the peel wrung in, to make it taste of the peel : when it is stirr'd till it is cold, stir it up high to bring a froth in the dish ; and when cold, serve it up. Early in the morning it is proper to make this cream against dinner.

Another way to preserve oranges.

TAKE right Seville oranges, the thickest rind you can get, lay them in water, changing the water twice a day for two days, then rub them well with salt, and wash them well afterwards, and put them in water, changing the water twice a day for two days more, then put them in a large pot of water to boil, having another pot of boiling water ready to throw them into, as the other grows bitter ; change them often, till they are tender ; then take them up in a linnen cloth, and a woollen over it, to keep them hot ; take out one at a time, and make a little hole at the top, and pick out the seeds, but do not break the meat ; pare them as thin as you can with a sharp penknife ; take to a pound of oranges before they are open'd, a pound of double refin'd sugar and a pint of fair water, boil it and scum it, and let it be ready when you pare them to throw them into, and when they are all pared, set them on the fire, cover them close, and keep them boiling as fast as they can boil, till they look clear ; then take them up into a deep gallipot with the holes upward, fill them with syrup, and when they are almost cold pour the rest of the syrup over them ; let them

them stand a fortnight or three weeks in that syrup ; then make a jelly of pippins, and when it is almost ready, take your oranges out of the gallipot, and pour all the syrup out of them, and put them into the jelly, and let them have a boil or two, then put them into your glasses, and when they are near cold fill them with jelly, the next day paper them.

To make shrub.

TAKE two quarts of brandy, and put it in a large bottle, and put into it the juice of five lemons, the peels of two, half a nutmeg ; stop it up, and let it stand three days, and add to it three pints of white wine, a pound and half of sugar ; mix it, and strain it twice thro' a flannel, and bottle it up : it is a pretty wine, and a cordial.

To make clear lemon-cream.

TAKE the half of a hartshorn jelly, and put into it the peel of two lemons ; set it over the fire, and let it boil ; then take the whites of six eggs, and beat them well ; take the juice of four lemons, grate the peel of them, and put it into the juice of the lemons to soak a little while ; afterwards put the juice and the eggs together ; put in such a quantity of double-refin'd sugar as will sweeten it to your taste ; let it boil very fast almost a quarter of an hour ; then strain it through a flannel jelly-bag, and as it runs thro' put it in again two or three times, till it looks clear ; after which take the peel of lemons boil'd in it, and cut it into very fine threads : put an equal quantity of them into every glass ; stir it till it is half cold, and then put it into glasses.

Syrup of marshmallows.

TAKE of the fresh roots of marshmallows two ounces, those of parsley an ounce, liquorice-root, the tops of marshmallows and mallows, figs, each half
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an ounce, stoned raisins two ounces, sweet almonds blanched an ounce ; let all these steep together for a day, in three quarts of clear barley-water ; then boil it to two quarts ; after which press out the decoction, and in the liquor, grown fine by standing, dissolve gum arabic an ounce, fine sugar four pounds, and make a syrup thereof with the requisite art.

To make orange-brandy.

STEEP some orange or lemon-rind cut thin, in a quart of brandy : boil a quart of water, into which put three quarters of a pound of sugar, and let it boil a little : when it is cold, mix it together, and bottle it up.

To season and bake a venison pasty.

BONE your hanch or side of venison, and take out all the sinews and skin ; then proportion it for your pasty, by taking away from one part, and adding to another, till it is of an equal thickness ; then season it with pepper and salt, about an ounce of pepper ; save a little of it whole, and beat the rest, and mix with twice as much salt, and rub it all over your venison, and let it lie till your paste is ready. Make your paste thus : A peck of fine flour, six pounds of butter, a dozen of eggs ; rub your butter in your flour, beat your eggs, and with them and cold water make up your paste pretty stiff ; then drive it forth for your pasty ; let it be the thickness of a man's thumb ; put under it two or three sheets of cap-paper well floured : Then have two pounds of beef-suet, shred exceeding fine ; proportion it on the bottom to the breadth of your venison, and leave a verge round your venison three fingers broad, wash that verge over with a bunch of feathers or brush dipp'd in an egg beaten, and then lay a border of your paste on the place you wash'd, and lay your venison on the suet ; put a little of your seasoning
on

on the top, and a few corns of whole pepper, and two pounds of very good fresh butter; then turn over your other sheet of paste, so close your pasty. Garnish it on the top as you think fit; vent it in the middle, and set it in the oven. It will take five or six hours baking. Then break all the bones, wash them, and add to them more bones, or knuckles; season them with pepper and salt, and put them with a quart of water, and half a pound of butter, in a pan or earthen pot; cover it over with coarse paste, and set it in with your pasty; and when your pasty is drawn and dished, fill it up with the gravy that came from the bones.

To pickle pods of radishes.

GATHER the youngest pods, and put them in water and salt twenty-four hours; then make a pickle for them of vinegar, cloves, mace, whole pepper; boil this, and drain the pods from the salt and water, and pour the liquor on them boiling hot: put to them a clove of garlick a little bruised.

To make a marmalade of currans.

STRIP the currans from the bunches, soak them in boiling water, till they break: take them off the fire, and then put them into a sieve to drain; and when they are cold, press them through the sieve to clear off the grains; dry them on the fire, till you have brought the sugar to its cracked quality, allowing an equal weight of fruit and sugar; let them simmer, and mix them well together, and put them into pots.

To make marmalade of quinces.

TAKE quince-liquor, and to every pint of liquor put a pound of fine sugar; then take your quinces, pare and slice them, and put in as many as the liquor will cover; boil them to a jelly, when they will
turn

JUNE.

First Course

*Crimp
Cody*

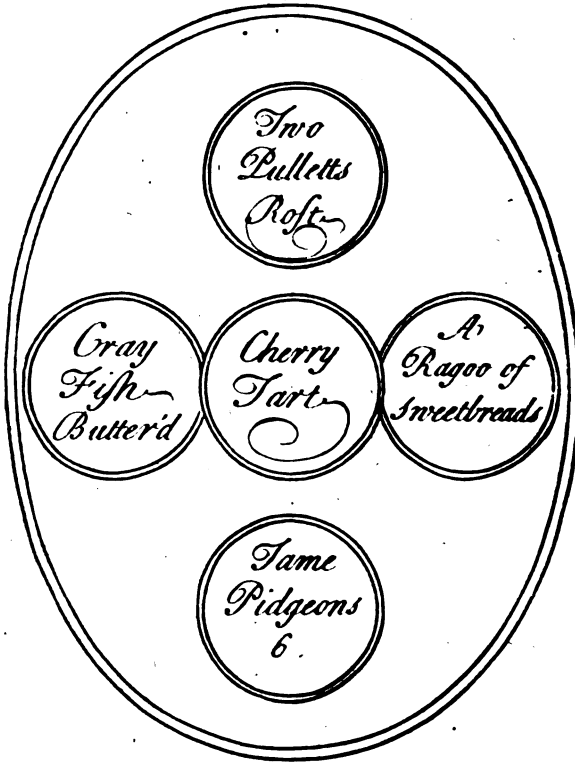
*A
Phillett
of Veal
Roast and
Stuff*

*A
Pease
Soup*

*A
Pudding
of
Currans*

*A
Turbett*

Second Course



turn red ; during which keep the skillet close cover'd, and then put them into glasse.

To make jelly of calves feet.

TAKE a set of calves feet, take the long bone out, and split the foot, take the fat out ; boil these in six quarts of water, with half a pound of hartshorn, till it is jelly, which you know by cooling a little in a plate ; strain it off, scum all the fat off ; then beat the whites of twelve eggs, as much sugar as will sweeten it, the juice of six lemons, some cinnamon and mace, a little orange-flower-water, a pint of good white-wine ; stir this all together over a stove, till it boils : it must not be too sweet, nor too sharp : strain this through a jelly-bag. You may make it with hartshorn alone.

An excellent way to pickle mushrooms.

PUT your mushrooms into water, and wash them clean with a sponge, throw them into water as you do them ; then put in water and a little salt, and when it boils put in your mushrooms ; when they boil up scum them clean, and put them into cold water, and a little salt : let them stand twenty four hours, and put them into white-wine-vinegar, and let them stand a week ; then take your pickle from them, and boil it very well with pepper, cloves, mace, and a little all-spice ; when your pickle is cold, put it to your mushrooms in the glass or pot you keep them in ; keep them close, tied down with a bladder ; the air will hurt them : If your pickle mothers, boil it again : you may make your pickle half white-wine, and half white-wine-vinegar.

To jug pigeons.

PULL, crop, and draw your pigeons, but not wash them ; save the livers, and put them in scalding water, and set them on the fire for a minute or
two ;

two; then take them out, and bruise them small with the back of a spoon; mix with them a little pepper, salt, and grated nutmeg, lemon-peel shred very fine, and chopt parsley, two yolks of eggs very hard, and bruised as you did the liver, and suet shav'd exceeding fine, and some grated bread; work these together with raw eggs, and roll it in butter, and put a bit into the crop and belly of your pigeon, and sew up the neck and vent; then dip your pigeons in water, and season them with pepper and salt, as for a pye; then put them in your jug, with a piece of fallery; stop them up close, and set them in a kettle of cold water, with a tile on the top, and let it boil three hours; then take them out of the jug, and put them in your dish; take out the fallery, and put in a piece of butter roll'd in flour; shake it till it is thick, and pour it on your pigeons; garnish with lemon.

English malmsey.

TAKE of *English* galingale and cloves, each a dram; beat them to powder, and infuse them a day and a night in a pint of aqua vite, in a wooden vessel kept close cover'd; then put it into good claret, and it will make twelve or fourteen gallons of good malmsey, in five or six days: the drugs may be hung in a bag in the cask.

To make raisin wine.

TAKE three-hundred pounds of Malaga raisins not pick'd, put them into a hoghead of spring-water; let it stand a fortnight, stirring it twice a day; then press it into a tub, and put to it a piece of bread toasted, and spread with yeast, and let it ferment twenty-four hours; afterwards put the liquor into a vessel, where it may work fourteen days longer; fill it up again as it works over, and when it has done working, stop it close up. You may put eigh-
teen

teen gallons of water upon the raisins for a small wine, and press it out in a week's time : you may bottle it off when it is about two months old.

A good water to be drank in a fever.

T A K E a quart of red-wine, and a quart of milk ; distil them together. The patient may drink plentifully of it, and it will allay the heat, and bring the body into a good temper.

Rosemary water.

T A K E three quarts of rosemary-flowers, one quart of cowslip-flowers, half a pound of dates, two drams of nutmegs, half a pound of clove July flowers, and half a pound of cinnamon, two ounces of raisins of the sun stoned ; bruise the cinnamon, and slice the nutmegs and dates ; steep them with the flowers all night in six quarts of sack ; the next day distil them in an alembick, and draw away three quarts of water with a slow fire ; put into your receiver one pound of white sugar-candy. You may put the first and last runnings together, and keep the middle by itself.

To boil a turkey or a fowl with oyster sauce.

W A S H your oysters very clean in their own liquor, which liquor you must then strain out into a clean sauce-pan ; put in your oysters, with a bundle of sweet herbs, an onion, some mace, whole pepper, and a bit of lemon-peel : then take fifteen, if large, of these oysters, with a little grated bread, twice as much beef-suet, shred small, the yolks of four hard eggs, two anchovies, a very little onion fine shred, salt, pepper, nutmeg, thyme, and winter-savoury ; shred all together very fine, and mix it up with a yolk of raw egg ; stuff the turkey, or fowls under the skin on the breast ; while they boil, set your oysters, for the sauce, to stew very gently
over

over the fire ; when they are almost enough, take them out, and put in a quarter of a pint of white-wine, and half a pint of strong gravy, with an anchovy, herbs, and spice, first boil'd in, and strain'd clean out of the gravy ; when all this is boil'd together, put in as much butter as will make it thick, and well tasted, 'twill take near a pound to a quart of oysters : if you find it so thin as to part, mix a little flour in a bit of the butter, then throw in your oysters again, the juice of a lemon, and some shred parsley, to look green : pour it over the fowl ; and garnish with oysters and lemon.

An excellent plum-pudding.

TAKE one pound of suet, shred very small and sifted, one pound of raisins ston'd, four spoonfuls of flour, and four spoonfuls of sugar, five eggs, but three whites ; beat the eggs with a little salt : tie it up close, and boil it four hours at least.

A water for weak stomachs, small-pox, measles and surfeits, in great esteem with Queen Elizabeth.

TAKE sage, celandine, rosemary, wormwood, dragon, mugwort, pimpernel, scabious, agrimony, balm, scordium, centaury, carduus, betony, rosa folis, of each one ounce ; angelica-roots, gentian, tormentil-roots, zedoary-roots, and liquorice, of each an ounce ; slice the roots, and shred the herbs, and put them all together into a gallon of white-wine ; cover them close, and let them infuse for forty-eight hours ; then distil them in an ordinary still, and keep the top of the still cold with wet cloths ; draw off three quarts, keep each quart by itself. When you take it, sweeten it with sugar ; give a child two spoonfuls of the first or second drawing, or four of the last drawing : to grown persons give double the quantity.

Juniper

Juniper water.

TAKE the best juniper-berries twelve ounces, proof spirit of wine three gallons, a sufficient quantity of water, and distil them. You may sweeten it with sugar. It is an excellent remedy against wind in the stomach and bowels; it powerfully provokes urine, and is therefore a good diuretick in the gravel and the jaundice.

Strong cinnamon water.

TAKE of cinnamon bruise'd, two pounds; cary two quarts; sherry, four quarts; brandy, four quarts: distil it in a hot still, and when it is cold, add to it two pounds of double-refin'd sugar pound-ed, and after it has stood a-while, rack it off into new bottles, which will render it fit for use.

A neats-foot pudding.

TAKE to a pound of neats-foot finely shred, three quarters of a pound of suet shred as small, a whole nutmeg grated, candy'd orange minc'd, some salt, and some currans, a little grated bread, and some eggs (leave out half the whites); flour the bag, and let it boil two hours and a half at least. The sauce is sack, sugar and butter melted.

Custards.

BOIL a quart of cream, then sweeten it with fine powder'd sugar; beat eight yolks of eggs, with two spoonfuls of orange-flower-water; stir this in the cream, and strain all thro' a sieve: fill your cups or crust, and bake them with care.

Orange-pudding.

TAKE three fair oranges, cut them, and squeeze off the juice into a clean pan; boil the peels in two or three waters, till the bitterness is off; then pick
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out the pulp and strings, and beat the peel very fine in a mortar, with orange-flower-water, then mix it up with the strain'd juice; add to it nine eggs, leaving out four whites, half a pound of butter, and sugar to your taste; put a puff-paste at the bottom of the dish, and garnish the edge of the dish with paste: some people only grate in the peels raw, and leave out the juice; but I think the above-written way is the most grateful and pleasant.

Note, You must beat all in the mortar, a full hour at least, till the ingredients look all alike.

To make a wine almost equal to sack.

To every quart of water put a sprig of rue; and to every gallon a handful of fenel-roots; boil them all half an hour; then strain it out, and to every gallon of this liquor put in three pounds of honey; boil it again two hours, scum it well; and when it is cold, pour it off, and run it into a cask; keep it in the vessel a year, and then bottle it off for drinking.

To make elder wine.

PICK half a hundred of Malaga-raisins from the great stalks, and chop them; put to them ten gallons of water; let them stand fourteen days, stirring it two or three times a day; then press it off. To every gallon of this liquor put a pint of elder-berry juice; afterwards put it into your vessel: it works itself; do not stop it till it has done working, nor bung it close down till it has done hissing. When you run it up, chop a handful or two coarsely of the great stalks, and throw them in.

To make currant wine.

TAKE currans when they are ripe, bruise and strain them; dilute it with an equal quantity of water boil'd with fine sugar, a pound to each gallon of liquor;

liquor; dissolve in the liquor half an ounce of isinglass to every four or five gallons of liquor, and there will arise a thick scum; which being taken off, your liquor will be pretty clear; draw it off into a close vessel; it will finish its working, and become quite clear in three weeks or a month's time; then it may be bottled with a lump of loaf-sugar. The longer it is kept, the richer it will be.

To make barley water.

TAKE two quarts of fair water; French-barley, two ounces; hartshorn and ivory, of each half an ounce: boil it together till it comes to one; sweeten it with what syrup you please.

To make sausages.

TAKE almost the double weight of fat to your lean pork, and pick both clean from the bones, skin, and kernels; shred it severally very fine; then mix and shred it together, and to four pounds of this meat, you may put a very large nutmeg, the weight of the nutmeg in cloves and mace, and almost the weight of all the spice in pepper; beat all fine, and let your heap of salt be as big again as the spice and pepper; shred a large handful of fresh sage, and a little thyme, very fine; grate two spoonfuls of white bread, and take two yolks of eggs, mix all very well together, and fill your skins: if you love oysters, half a pint shred to this quantity, gives it a rich taste; these roll and fry without skins, and keep better in a pot; add the yolks of eggs, when you use them. *Norfolk* links are only fat and lean pork, more grossly cut; and the seasoning, pepper, salt, and a large quantity of sage shred small, and put in large skins.

Orange-pudding.

PARE the yellow rind of two fair Seville oranges,

so very thin, that no part of the white comes with it; shred and beat it extremely small in a large stone mortar; add to it, when very fine, half a pound of sugar, and the yolks of sixteen eggs; beat all together in the mortar, till it is all of a colour; then pour it into your dish in which you have laid a sheet of puff-paste. I think grating the peel saves trouble, and does it finer and thinner, than you can shred, or beat it: but you must beat up the butter and sugar with it, and the eggs with all, to mix them well.

Cardamum water.

TAKE pimento, caraway, and coriander-seeds, lemon-peels, of each four ounces; proof spirits three gallons; a sufficient quantity of water; distil and sweeten with sugar, one pound and a half. It is a cheap and good cordial, and may be used in all cases where a stomachick cordial is necessary.

Nutmeg water.

TAKE nutmegs bruised, half a pound; orange-peels, an ounce; spirit of wine rectified, three gallons, with a sufficient quantity of water; distil and sweeten it with two pounds of loaf-sugar. It is a most excellent cephalick and stomachick cordial; it helps the memory, and strengthens the eye-sight.

Mint water.

TAKE mint dried four pounds; two gallons and a half of proof-spirits; three gallons of water; distil them, and sweeten with sugar one pound and a half.

Citron water.

TAKE the best lemon-peel bruised, eighteen ounces; orange-peel, nine ounces; nutmegs bruised, one quarter of a pound; strong proof-spirits, three gallons;

gallons; water, two gallons: macerate and distil them, then sweeten it with two pounds of double-refin'd loaf-sugar, and keep for use.

To make an excellent plague water.

TAKE of the roots of angelica, fresh dug up, nine ounces; zedoary, the leaves of rue, mint, and rosemary, juniper-berries, and Venice-treacle, of each an ounce and a half; Virginia snake-root, and seeds of angelica, each six drams: add thereto rectified spirit of wine, one gallon; water, four gallons: draw off three gallons.

To stew carp.

SCALE and wash your carp clean before you open them; then slit them carefully, and save the blood in vinegar: take out all the inside with caution, for fear of breaking any thing, because they must not be wash'd on the inside; put into their bellies some whole pepper, salt, and a blade of mace; cover them in the stew-pan, or dish, with claret and half as much water, spice, sweet-herbs, and a bit of horse-radish; stew them gently, and turn them when they are enough; lay them on the dish to drain; and boil up the sauce they were stew'd in, with two anchovies bon'd and wash'd, the vinegar the blood was sav'd in, and a pound of good butter; thicken it with a little flour before you put in your butter.

Good sauce for boil'd rabbits, instead of onions.

BOIL the livers, and shred them very small, and also two eggs not boil'd too hard, a large spoonful of grated white bread; have ready some strong broth of beef and sweet-herbs; to a little of that add two spoonfuls of white-wine, and one of vinegar; a little salt, and some butter; stir all in, and take care the butter do not oil: shred your eggs very small.

To make damascen wine.

TAKE two pounds and a half of sugar to every gallon of water; boil and scum it for about two hours, and to every gallon of liquor put five pints of stoned damascens; boil them till it is of a beautiful colour; then strain it through a sieve; let it work in an open vessel four days; pour off the lees, and then put it into the same vessel again, to finish the fermentation, and afterwards stop it close for six or eight months; and then, if it is clear, you may bottle it up. You may keep it a year or two in bottles.

To make cowslip wine.

TAKE a quantity of water, and to every gallon put two pounds of sugar; boil it about an hour, then let it cool; make a toast, and spread both sides of it with yeast; but you must, before you put it into the liquor, add to every gallon an ounce and a half of syrup of citron; beat it well in; then put in the toast while it is warm; let it work for two or three days; in the mean time put in your cowslip-flowers, bruised a little, about a peck, together with two lemons sliced, a pint of white-wine to a gallon; let them stand two days, and afterwards tun it into a sweet cask.

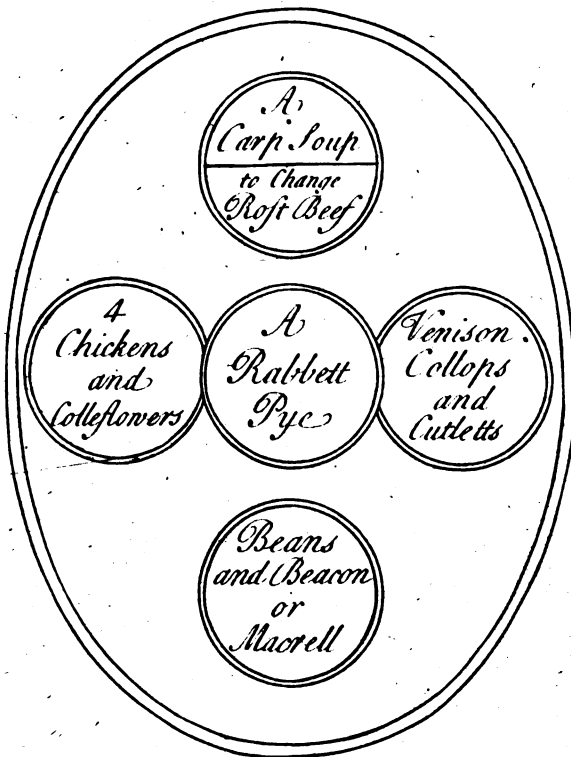
To make a wine like claret.

TAKE six gallons of water, two gallons of cyder, eight pounds of Malaga raisins bruised; put them all together, and let them stand close cover'd in a warm place for a fortnight, stirring it every other day very well; then strain out the liquor into a vessel, and put to it a quart of barberries, a pint of the juice of raspberries, and a pint of the juice of black cherries; work it up with mustard-seed, cover it with dough three or four days by the fire-side; then

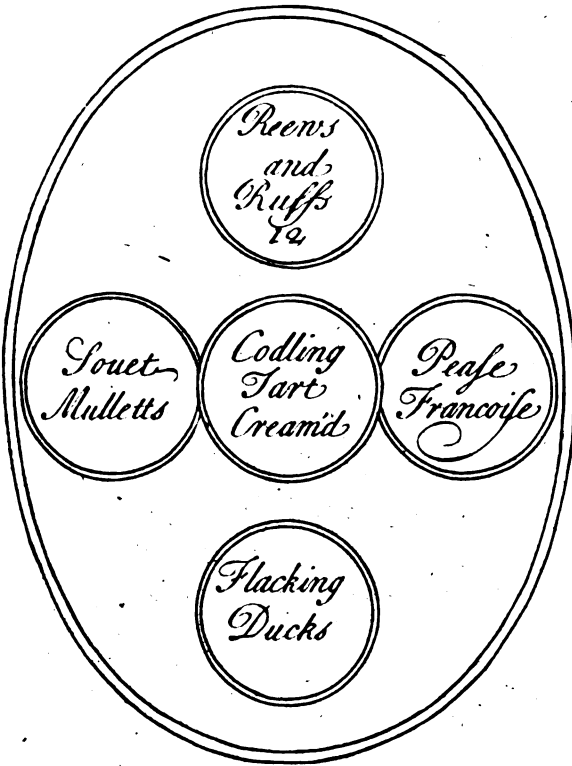
JULY.

70

First Course



Second Course



then let it stand a week, and then bottle it off; and when it becomes neat, it will be like common claret.

To pickle mushrooms.

GATHER the smallest buttons, cut off the bottom of the stalk, and throw them into water and salt; then rub them with a coarse cloth or flannel very clean, and throw them into another pan of clean water: boil them in milk and water; take them out upon a clean cloth: when they are dry, put them into glasses, with white pepper corns, and a good quantity of mace; make your pickle of half white-wine vinegar; many put it to the mushrooms unboil'd: if you boil it, you must let it stand to be cold, before you pour it to the mushrooms. Pour good oil on the top of the pickle: it keeps them best; and put them in as small glasses as you can, because they soon decay, when they have taken air.

To pickle pork, a good way.

BONE it, and cut it into such pieces as will lie most convenient in your powdering-tub, which must be large and sound to hold the meat and preserve the brine; the narrower and deeper your tub is, the better it will keep the meat; rub every piece well with salt-petre, then take one part bay-salt, and two parts common salt, and rub every piece very well, and cover it with salt, as you do a flitch of bacon; then strew salt in the bottom of your tub, and lay the pieces in as close as possible, strowing salt round the sides of the tub: as your salt melts on the top, strew on more. It will keep a great while, and is very good.

How to chuse malt.

MALT is chosen by its sweet smell, mellow taste, full of flower, round body, and thin skin. There

are two sorts in general use, the pale, and the brown ; the former is most used in gentlemens houses, and private families ; the latter in publick brew-houses, as seeming to go further, and make the liquor higher coloured : Others again mix one third brown with two thirds pale ; but this depends upon the liking of the drinkers. The sweetest malt is that which is dry'd with cork or cinders.

In grinding it, see that the mill be clean from dust, cobwebs, &c. and set so as to crush every grain, without grinding it to powder ; for you had better have some small grains slip through untouch'd, than have the whole be ground too small, which will cause it to cake together so as you cannot get the goodness out.

Of hops.

Hops are chosen by their bright green colour, sweet smell, and clamminess, when rubb'd between the hands.

To candy angelica.

TAKE young angelica, and having cut it into fit lengths, boil it till it is pretty tender, keeping it close covered ; then take it out, peel off the strings ; then put it into the water again, simmer it and scald it till it is very green ; then take it up, and having dry'd it in a cloth, weigh it, and for every pound of the herb, allow a pound of finely powdered and sifted double-refin'd sugar ; lay the angelica into an earthen pan, strew the sugar over it, and let it stand for two days ; then boil it till it looks very clear ; drain the syrup from it in a colander. Then take a little double-refin'd sugar, and boil it to a sugar again, then throw in the angelica, but let it not be long before you take it out, lay it on glass-plates, and set it either in a stove or an oven, after pyes are drawn, to dry.

A fricassée of lambstones and sweetbreads.

HAVE ready some lambstones blanched, par-boiled and sliced, and flour two or three sweetbreads; if very thick, cut them in two, the yolks of six hard eggs whole, a few pistaco nut kernels, and a few large oysters: fry these all of a fine brown, then pour out all the butter, and add a pint of drawn gravy, the lambstones, some asparagus tops about an inch long, some grated nutmeg, a little pepper and salt, two shallots shred small, and a glass of white-wine; stew all these together for ten minutes, then add the yolks of six eggs beat very fine, with a little white-wine, and a little beaten mace; stir all together till it is of a fine thickness, and then dish it up. Garnish with lemon.

To braise a calf's head.

BOIL the head almost enough, then take the best half and with a sharp knife take it nicely from the bone, with the two eyes. Lay it in a little deep dish before a good fire, and take great care no ashes fall into it, and then hack it with a knife cross and cross; grate some nutmeg all over, a very little pepper and salt, a few sweet herbs, some crumbs of bread, and a little lemon-peel chopp'd very fine; baste it with a little butter, then baste it again and pour over it the yolks of two eggs; keep the dish turning that it may be all brown alike: cut the other half and tongue into little thin bits, and set on a pint of drawn gravy in a sauce-pan, a little bundle of sweet herbs, an onion, a little pepper and salt, a glass of red-wine, and two shallots; boil all these together a few minutes, then strain it through a sieve, and put it into a clean stew-pan with the hash: flour the meat before you put it in, and put in a few mushrooms, a spoonful of the pickle, two spoonfuls of catchup, and a few truffles and morels; stir all these together for a few

few minutes, then beat up half the brains and stir into the stew-pan, and a little piece of butter rolled in flour : take the other half of the brains, and beat them up with a little lemon-peel cut fine, a little nutmeg grated, a little beaten mace, a little thyme shred small, a little parsley, the yolk of an egg, and have some good dripping boiling in a stew-pan; then fry the brains in little cakes about as big as a crown-piece : fry about twenty oysters dipp'd in the yolk of an egg, toast some slices of bacon, fry a few force-meat balls, and have ready a hot dish, if pewter, over a few clear coals; if china, over a pan of hot water; pour in your hash, then lay in your toasted head, throw the force-meat balls over the hash, and garnish the dish with fry'd oysters, the fry'd brains, and lemon; throw the rest over the hash, lay the bacon round the dish, and send it to table.

To make an excellent white-pot.

BLANCH half a pound of sweet-almonds, make them into a paste well beaten, put to it two quarts of milk, and boil them together; then add a spoonful and an half of rice-flour; and when these are boil'd well, strain out the liquid part into two quarts of new milk, stirring it; and add sugar to sweeten it as you please, and a little saffron strain'd into a quarter of a pint of white-wine, viz. the wine wherein it has been soak'd; and with this beat up a dozen yolks of eggs, and bake it.

To raise a sallad in a few hours.

To do this from the seeds in any season, take ashes of the moss of trees, and rotten dung; mix them well together, and sprinkle them with the moisture that comes from the dung-hill; do this several times, and dry it as often in the sun, till it becomes, as it were, a fat, cloggy earth; keep it in a glazed earthen pot, to use either summer or winter.

If

If in winter, spread this earth in a dripping-pan, or iron vessel; sprinkle it with the moisture of wet dung, in which you have steeped your seeds of lettuce or purslain, a night; give it a moderate heat with fire under it; sow your seeds, and sprinkle them with warm rain-water; and if the heat be the same as in *July*, they will instantly sprout; and if sowed at nine in the morning, they will produce leaves at any season sufficient for a sallad, by dinner-time.

Red claret wine.

TAKE cloves bruised, six drams; Jamaica-pepper, an ounce and a half; proof-spirits, three gallons; a due quantity of water: macerate and distil as long as it runs proof; sweeten it with two pounds and a half of brown sugar or treacle, colour it with five or six pints of elder-juice, to the colour of claret.

To dress colliflowers.

TAKE your flowers, cut off all the green part, and then cut the flowers into four, and lay them in water for an hour, then have some milk and water boiling, put in the colliflowers, and be sure to skim the sauce-pan well. When the stalks are tender, take them carefully up, and put them into a colander to drain; then put a spoonful of water into a clean stew-pan with a little dust of flour, about a quarter of a pound of butter, and shake it round till it is all finely melted, with a little pepper and salt; then take half the colliflower and cut it as you would for pickling, lay it into the stew-pan, turn it, and shake the pan round. Ten minutes will do it. Lay the stew'd in the middle of your plate, and the boil'd round it: pour the butter you did it in over it, and send it to table.

To dress French beans.

FIRST string them, then cut them in two, and afterwards across: but if you would do them nice, cut the bean into four, and then across, which is eight pieces; lay them into water and salt, and when your pan boils put in some salt and the beans: when they are tender they are enough; they will be soon done. Take care they don't lose their fine green. Lay them in a plate, and have butter in a cup.

To dress artichokes.

WRING off the stalks, and put them into the water, cold with the tops downwards, that all the dust and sand may boil out. When the water boils, an hour and a half will do them.

A ragoo of oysters.

OPEN twenty large oysters, take them out of their liquor, save the liquor, and dip the oysters in a batter made thus: take two eggs, beat them well, a little lemon-peel grated, a little nutmeg grated, a blade of mace pounded fine, a little parsley chopped fine; beat all together with a little flour, have ready some butter or dripping in a stew-pan, when it boils, dip in your oysters, one by one, into the batter and fry them of a fine brown; then with an egg-slice take them out, and lay them in a dish before the fire. Pour the fat out of the pan, and shake a little flour over the bottom of the pan; then rub a little piece of butter, as big as a small walnut, all over with your knife, whilst it is over the fire; then pour in three spoonfuls of the oyster-liquor strained, one spoonful of white-wine, and a quarter of a pint of gravy; grate a little nutmeg, stir all together, throw in the oysters, give the pan a toss round, and when the sauce is of a good thickness, pour all into the dish, and garnish with raspings.

How

How to rack wine.

THIS is done with such instruments as are useful and appropriated to the manner of doing it, and cannot be so well described by words, as by seeing it done; however, this observe in doing it: let it be when the wind sets full north, and the weather is temperate and clear, that the air may the better agree with the constitution of the wine, and make it take more kindly; as it is moreover most proper to be done in the increase of the moon, when she is under the earth, and not in full height, &c.

To make wines scent well, and give them a curious flavour.

TAKE powder of sulphur, two ounces; half an ounce of calamus; incorporate them well together, and put them into a pint and half of borage-water; let them steep in it a considerable time, and then drawing off the water, melt the sulphur and calamus in an iron pan, and dip in it as many rags as will soak it up: which put into the cask; then rack your wine, and put in a pint of rose-water, and stopping the hog'shead, roll it up and down half an hour; after which let it continue still two days; and by so ordering any *Gascoign* or red-wine, it will have a pleasant scent and gust.

To make marmalade of apricots.

BOIL five pounds of ripe apricots in two pounds of sugar pearled-boil'd; scum it, till no scum arises; take them off the fire, and let them stand and cool; then set them on the fire to dry and break; afterwards take three pounds and a half of cracked-boil'd sugar; incorporate it with the paste, and let them simmer together a little; after which put into pots, strewing them with sugar.

Directions

Directions for dressing greens, &c.

ALWAYS be very careful that your greens be nicely pick'd and wash'd. You should lay them in a clean pan for fear of sand or dust, which is apt to hang round wooden vessels. Boil all your greens in a copper sauce-pan by themselves, with a great quantity of water. Boil no meat with them, for that discolours them. Use no iron pans, &c. for they are not proper; but let them be copper, brass or silver.

To dress spinach.

PICK it very clean, and wash it in five or six waters; put it in a sauce-pan that will just hold it, throw a little salt over it, and cover the pan close. Don't put any water in, but shake the pan often. You must put your sauce-pan on a clear quick fire. As soon as you find the greens are shrunk and fallen to the bottom, and that the liquor which comes out of them boils up, they are enough. Throw them into a clean sieve to drain, and just give them a little squeeze. Lay them in a plate, and never put any butter on it, but put it in a cup.

To dress cabbages, &c.

CABBAGE, and all sorts of young sprouts, must be boiled in a great deal of water. When the stalks are tender, or fall to the bottom, they are enough; then take them off, before they lose their colour. Always throw salt into your water before you put your greens in. Young sprouts you send to table just as they are, but cabbage is best chopp'd and put into a sauce-pan with a good piece of butter, stirring it for about five or six minutes, till the butter is all melted, and then send it to table.

To dress carrots.

LET them be scrap'd very clean, and when they are enough rub them in a clean cloth, then slice them
into

into a plate, and pour some melted butter over them. If they are young spring carrots, half an hour will boil them ; if large, an hour ; but old *Sandwich* carrots will take two hours.

A green peas soup.

TAKE a quart of old green peas, and boil them till they are quite tender as pap, in a quart of water, then strain them through a sieve, and boil a quart of young peas in that water. In the mean time put the old peas into a sieve, pour half a pound of melted butter over them, and strain them through the sieve with the back of a spoon, till you have got all the pulp. When the young peas are boiled enough, add the pulp and butter to the young peas and liquor ; stir them together till they are smooth, and season with pepper and salt. You may fry a French roll, and let it swim in the dish. If you like it, boil a bundle of mint in the peas.

To make good cyder.

TAKE pippins or pearmaines, or harveys, before they are too ripe, and let them lie a day or two in order to sweat ; grind them, and press out the juice, and put it presently into a hoghead, leaving it room to work ; let it have no vent except a little hole near the hoops ; put in three or four pounds of raisins, and two pounds of sugar, to make it work the better ; rack it often, in order to fine it, into small vessels, close stoppt, except a small hole as before : if it works after it is racked off, put into the vessel a few raisins for it to feed on, and bottle it off about *March*.

N. B. You must never mix summer and winter fruit together. But if you would have your cyder stronger than the common method of making it, put your apples into a lever-press, and squeeze them gently, and but little, and then let it work as before.

To

To make perry.

TAKE pears that have a vinous juice, such as the gooseberry-pear, horse-pear, both the red and white ; the john, the choke-pears, and other pears of like kind ; take the reddest of the sort ; let them be ripe, but not too ripe, and grind them as you do your apples when you make cyder, and work it off in the same manner ; if your pears are of a sweet taste, mix a few crabs with them.

To take out spots of ink, or stains of fruit.

PUT the juice of lemon and onion on the spot or stain, and let it dry ; then wash it out with a good lather of cake-soap : or you may first steep the linnen in chamber-lye ; or wash the stain with soap dissolv'd in vinegar.

To take spots of oil or grease out of white or red silk, without altering the colour.

WET the spot with spirit of wine, then dawb it over with the white of a new-laid egg, and dry it in the sun ; then wash it with clean water, and press it well.

To make sausages.

TAKE three pounds of nice pork, fat and lean together, without skin or gristles ; chop it as fine as possible, season it with a tea spoonful of beaten pepper, and two of salt, some sage shred fine, about three tea spoonfuls ; mix it well together, have the guts very nicely cleaned, and fill them, or put them down in a pot, so roll them of what size you please, and fry them. Beef makes very good sausages.

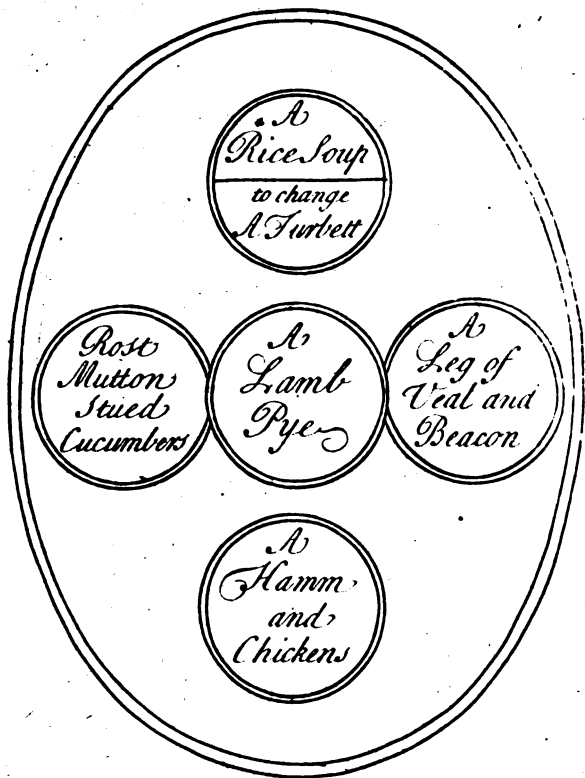
To make Bologna sausages.

TAKE a pound of bacon, fat and lean together,
a pound

AUGUST.

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First Course



Second Course

*Two
Turkeys
Roast; one
Larded*

*Fry'd,
Artichocks*

*Curran
and
Cherry
Tarts*

Attletts

*Heath
Polts &
Pidgeons*

a pound of beef, a pound of veal, a pound of pork, a pound of beef-suet, cut them small, and chop them fine; take a small handful of sage, pick off the leaves, chop it fine, with a few sweet herbs; season pretty high with pepper and salt. You must have a large gut, and fill it; then set on a sauce-pan of water, when it boils, put it in and prick the gut for fear of bursting. Boil it softly an hour, then lay it on clean straw to dry.

Beef royal.

TAKE a surloin of beef, or a large rump, bone it and beat it very well, then lard it with bacon, season it all over with salt, pepper, mace, cloves, and nutmeg, all beat fine, some lemon-peel cut small, and some sweet herbs; in the mean time make a strong broth of the bones; take a piece of butter with a little flour, brown it, put in the beef, keep it turning often till it is brown, then strain the broth, put all together into a pot, put in a bay-leaf, a few truffles, and some ox palates cut small; cover it close, and let it stew till it is tender; take out the beef, skim off all the fat, pour in a pint of claret, some fry'd oysters, an anchovy, and some gerkins shred small; boil all together, put in the beef to warm, thicken your sauce with a piece of butter rolled in flour, or mushroom powder, or burnt butter. Lay your meat in the dish, pour the sauce over it, and send it to table. This may be eat either hot or cold.

To mince veal.

CUT your veal as fine as possible, but don't chop it. Grate a little nutmeg over it, shred a little lemon-peel very fine, throw a very little salt on it, drudge a little flour over it. To a large plate of veal, take four or five spoonfuls of water, let it boil, then put in the Veal, with a piece of butter as big as an egg, stir it well together; when it is all thorough

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hot,

hot, it is enough. Have ready a very thin piece of bread toasted brown, cut it into three corner sippets, lay it round the plate, and pour in the veal. Just before you pour it in, squeeze in half a lemon, or half a spoonful of vinegar. Garnish with lemon. You may put gravy in the room of water, if you love it strong, but it is better without.

To make French bread.

TAKE a quarter of a peck of flour; three or four eggs; and beat them very well in a porringer with two or three spoonfuls of sugar: mix the eggs and sugar together, and put them into the flour: take a quart of milk lukewarm; put a little salt into it, to give it a savoury taste; a pint and a half of yeast: mix the salt and yeast together with the milk, put it into the flour, make it up into dough very weak, and put it into a clean cloth till it rises as big again: make it up as large as you please, put it into wooden dishes, and let it rise almost as big as it did before: the oven must be made very warm; and when they are proved, put them into the oven: if it be very hot, let them stand an hour; if not, an hour and a quarter. You must take care to keep the dough, while it is in the cloth or wooden dishes, very warm, covering it with a blanket.

An approved Receipt for the cure or prevention of the murrain in cattle.

TAKE of fallad oil, one quart; aniseed, or angelica-water, one quart; London treacle, one pound; common treacle, one pint; fenugreek, eight ounces; bole armoniac, six ounces; turmeric, four ounces; madder, four ounces; saffron, a quarter of an ounce; aloes, six or seven ounces: the six last articles must be finely powdered; then mix all together with four gallons and a half, or five, of strong ale, which will
be

be sufficient for forty head of beasts, giving to each at least a pint.

To make almond bogs puddings.

TAKE two pounds of beef-suet, or marrow, shred very small, a pound and a half of almonds blanched, and beat very fine with rose-water, one pound of grated bread, a pound and a quarter of fine sugar, a little salt, half an ounce of mace, nutmeg and cinnamon together, twelve yolks of eggs, four whites, a pint of sack, a pint and half of thick cream, some rose or orange-flower-water, boil the cream, tye the saffron in a bag, and dip in the cream to colour it. First beat your eggs very well, then stir in your almonds, then the spice, the salt and suet, and mix all your ingredients together; fill your guts but half full, put some bits of citron in the guts as you fill them, tye them up, and boil them a quarter of an hour.

A ragoo of asparagus.

SCRAPE a hundred of grafs very clean, and throw it into cold water. When you have scraped all, cut as far as is good and green, about an inch long, and take two heads of endive clean washed and picked, cut it very small, a young lettuce clean washed and cut small, a large onion peeled and cut small, put a quarter of a pound of butter into a stew-pan; when it is melted, throw in the above things: tofs them about, and fry them ten minutes; then season them with a little pepper and salt, shake in a little flour, tofs them about, then pour in half a pint of gravy. Let them stew, till the sauce is very thick and good; then pour all into your dish. Save a few of the little tops of the grafs to garnish the dish.

A green goose.

NEVER put any seasoning into it, unless desired; you must either put good gravy, or green sauce in the dish made thus: take a handful of sorrel, beat in a mortar, and squeeze the juice out, add to it the juice of an orange or lemon, and a little sugar, heat it in a pipkin, and pour it into your dish; but the best way is to put gravy in the dish, and green sauce in a cup or boat. Or made thus: take half a pint of the juice of sorrel, a spoonful of white wine, a little grated nutmeg, a little grated bread, boil these a quarter of an hour softly, then strain it and put it into the sauce-pan again, and sweeten it with a little sugar, give it a boil and pour it into a dish or bason; some like a little piece of butter rolled in flour and put into it.

Another raisin wine.

TO every gallon of cold water put seven pounds of new raisins of the sun, just as you buy them, without picking, cutting, or bruising; stir them well every day; let them stand as long as the raisins will rise above the wine; when they fall, draw the liquor off, and press the raisins: put it up in your cask, and to twelve gallons put a quart of French-brandy; let it stand at least six months, but nine or twelve will do much better. Bottle it for use.

Receipt to destroy bugs.

MIX oil of turpentine with soap-lees, anoint the bed-posts, and crevices of the walls with it; shut the room up close, and burn brimstone and storax, and they will die away.

Ratifa.

TAKE melasses-brandy, three gallons; nuts, two ounces and a half; bitter almonds, one pound and a half;

a half: bruise them, and infuse in the brandy; add ambergrease, three grains, mixt with fine *Lisbon* sugar, three pounds; infuse them all for seven or eight days, and then strain off for use.

To roast a hare.

TAKE your hare when it is cas'd and make a pudding; take a quarter of a pound of suet, and as much crumbs of bread, a little parsley shred fine, and about as much thyme as will lye on a six-pence, when shred; an anchovy shred small, a very little pepper and salt, some nutmeg, two eggs, and a little lemon-peel: mix all this together, and put it into the hare. Sew up the belly, spit it, and lay it to the fire, which must be a good one. Your dripping-pan must be very clean and nice. Put two quarts of milk and half a pound of butter into the pan; keep basting it all the while it is roasting, with the butter and milk, till the whole is used, and your hare will be enough. You may mix the liver in the pudding, if you like it. You must first parboil it, and then chop it fine.

Different sorts of sauce for a hare.

TAKE for fauce, a pint of cream and half a pound of fresh butter; put them in a sauce-pan, and keep stirring it with a spoon till all the butter is melted, and the fauce is thick; then take up the hare and pour the fauce into the dish. Another way to make fauce for a hare, is to make good gravy, thicken'd with a little piece of butter rolled in flour, and pour it into your dish. You may leave the butter out, if you don't like it, and have some curran jelly warm'd in a cup, or red wine and sugar boil'd to a syrup: done thus; take half a pint of red wine, a quarter of a pound of sugar, and set over a slow fire to simmer for about a quarter of an hour. You may do half the quantity and put it into your sauce-boat or bason.

To broil steaks.

FIRST have a very clear brisk fire ; let your grid-iron be very clean ; put it on the fire, and take a chaffing-dish with a few hot coals out of the fire : put the dish on it which is to lay your steaks on, then take fine rump steaks about half an inch thick ; put a little pepper and salt on them, lay them on the grid-iron, and (if you like it) take a shallot or two, or a fine onion, and cut it fine ; put it into your dish : don't turn your steaks till one side is done, then when you turn the other side there will soon be a fine gravy lie on the top of the steak, which you must be careful not to lose. When the steaks are enough, take them carefully off into your dish, that none of the gravy be lost ; then have ready a hot dish or cover, and carry them hot to table, with the cover on.

A wash for the teeth.

TAKE a quart of claret, and put into it an ounce of Hungary-water, an ounce of bole-armoniack, half an ounce of myrrh, a drachm of alum, ten grains of salt of vitriol, and two ounces of honey of roses ; let these stand in a warm sun, or near the fire, for three days, and then set it by to settle, and pour a spoonful of it into a tea-cup of water, and wash your teeth with it every day, which will preserve them sound, and keep them white.

To keep wine from souring.

BOIL a gallon of wine with some beaten oyster-shells and crab's-claws calcined ; strain out the liquid part, and when it is cool, put it into the wine of the same sort, and it will give it a pleasant lively taste. A stone of unslak'd lime will keep wine from turning.

To

To make vinegar.

To every gallon of water, put a pound of coarse *Lisbon* sugar, let it boil, and keep skimming of it, as long as the scum rises; then pour it into tubs, and when it is as cold as beer to work, toast a good toast, and rub it over with yeast. Let it work twenty-four hours; then have ready a vessel iron-hooped, well painted, fixed in a place where the sun has full power, and fix it so as not to have any occasion to move it. When you draw it off, then fill your vessel, lay a tile on the bung to keep the dust out. Make it in *March*, and it will be fit for use in *June* or *July*. Draw it off into little stone bottles the latter end of *June* or beginning of *July*, let it stand till you want to use it, and it will never foul any more. But when you go to draw it off, and you find it is not sour enough, let it stand a month longer before you draw it off. For pickles to go abroad, use this vinegar alone; but in *England*, you will be obliged, when you pickle, to put one half cold spring-water to it, and then it will be full sour with this vinegar. You need not boil, unless you please, for almost any sort of pickles, it will keep them quite good. It will keep walnuts very fine without boiling, even to go to the *Indies*; but then don't put water to it. For green pickles, you may pour it scalding hot on two or three times. All other sorts of pickles you need not boil it. Mushrooms only wash them clean, dry them, put them into little bottles, with a nutmeg just scalded in vinegar, and sliced (whilst it is hot) very thin, and a few blades of mace; then fill up the bottle with the cold vinegar and spring-water, pour mutton fat try'd over it, and tye a bladder and leather over the top. These mushrooms won't be so white, but as finely tasted, as if they were just gathered; and a spoonful of this pickle will give sauce a very fine flavour.

White wallnuts, suckers and onions, and all white pickles do in the same manner, after they are ready for the pickle.

Receipt against the plague.

TAKE of rue, sage, mint, rosemary, wormwood and lavender, a handful of each, infuse them together in a gallon of white-wine-vinegar, put the whole into a stone-pot closely covered up, upon warm wood ashes for four days: after which draw off (or strain through fine flannel) the liquid, and put it into bottles well corked; and into every quart bottle, put a quarter of an ounce of camphire. With this preparation, wash your mouth, and rub your loins and your temples every day; snuff a little up your nostrils when you go into the air, and carry about you a bit of sponge dipped in the same, in order to smell to upon all occasions, especially when you are near any place or person that is infected. They write, that four malefactors (who had robbed the infested houses, and murdered the people during the course of the plague) owned, when they came to the gallows, that they had preserved themselves from the contagion, by using the above medicine only; and that they went the whole time from house to house, without any fear of the distemper.

Extract of Amber.

TAKE ambergrease three drams, sugar-candy the same quantity, of civet nine grains, of musk eighteen, put all these together in a bottle with a glass stopper; then pour upon them six ounces of highly rectified spirit of wine; set it in warm embers for twenty-four hours; while it is warm separate the clear from the dross.

This extract is much better for all sorts of uses than amber-grease; five or six drops in any thing, give a most noble perfume.

It

It is proper in all families distant from *London*, being often prescrib'd in cordials.

To make aniseed water.

TAKE two handfuls of aniseeds, cleanse them well, and infuse them in two quarts of water, sweetened with half a pound of sugar; when the water has been sufficiently impregnated with the seeds, strain it off, and if you please, you may add a little brandy to enrich it. This is a proper liquor for the winter season.

An aniseed water for the summer time may be made by steeping only the leaves of the plant, especially the tops, for a considerable time.

To take away the spots of the small-pox.

TAKE an ounce of olive-oil, half an ounce of Venice-turpentine, half an ounce of sperma-ceti; melt them together, and when beginning to boil, take it off the fire, and let it cool; rub therewith the black spots, and continue till the holes be filled.

A calf's head hash.

YOUR calf's-head being slit and cleansed, half boiled, and cold, cut it in thin slices, and fry it in a pan of brown butter; then having a tofs-pan on the stove, with a pint of gravy, as much strong broth, a quarter of a pint of claret, as much white-wine, and a handful of savoury balls, two or three shrivel'd pallates, a pint of oysters, cock's-combs, lamb-stones and sweet-breads, boil'd, blanch'd, and slic'd, with mushrooms, truffles, and morels, two or three anchovies, as many shallots, a faggot of sweet-herbs, toss'd up and stew'd together; season it with savoury seasoning, then scotch the other side cross and cross, flour, baste and broil it. The hash being thicken'd with brown butter, put it in the dish; lay over and about it fry'd balls, and the tongue sliced and larded with

with bacon, lemon peel, and beet-root; fry in the batter of eggs sliced sweetbreads, carved sippets, and oysters; lay in your head, and place these in and about the dish; garnish with sliced orange and lemon.

To pot beef.

TAKE a buttock of beef, or a leg of mutton piece, cut it into thin slices, season it with savoury seasoning, an ounce of salt-petre, half a pint of claret; then having three or four pounds of beef suet, lay it between every laying of beef, tye a paper over it, and let it lie all night; then bake it with some household bread, then take it out, dry it in a cloth, and cut it cross the grain very close; if it is not seasoned enough, season it more; then pour the fat clear from the gravy; put it close in pots, set it in the oven to settle. When it is cold, cover it with clarified butter.

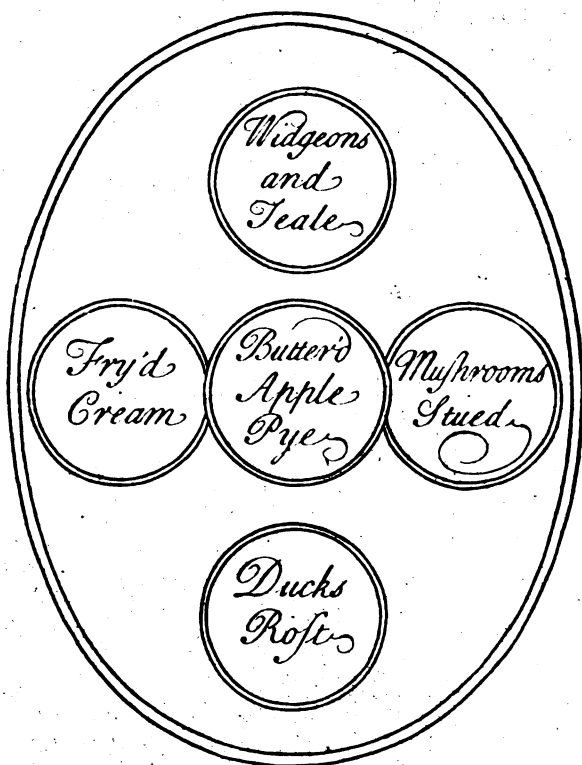
To make Westphalia ham.

CUT a hind quarter of pork like ham, cut all the soft fat off, then rub it with half a pound of the coarsest sugar you can get; let it lie four and twenty hours, then rub it with a quarter of a pint of salt-petre, one pint of peter-salt, a quart of white salt; let it lie three weeks: rub it now and then with some white salt. Dry it in a chimney where you burn wood or turf. When you boil it, put in a pint or a quart of oak saw-dust; when cold, eat it with mustard or vinegar. Serve it with pigeons when it is hot, or with spinage or sprouts boil'd and laid round it, or eight chickens. If you would keep it long, let it lie a month in salt.

To season fresh meat in boiling or roasting.

IF boil'd meat, make the water boil up before you put it in, and having well rubb'd it with salt, put it in, and throw in salt by degrees, a little at a time,

Second Course



time, till the broth tastes very strong of it, and so cover it close; and be it pork or beef, the water penetrating with its heat, it will carry the salt quite through, and season it sufficiently.

How to make bread more substantial than ordinary.

TAKE the bran that has been bolted off, and boil it in a kettle of water; then strain out the water, and it will be white, and of a thick, strengthening substance; with this wet the meal, wherewith you make your bread; then add yeast, and a little salt, and so make it into loaves; and it will be more heartening, pleasanter in taste, and increased in substance, than otherwise it would have been.

To recover sour ale.

SCRAPE fine chalk a pound, or as the quantity of liquor requires more; put it in a thin bag, into the ale.

To recover liquor that is turning bad.

IF any liquor be prick'd, or fading, put to it a little syrup of clary, and let it ferment with a little baum, which will recover it; and when it is well settled, bottle it up, putting in a clove or two, with a little lump of loaf-sugar.

For well bottling of liquor.

YOU must have firm corks, boil'd in wort, or grounds of beer; fill within an inch of the cork's reach, and beat it in with the mallet; then, with a small brass wire, bind the neck of the bottle, bring up the two ends, and twist them over with a pair of pincers.

To make raisin wine.

TAKE two hundred of raisins, stalks and all, and put them into a large hoghead; fill it up with water,

water, let them steep a fortnight, stirring them every day; then pour off all the liquor, and dress the raisins; put both liquors together in a nice clean vessel that will just hold it, for it must be full; let it stand till it has done hissing, or making the least noise; then stop close, and let it stand six months: Peg it, and if you find it quite clear, rack it off into another vessel; stop it close, and let it stand three months longer, then bottle it, and when you use it, rack it off into a decanter.

To make elder wine.

PICK the elder-berries when full ripe, put them into a stone jar, and set them in the oven, or a kettle of boiling water till the jar is hot through; then take them out and strain them through a coarse cloth, wringing the berries, and put the juice into a clean kettle: to every quart of juice put a pound of fine *Lisbon* sugar, let it boil, and skim it well. When it is clear and fine, pour it into a jar; when cold, cover it close, and keep it till you make raisin wine: then when you tun your wine, to every gallon of wine put half a pint of the elder syrup.

To make orange wine.

TAKE twelve pounds of the best powder sugar, with the whites of eight or ten eggs well beaten, into six gallons of spring water, and boil it three quarters of an hour. When it is cold, put into it six spoonfuls of yeast, and also the juice of twelve lemons, which being pared must stand with two pounds of white sugar in a tankard, and in the morning skim off the top, and then put it into the water. Then add the juice and rinds of fifty oranges, but not the white part of the rinds, and so let it work all together two days and two nights; then add two quarts of *Rbenish* or white wine, and put it into your vessel.

To

To preserve damsons whole.

YOU must take some damsons and cut them in pieces, put them in a skillet over the fire, with as much water as will cover them. When they are boiled and the liquor pretty strong, strain it out: add for every pound of the whole damsons wiped clean a pound of single refined sugar, put the third part of your sugar into the liquor, set it over the fire, and when it simmers put in the damsons. Let them have one good boil, and take them off for half an hour, covered up close; then set them on again, and let them simmer over the fire, after turning them; then take them out and put them in a basin, strew all the sugar that was left on them, and pour the hot liquor over them; cover them up, and let them stand till next day, then boil them up again till they are enough. Take them up, and put them in pots; boil the liquor till it jellies, and pour it on them when it is almost cold, so paper them up.

Anti-scorbutic water.

IN a gallon of proof spirits and two quarts of water, digest six handfuls of garden scurvy-grass, brook-lime and water-creffes, of each a handful, horse-radish root one pound sliced, three lemons slic'd, arum root a pound, fresh briony root two pounds, mustard seed three ounces, nutmegs half an ounce, and gently distil off the proof spirit.

To make orange water.

TAKE the parings of forty oranges, if they be very good and large; if not fifty; steep them in a gallon of sack three days; then distil the sack and peels together in an alembick: if you chuse it very strong, distil it in an ordinary rose-water still; put into the bottles it drops in, some white sugar-candy; divide the oranges and sack, and do it twice.

Calf's

Calves feet broth.

BOIL the calves feet in as much water as will make a good jelly; strain it, then set the liquor on the fire again, with two or three blades of mace, and to each quart put a quarter of a pint of sack and a quarter of a pound of currans clean pick'd and wash'd; when they are plump'd, beat up the yolk of an egg, and mix it with a little of the cool liquor; and set it on a gentle fire to thicken; put in salt, and sugar to your palate, stir in a bit of butter a little before you take it off the fire, put in the juice and peel of a fresh lemon.

To make calves feet jelly.

BOIL two calves feet in a gallon of water till it comes to a quart, then strain it, let it stand till cold, skim off all the fat clean, and take the jelly up clean. If there is any settling in the bottom leave it; put the jelly into a sauce-pan with a pint of mountain wine, half a pound of loaf-sugar, the juice of four large lemons; beat up six or eight whites of eggs with a whisk, then put them into the sauce-pan, and stir all together well till it boils. Let it boil a few minutes; have ready a large flannel bag, pour it in, it will run through quick; pour it in again till it runs clear, then have ready a large china basin, with the lemon-peels cut as thin as possible, let the jelly run into that basin, and the peels both give it a fine amber colour, and also a flavour; with a clean silver spoon fill your glasses.

To make curran jelly.

STRIP the currans from the stalks, put them in a stone jar, stop it close, set it in a kettle of boiling water half way the jar, let it boil half an hour, take it out and strain the juice through a coarse hair sieve. To a pint of juice put a pound of sugar, set it over
a fine

a fine clear quick fire in your preserving-pan or a bell-metal skillet; keep stirring it all the time till the sugar is melted, then skim the scum off as fast as it rises. When your jelly is very clear and fine pour it into gallipots, when cold, cut white paper just the bigness of the top of the pot and lay on the jelly, then cover the top close with white paper, and prick it full of holes, set it in a dry place, put some into glasses, and paper them.

To make conserve of red roses, or any other flowers.

TAKE rose-buds, or any other flowers, and pick them, cut off the white part from the red, and put the red flowers and sift them through a sieve to take out the seeds; then weigh them, and to every pound of flowers, take two pounds and half of loaf-sugar; beat the flowers pretty fine in a stone mortar, then by degrees put the sugar to them, and beat it very well, till it is well incorporated together; then put it into gallipots, tie it over with paper, over that a leather, and it will keep seven years.

To make conserve of hips.

GATHER hips before they grow soft, cut off the heads and stalks, slit them in halves, take out all the seeds and white that is in them very clean, then put them into an earthen pan, and stir them every day, or they will grow mouldy. Let them stand till they are soft enough, to rub them through a coarse hair-sieve, as the pulp comes take it off the sieve; they are a dry berry, and will require pains to rub them through; then add its weight in sugar, mix them well together without boiling; keep it in deep gallipots for use.

To dress a cod's head, or fresh salmon.

TAKE a little water, and put in a pint of vinegar, a handful of salt, as much fish-herbs, the rind
of

of a lemon, and one onion. Let it boil a quarter of an hour; then lay the fish on a fish-plate; being clean wash'd, put it in, boil it gently till enough; take it up and dry it very well from the water over coals. Make the sauce ready for it, half a pint of gravy, a pint of white wine, a little horse-radish scrap'd, two anchovies, whole pepper and mace, three slices of lemon, a few sweet herbs; boil them half way, then put in two or three pounds of fresh butter, a quart of oysters plump'd in their own liquor, a pint of shrimps, ten bits of boil'd lobster; toss it up till very thick. Dish the fish, and lay on all sorts of small fish round it. Then pour the sauce over it, and garnish the dish.

To make gingerbread.

TAKE a pound and half of *London* treacle, two eggs beaten, half a pound of brown sugar, one ounce of ginger beaten and sifted; of cloves, mace and nutmegs all together half an ounce, beaten very fine, coriander-seeds and carraway-seeds of each half an ounce, two pound of butter melted; mix all these together, with as much flour as will knead it into a pretty stiff paste; then roll it out, and cut it into what form you please; bake it in a quick oven on tin-plates; a little time will bake it.

To make the light wigs.

TAKE a pound and half of flour, and half a pint of milk made warm; mix these together, and cover it up, and let it lie by the fire half an hour; then take half a pound of sugar and half a pound of butter; then work these in the paste, and made it into wigs, with as little flour as possible; let the oven be prett quick, and they will rise very much.

To make whipt cream.

TAKE a quart of thick cream, and the whites of eight

eight eggs beat well, with half a pint of sack, mix it together, and sweeten it to your taste with double refin'd sugar ; you may perfume it if you please with a little musk or ambergrease tied in a rag, and steep'd a little in the cream, whip it up with a whisk, and some lemon-peel tied in the middle of the whisk ; take the froth with a spoon, and lay it in your glasses, or basons.

To make whipt syllabubs.

TAKE a quart of thick cream, and half a pint of sack, the juice of two Seville oranges, or lemons ; grate in the peel of two lemons ; half a pound of double-refined sugar, pour it into a broad earthen pan, and whisk it well ; but first sweeten some red wine, or sack, and fill your glasses as full as you chuse ; then as the froth rises take it off with a spoon, and lay it carefully into your glasses, till they are as full as they will hold. Don't make these long before you use them. You may use cyder sweetened, or any wine you please, or lemon, or orange-why made thus : squeeze the juice of a lemon or orange into a quarter of a pint of milk, when the curd is hard, pour the whey clear off, and sweeten it to your palate ; you may colour some with juice of spinage, some with saffron, and some with cochineal, just as you fancy.

To make Norfolk dumplings.

MIX a good thick batter, as for pancakes, take half a pint of milk, two eggs, a little salt, and make it into a batter with flower. Have ready a clean sauce-pan of water boiling, into which drop this batter. Be sure the water boils fast, and two or three minutes will boil them ; then throw them into a sieve to drain the water away, then turn them into a dish, and stir a lump of fresh butter into them ; eat them hot, and they are very good.

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To

To make hard dumplings.

MIX flower and water, with a little salt, like a paste, roll them in balls, as big as a turkey's egg, roll them in a little flower, have the water boiling, throw them in the water, and half an hour will boil them. They are best boiled with a good piece of beef. You may add for change a few currans, have melted butter in a cup.

Sauce for a turkey.

TAKE a little claret and strong broth, or water, anchovy, one shallot, a little pepper, mace and salt, and a slice of lemon; set it to stew a little, then strain it, and pour it through its belly. Serve it with onion sauce. Boil them in three or four waters, then drain them dry, chop them a little broad; lay them round the turkey; butter them, and serve them only with gravy.

A lear for savoury pyes.

TAKE claret gravy, oister liquor, two or three anchovies, a faggot of sweet herbs and an onion; boil it up and thicken it with brown butter, then pour it into the savoury pyes, when called for.

A lear for fish pyes.

TAKE claret, white wine and vinegar, oister liquor, anchovies, and drawn butter; when the pyes are baked, pour it in at the funnel.

A lear for pasties.

SEASON the bones of the meat, then make your pasty, and cover them with water, and bake them with the pasty. When they are baked, strain the liquor into the pasty.

To

To pot eels.

TAKE a large eel, skin it, cleanse it, and wash it very clean, dry it in a cloth, and cut it into pieces as long as your finger. Season them with a little beaten mace and nutmeg, pepper, salt, and a little sal prunella beat fine; lay them in a pan, then pour as much good butter over them as will cover them, and clarified as above. They must be baked half an hour in a quick oven; if a slow oven, longer, till they are enough: with a fork take them out, and lay them on a coarse cloth to drain. When they are quite cold, season them again with the same seasoning, lay them in the pot close, then take off the butter they were baked in clear from the gravy of the fish, and set in a dish before the fire. When it is melted pour the clear butter over the eels, and let them be covered with the butter. As to the baking, you must judge by the largeness of the eel.

In the same manner you may pot what you please. You may bone your eels, if you chuse it; but then don't put in any sal prunella.

To pot lampreys.

SKIN them, cleanse them with salt, and then wipe them dry: beat some black pepper, mace and cloves; mix them with salt, and season them. Lay them in a pan, and cover them with clarified butter. Bake them an hour, order them as eels, only let them be seasoned, and one will be enough for a pot. You must season them well, let your butter be good, and they will keep a long time.

To pot charrs.

AFTER having cleansed them, cut off the fins, tails, and heads, then lay them in rows, in a long baking-pan; cover them with butter, and order them as above.

To dress scotch collops.

TAKE veal, cut it thin, beat it well with the back of a knife or rolling-pin, and grate some nutmeg over them; dip them in the yolk of an egg, and fry them in a little butter till they are of a fine brown; then pour the butter from them, and have ready half a pint of gravy, a little piece of butter rolled in flower, a few mushrooms, a glass of white wine, the yolk of an egg, a little cream mixt together. If it wants a little salt put it in. Stir it all together, and when it is of a fine thickness dish it up. It does very well without the cream, if you have none; and very well without gravy, only put in just as much warm water, and either red or white wine.

Potato, or lemon cheefecakes.

TAKE six ounces of potatoes, four ounces of lemon-peel, four ounces of sugar, four ounces of butter; boil the lemon-peel till tender, pare and scrape the potatoes, and boil them tender and bruise them; beat the lemon-peel with the sugar, then beat all together very well, and melt the butter in a little thick cream, and mix all together very well, and let it lie till cold: put crust in your pattipans, and fill them little more than half full: bake them in a quick oven half an hour, sift some double-refin'd sugar on them as they go into the oven; this quantity will make a dozen small pattipans.

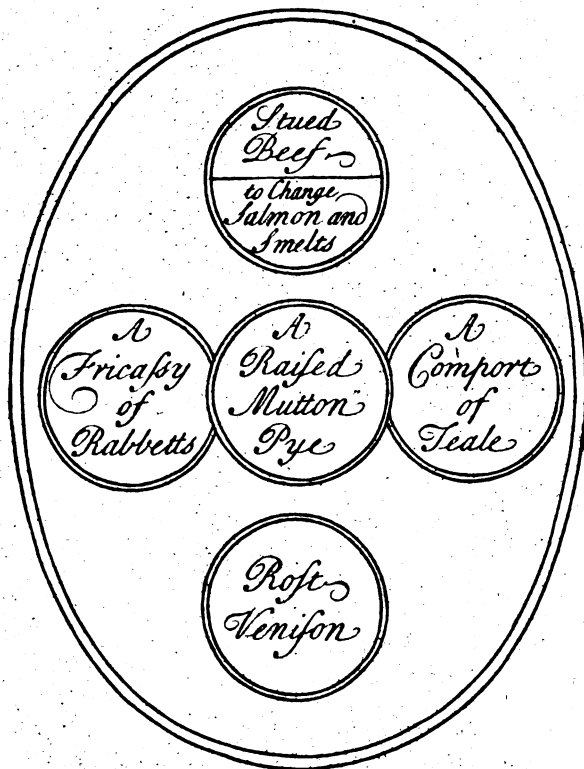
Sauce for a woodcock or pheasant.

TAKE a little claret and water, one shallot, a little whole pepper, mace, a little grated white bread, and nutmeg; slice it a little thin, put in a piece of fresh butter. Serve it with sippets and lemon slic'd. Roast the guts in them. The same way for pheasants, with roasted wild fowl round them. Put the
fowl-

OCTOBER

100

First Course



Second Course

6
Plovers
and 12
Larks

Oyster
Loaves

A
Pippin
Jelly
Tart

A
Ragoo
Melle

A
Hare,
Roast Force'd
and
Larded

fowl-sauce in the dish with it. Put the pheasant-sauce by in a plate.

Polonia sausages.

T A K E four pounds of lean buttock of beef, cut it to pieces ; put into it one pound of dic'd suet, one pound of dic'd bacon, season it with all-spice and pepper just bruised, and with bay salt and salt petre mix'd up with your seasoning ; then tie them up in skins as big as your wrist : you must mix in a little powder of bay leaves, then dry them as you do tongues, and eat them without boiling.

Almond-cream.

T A K E half a pound of good almonds, blanch and beat them very fine, with orange-flower water ; take a quart of cream boil'd, cool'd, and sweeten'd ; put the almonds into it, and when they are mix'd, strain it through a canvas, then stir it over the fire, till it thickens, and pour it into glasses ; if you love it richly perfum'd, put in a grain of ambergrease.

To make orange-cream.

T A K E four oranges, and grate the peels into a pint of water ; then squeeze the juice into the water ; beat the yolks of four eggs very well, and put into the water ; sweeten it very well with double-refin'd sugar ; press all hard thro' a strong strainer ; set it on the fire, and stir it carefully all one way, till 'tis as thick as cream ; then pour it into your glasses.

To dress sweetbreads.

D O N' T put any water or gravy into the stew-pan, but put the same veal and bacon over the sweetbreads, and season as under directed ; cover them close, put fire over as well as under, and when they are enough take out the sweetbreads, put in a ladleful of gravy, boil it, and strain it, skim off all the fat, let it boil

till it jellies, and then put in the sweetbreads to glaze ; lay essence of ham in the dish, and lay the sweetbreads upon it ; or make a very rich gravy with mushrooms, truffles and morels, a glass of white wine, and two spoonfuls of catchup. Garnish with cocks combs forc'd and stew'd in the gravy.

Note, You may add to the first, truffles, morels, mushrooms, cocks combs, palates, artichoke bottoms, two spoonfuls of white wine, two of catchup, or just as you please.

N. B. There are many ways of dressing sweetbreads : you may lard them with thin slips of bacon, and roast them with what sauce you please ; or you may marinate them, cut them into thin slices, flour them, and fry them. Serve them up with fry'd parsley, and either butter or gravy. Garnish with lemon.

Turkey sausages.

You must either boil or roast your turkey, and take all the breast and flesh off, and cut it in pieces, putting in some bearded oysters roll'd in eggs : season with all-spice beaten, and some nutmeg ; put in some marrow and then fill your skins, after which you may either boil them or fry them ; you may hack your oysters and marrow small if you please, and put in some thyme and parsley, grated bread and sweet herbs, and combs and mushrooms ; so broil them when you send them away.

Stilton cheese.

TAKE two gallons of morning milk and five gallons of sweet cream, beat them well together and add as much boiling spring or river water as will make the whole a little warmer than milk from the cow ; then put in the rennet made strong of mace by boiling a good quantity of mace in the rennet liquor.

For

For a consumptive cough.

TAKE marsh mallows and comfrey roots dry'd, of each six ounces; scorzonera and orange root candied, of each four ounces; cut all small and mix them well together; then divide them into several parts, that is an ounce on each paper; which put into a quart of spring-water, boil them gently and then add a pint of milk, and continue boiling it till the three pints comes to a quart, let it stand to cool, and drink half of this at a time twice a day for some time.

To make a meat-soup very good.

TAKE a piece of coarse neck beef, a crag of mutton, and a knuckle of veal; boil all these to rags, with salt and onion, and whole pepper. When there is no more goodness left in the meat, strain the liquor into a stew-pan, and set it over the fire; put into it cloves and mace, and a little lemon-peel; let it boil a little, then put in a pint of strong claret, three or four anchovies, with gravy squeez'd out of a lean piece of beef fry'd for that purpose; put in ox palates cut in dice; let them be first boil'd very tender, veal sweetbreads boil'd, lettuce, endive, spinage, or what herbs you please, boil'd green. Then take *French* bread, cut it thin and toast it; lay your palates, sweetbreads, and herbs over all the toasts. Have a fowl boil'd, and the breast stuff'd with forc'd-meat, and lay in the middle of the dish; pour the soup over all.

A very good tanfy.

TAKE a pint of milk, and a pint of cream, about a pint of juice of spinage, which must be well dry'd after washing, before you stamp it; strain it, and pour it in; beat fifteen eggs, with a little salt, leave out eight whites, strain them into the other

H 4

things;

things ; put in near a pint of grated bread or bisket ; grate in a whole large nutmeg, and as much sugar as will make it very sweet ; thicken it over the fire as thick as a hasty-pudding ; put it into a butter'd dish, and a cool oven : half an hour bakes it.

To fatten chickens.

Put them into coops and feed them with barley meal ; put a small quantity of brick dust into their water, which they ought never to be without ; this last will give them an appetite to their meat, and fatten them very soon. For in this case it must be considered that all fowls and birds have two stomachs as they may be called ; the one is their crop that softens their food, and the other the gizzard that macerates their food ; in the last we always find small stones and sharp sand, which help to do that office, and without them or something of that kind a fowl will be wanting of its appetite to eat ; for the gizzard cannot macerate (or as it may be said) grind the food fast enough to discharge it from the crop, without such sand or stones ; and in this case the brick-dust is assisting.

To make Spanish butter.

Boil a gallon of milk, and while it is boiling, put in a pint of cream ; let it boil afterwards, then put it in two broad pans or trays, letting it stand for two or three days ; then take the cream off into a silver or wooden bowl, and put to it a spoonful of orange-flower-water, with a perfum'd pastil or two melted in it, and sweeten it a little with sifted sugar. Then beat it either with a wooden beater or silver ladle, till it is stiff enough to lie as high as you would have it.

Take care to beat it all one way, not changing your hand.

To

To make a potatoe-pye.

TAKE two pound of *Spanish* potatoes, boil them till tender; then peel them, and slice them the long way; lay them in the dish, and take the marrow of four large bones; pick it out of the bones in large pieces and lay it upon the potatoes: put in two ounces of preserv'd barberries, as much citron and orange-peel, six slices of lemon dipp'd in sugar, cut off the rind; put in a quarter of a pint of sack: cover it with puff-paste, and when the crust is baked it is enough: then cut off the lid, that it may cool a little; and make a caudle of half a pint of sack, half a pound of butter, the yolks of four eggs, and a quarter of an ounce of beaten cinnamon: take care it does not turn. Make your caudle very sweet, and pour it into the pye.

To make an oatmeal pudding.

TAKE a pint of fine oatmeal, boil it in three pints of new milk, stirring it till it is as thick as a hasty-pudding; take it off, and stir in half a pound of fresh butter, a little beaten mace and nutmeg, and a gill of sack; then beat up eight eggs, half the whites, stir it all well together, lay a puff-paste all over the dish, pour in the pudding, and bake it half an hour. Or you may boil it with a few currans.

To make a potatoe pudding.

TAKE a quart of potatoes, boil them soft, peel them, and mash them with the back of a spoon, and rub them through a sieve, to have them fine and smooth; take half a pound of fresh butter melted, half a pound of fine sugar, so beat them well together, till they are very smooth; beat six eggs, whites and all, stir them in, and a glass of sack or brandy. You may add half a pound of currans, boil it half an

an hour; melt butter with a glass of white wine, sweeten with sugar, and pour over it. You may bake it in a dish, with puff-paste all round the dish, and at the bottom.

To make a rich great cake.

TAKE a peck of flower well dry'd, an ounce of cloves and mace, half an ounce of nutmegs, as much cinnamon; beat the spice well, and mix them with your flower, and a pound and half of sugar, and a little salt, and thirteen pounds of currans well wash'd, pick'd and dry'd, and three pounds of raisins stoned and cut into small pieces: mix all these well together: then make five pints of cream almost scalding hot, and put into it four pounds of fresh butter; then beat the yolks of twenty eggs, three pints of good ale-yeast, a pint of sack, a quarter of a pint of orange-flower-water, three grains of musk, and six grains of ambergrease; mix these together, and stir them into your cream and butter; then mix all in the cake, and set it an hour before the fire to rise, before you put it into your hoop; mix your sweet-meats in it, two pounds of citron, and one pound of candied orange and lemon-peel, cut in small pieces; you must bake it in a deep hoop; butter the sides, and put two papers at the bottom, and flour it, and put in your cake; it must have a quick oven, four hours will bake it; when it is drawn, ice it over the tops and sides, take two pounds of double-refin'd sugar beat and sifted, and the whites of six eggs beaten to a froth, with three or four spoonfuls of orange-flower-water, and three grains of musk and ambergrease together; put all these in a stone mortar, and beat them with a wooden pestle till it is as white as snow, and with a brush or bunch of feathers spread it all over the cake, and put it in the oven to dry, but take care the oven does

does not discolour it ; when it is cold, paper it ; it will keep good five or six weeks.

Scotch collops, a very good way.

TAKE a fillet of veal, cut away the outside skin, and cut it out in thin collops, with the grain, hack them with the back of your knife, lard some of them with bacon, and season all of them with salt, nutmeg, and thyme, parsley, and a little savoury ; shred all the herbs very small, then fry them in a good quantity of clarify'd butter, till they look of a fine yellow ; take care they are not burnt black ; when they are so done, lay them before the fire to drain ; pour the butter they were fry'd in, from the gravy ; and put to the gravy three anchovies, a little strong beef-broth, a little oyster-liquor, and oysters, with a quarter of a pint of claret ; let your oysters stew thus, till they are enough, then shake in five or six ounces of butter ; rub the pan first with shallot, put in the yolks of three eggs, and take care to stir or shake it constantly, for fear of curdling : just before you pour it out, squeeze in the juice of a lemon, and pour it over the collops : you must have forc'd-meat balls, and mushrooms, and some fry'd oysters, with slic'd lemon for garnish.

To dress salt fish.

OLD ling, which is the best sort of salt fish, lay it in water twelve hours, then lay it twelve hours on a board, and then twelve more in water. When you boil it put it into the water cold : if it is good, it will take about fifteen minutes boiling softly. Boil parsnips very tender, scrape them, and put them into a sauce-pan, put to them some milk, stir them till thick, then stir in a good piece of butter, and a little salt ; when they are enough lay them in a plate, the fish by itself dry, and butter and hard eggs chopped in a bason,

1

As

As to water-cod, that need only be boiled and well skimmed.

Scotch haddocks you must lay in water all night. You may boil or broil them. If you broil, you must split them in two. You may garnish your dishes with hard eggs and parsnips.

*To make an olio pye. **

MAKE your pye ready; then take the thin collops of the but-end of a leg of veal; as many as you think will fill your pye; hack them with the back of a knife, and season them with pepper, salt, cloves, and mace; wash over your collops with a bunch of feathers dipped in eggs, and have in readiness a good handful of sweet-herbs shred small; the herbs must be thyme, parsley, and spinage; and the yolks of eight hard eggs, minced, and a few oysters parboiled and chopt; some beef-suet shred very fine. Mix these together, and strew them over your collops, and sprinkle a little orange-flower-water on them, and roll the collops up very close, and lay them in your pye, strewing the seasoning that is left over them; put butter on the top, and close up your pye; when 'tis drawn, put in gravy, and one anchovy dissolved in it, and pour it in very hot: and you may put in artichoke-bottoms and chesnuts, if you please, or sliced lemon, or grapes scalded, or what else is in season; but if you will make it a right savoury pye leave them out.

A most admirable way to dry cherries.

TO every five pounds of cherries ston'd, put one pound of double-refin'd sugar; put the cherries into the preserving-pan, with a very little water; make both just scalding hot, take them immediately out of this liquor, and dry them; then put them into the pan again, strewing the sugar between every layer of cherries; let it stand to melt, and then set it

it on the fire, and make it scalding hot as before, which must be done twice or thrice with the sugar; then drain them from this syrup, and lay them singly to dry in the sun, or in your stove; when they are dry, throw them into a basin of cold water, and take them out again the same moment, and dry them with a cloth; set them once more into the hot sun, and keep them all the year in a dry place: this is not only the best way to give them a good taste, but also for colour and plumpness; I never found any way so certain.

To pot neats tongues, a better way than drying them.

PICKLE them red, as you do to dry; and when you think them salt enough to dry, boil them very tender; take them up, and peel them, and rub them with pepper, cloves, and mace, all over; then turn them round into a pot to bake: lay them in single pots on their side; you must cut off the root as well as the skin, and cover them with butter: bake them with brown bread; when they come out of the oven, pour out the gravy, and let the same butter serve, when clear'd; if there is not enough, add more clarify'd.

Iceing for tarts:

TAKE the yolk of an egg, and put some melted butter to it, and beat it very well together, and with a feather wash the top of your tarts, and sift some sugar on them just as you put them in the oven.

A paste for tarts.

TAKE two pound and a half of butter, to three pounds of flower, and half a pound of fine sugar beat: rub all your butter in the flower, and make it in a paste with cold milk, and two spoonfuls of brandy.

Another

Another way.

T A K E better than two pounds of flower, break in a pound of butter, rub it very small, then break in six eggs, and as much cream as will make it into a stiff paste; mould it, and roll it very thin, and bake it in a slow oven.

Puff paste.

T A K E a quartern of flower, and a pound and a half of butter; rub a third part of the butter in the flower, and make a paste with water; then roll out your paste, and put your butter upon it in bits, and flour it; then fold it up, and roll it again, and then put in more butter, and flour it, and fold it up again; then put the rest of the butter in, flour it, fold it, and roll it twice before you use it.

To collar veal.

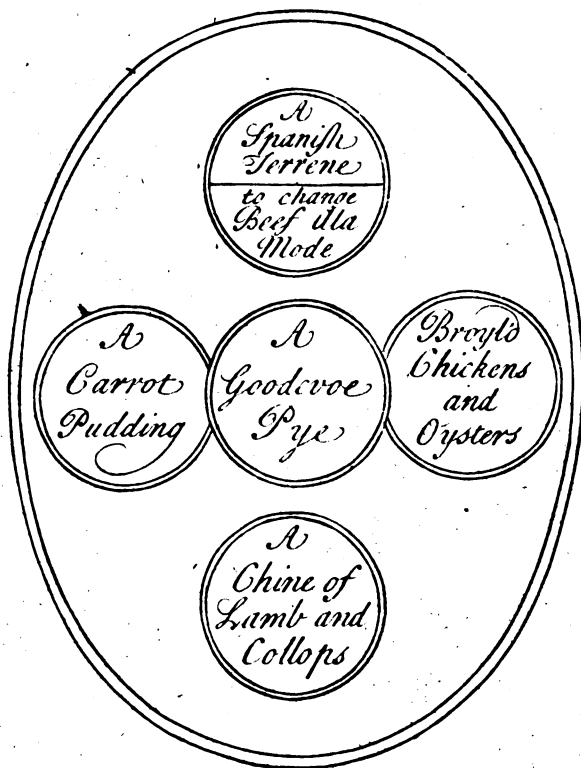
B O N E a breast of veal, wash and soak it in three or four waters, dry it in a cloth, season it with savoury spice, shred sweet herbs, a rasher of bacon dipp'd in batter of eggs, and roll it up in a collar in a cloth; boil it with water and salt, with half a pint of vinegar and whole spice; skim it clean. When it is boil'd, keep it in this pickle.

To collar a breast of veal, pig, or eel.

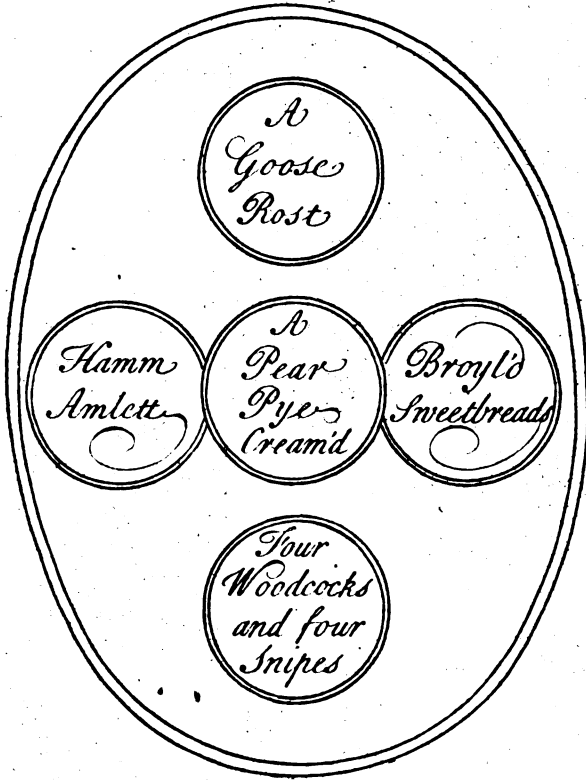
B O N E the pig, or veal, then season it all over the inside with cloves, mace, and salt, a handful of sweet herbs, as thyme, pennyroyal, and parsley, shred very fine, with a little sage, to a pig; then roll it up as you do brawn, bind it with narrow tape very close, then tye a cloth round it, and boil it very tender in vinegar and water, a like quantity of each, with a little cloves, mace, pepper, and salt, all whole; make it boil, then put the collars; when boil'd tender, take them up till both are cold, and keep them in the same pickle.

To

First Course



Second Course



To braise a calf's head.

BOIL your calf's head till the meat is near enough for eating; take it up, and cut it in thin slices; then take half a pint of white-wine, and three quarters of a pint of good gravy, or strong broth; put to this liquor, two anchovies, half a nutmeg, and a little mace, a small onion stuck with cloves; boil this up in the liquor a quarter of an hour, then strain it, and let it boil up again; when it does so, throw in the meat, with a little salt to your taste, and some lemon-peel shred fine; let it stew a little, and if you please, add sweet-breads: make forc'd-meat balls of veal; mix the brains with the yolks of eggs, and fry them, to lay for garnish. When the head is ready to be sent in, shake in a bit of butter.

To make a good forc'd-meat for any use.

TAKE a pound of veal, and full its weight in beef suet, a bit of bacon; shred all together, beat it in a mortar very fine; then season it with sweet herbs, pepper, salt, cloves, mace, and nutmegs; and when you roll it up to fry, add the yolks of two or three eggs, to bind it. You may add oysters or marrow, on extraordinary occasions.

To make milk-water.

TAKE two good handfuls of wormwood, as much carduus, as much rue, four handfuls of mint, as much balm, half as much angelica, cut these a little, put them into a cold still, and put to them three quarts of milk. Let your fire be quick, till your still drops, and then slacken your fire. You may draw off two quarts. The first quart will keep all the year. This is good in fevers sweetened with sugar or syrup of cloves.

Cream

Cream cheese.

STRAIN the milk into a cheese tub often in the fields, and to fifteen gallons of milk, put about two spoonfuls of rennet, and it will come in about half an hour.

It must not be set, when just hot from the cows, for then it will be apt to be tough, but luke-warm.

When it is come break it gently with a fleeting dish, stirring it well from the bottom; for if it be mash'd all together every way, it will be lean, that is, the butter will run more in the whey. This being done, let it stand to settle about half an hour, and then loosen a plug, that stops a hole in the middle of the tub, to let out the whey into clean vessels.

Then put the curd into a canvas cloth, and let two persons roll it up and down gently, till the whey is well drain'd from it. Then tie up the cloth and hang it up to drip, and when it has done dripping, put it into a cheese vat, that is big enough, lay a board over it, and upon the board set a fourteen pound weight, and so let it stand all night.

In the morning the cheese will turn out seven or eight inches thick, then cut it into cheeses of half an inch thick with a long silken thread; lay them on smooth boards and salt them lightly, turning them twice a day for the first four days, then lay them on nettles near the ground, and turn them twice a day for eight days, and the next day lay them on boards to dry.

They are finish'd in eight days in hot weather, in cooler in four.

Gravy.

CUT a piece of beef into thin slices, and fry it brown in a stew-pan, with two or three onions, two or three lean slices of bacon; then pour to it a ladle of strong broth, rubbing the brown from the pan
very

Another way to make gravy.

The best way to pot beef, which is as good as venison.

To make Dutch beef.

T A K E eight pound of buttock of beef without bone, rub it all over with six ounces of coarse sugar ; let it lie two days, then wipe it a little ; then take six ounces of salt-petre beaten, a pint of petre-salt, and a pint of white-salt, rub it well in, and let it lie three weeks, rubbing and turning it every day ; then

few it up in a cloth, and hang it in your chimney to dry; turn it upside down every day, that the brine do not settle: boil it in pump-water 'till 'tis very tender.

To pot lampreys or eels.

TAKE your lampreys or eels, and skin them, and gut them, wash them, and slit them down the back; take out the bones, cut them in pieces to fit your pot, then season them with pepper, salt, nutmeg, and then put them in your pot; pour in then half a pint of vinegar. They must bake an hour and a half, being close cover'd; and when they are bak'd, pour off the liquor, and cover them with clarified butter.

To pot char or trouts.

TAKE your fish, clean them well, and bone them; wash them with vinegar, cut off the tails, fins, and heads; then season them with pepper, salt, nutmeg, and a few cloves; then put them close in a pot, and bake them with a little verjuice and some butter; cover them close, and let them bake two hours; then pour off the liquor, and cover them with clarified butter.

To dress a cod's head.

LET there be six inches of body to the head, boil it in salt and water, with at least a pint of vinegar, a bunch of sweet herbs, some onions cut in slices, and some cloves.

Let the head be tied with packthread before it is put to boil, when it is enough take it out, drain and dish it up having the following sauce ready.

Blanch what number of oysters you please in their own liquor, then put them in a sieve to drain and keep the liquor for making your sauce, then put the
oysters

oysters into fresh water, and lay them one by one to drain on the backside of a sieve.

Then put a pound of good butter into a stew-pan with a dust of flower, a little nutmeg, salt, pepper and mace, a little vinegar and some of the oysters liquor, parsley blanch'd and shred small, and three or four anchovies cut, thicken the sauce upon the fire, make it relishing, and having put in the white of the oysters, pour the sauce over the cod's head, and serve it up hot.

To broil pigeons whole.

Cut off the wings and neck close, leave the skin at the neck to tie close, then have some grated bread, two pigeons livers, one anchovy, a quarter of a pound of butter, half a nutmeg grated, a little pepper and salt, and a very little thyme and sweet-majoram shred: mix all together; put a piece as big as a wallnut into each pigeon, sew up your rumps and necks, strew a little pepper, salt and nutmeg on the outside, broil them on a very slow charcoal-fire on the hearth; baste and turn them very often. The sauce is melted butter, or rich gravy, if you like it higher tasted.

A very good soup.

TAKE a shin of beef, a crag of mutton or veal, and a bit of very good bacon, and half a pound of rice; set them on the fire in as much water, as you think will boil them to rags; keep it cover'd all the while: when all the goodness of the meat is out, strain it off, and put to it some whole pepper, some cloves, mace, and salt to your taste. You may put soup herbs, or a quarter of a pound of plump'd rice or verma-jelly; boil a French loaf, or two or three pigeons, for the middle; put in, with the spice, a little faggot of thyme, savoury, and marjoram: this makes an incomparable peas soup, if you put in

a quart of peas with the meat at first, instead of rice.

Broil'd whittings.

WASH your whittings with water and salt, and dry them well and flower them, then rub your grid-iron well with chalk, and make it hot, then lay them on, and when they are enough serve them with oyster or shrimp sauce; garnish with lemon slic'd.

Note, The chalk will keep the fish from sticking.

Potted beef.

TAKE about eight pounds of a leg of mutton piece of beef, or neck beef, then take two ounces of salt-petre beaten, and rub it well; then take two good handfuls of common salt, and rub it well; then lay it in a pan, and put a quart of pump water to it, and let it lie three days, turning it once a day in the pickle; then dry it, and season it with pepper, nutmeg, cloves, mace beaten, and onions stuck with cloves; some Jamaica pepper whole; then put it in your pot to bake, and the pickle that the beef lay in; you must put to it a pound and a half of butter; cover your pot over with coarse paste, and let it bake all night with the great bread; then take it hot out of the oven, and take the outside of the beef off, and cut the meat in very small pieces, and pick all the skin, and fat, and sinews from it; then put the liquor to cool, and all the fat from the gravy, and when you have rubb'd your beef well with your hands, clarify the fat that comes from the liquor, and pour it into your meat; work it well with your hands together, till it is very small, then butter the insides of some glazed pans, and put down your meat close in them; then take two pounds of butter clarified, and pour over it; pepper it, and it will be fit to eat in three days.

To

To preserve currans red and white.

PICK out all the little seeds with a quill ; to half a pound of these ston'd currans, put a pound of the curran liquor infus'd, and pass'd through a jelly-bag ; and put the weight of both in double-refin'd sugar ; put all together into your preserving-pan, boil them all together on a quick fire, till they look clear, and the scum has done rising ; then put them into your glasses, and paper them close.

To preserve grapes.

SKIN and stone your grapes ; and to every pound, put a pound of double-refin'd sugar, beat and sifted ; strew some between and over the grapes, as you put them carefully into your preserving-pan, and keep out one quarter of the sugar, to strew on them in boiling ; set them on a quick fire ; cover them with a silver or earthen plate ; strew on the remaining sugar as they boil up ; when they look clear, take them off the fire ; let it stand off the fire, cover'd, a little while ; then scum them clean, and put them into glasses.

To pot lamprey.

SEASON your fish with pepper, salt, and nutmeg, a large onion stuck with cloves, three spoonfuls of claret ; cover it with butter, and bake it ; when 'tis enough, take it out, and strain it from the liquor ; pour off the clear butter, and add to it as much more as will cover the fish, in a pan fit to keep it, and bring to table. Remember always to clarify all the butter you pour over potted things.

A carraway cake without yeast.

TAKE two pounds and a half of flower, two pounds of single refined sugar, pounded and finely sifted, to these add twelve ounces of carraway seeds ;

allow to this two pound of butter work'd in four spoonfuls of orange-flower-water till it is perfectly mix'd and looks like cream ; beat the yolks of ten eggs and the whites of five very well, adding to them while beating three spoonfuls of sack ; strew in the flower, sugar and seeds by little and little into the eggs and butter, with half a pound of candy'd citron, lemon and orange peel ; mix all well together, keeping beating of the stuff till you put it into the hoop, which is to be done at the very time that the oven is ready ; let the fierceness of the oven be over, before you set in the cake for fear of scorching it.

You may if you please abate half the carraway seeds.

Portugal cakes.

TAKE yolks of six and whites of four eggs, and having with your hand work'd them well into a pound of butter, till the eggs are entirely mix'd with it, add a pound of fine flower dry'd and a pound of loaf sugar sifted, mix all well together ; butter your pans, fill and bake them in so gentle an oven that will not colour a white paper.

To make a plain sage cheese.

BRUISE the tops of young red sage in a mortar, till you can press the juice out of them ; bruise likewise some leaves of spinach or spinage, and having squeez'd out the juice, mix it with that of sage to render it of a pleasant green colour, which the juice of the sage alone will not make it, and this will also allay the bitter taste of the sage.

Having prepar'd the juice put the rennet to the milk, and at the same time mix with it as much of the sage, &c. juice as will give the milk the green colour you desire, putting in more or less of the sage juice to that of the spinage juice according as you would

would have the cheefe taste stronger or weaker of the sage.

When the curd is come, break it gently, and when it is all equally broken, put it into the cheefe-vat or mote and press it gently, and the gentle pressing will make it eat tender and mellow, when on the contrary the pressing of it hard will make it eat hard; when it has stood in the press about eight hours it must be salted.

To force a leg of lamb.

WITH a sharp knife carefully take out all the meat, and leave the skin whole and the fat on it, make the lean you cut out into force-meat thus: to two pounds of meat, three pounds of beef suet cut fine, and beat in a marble mortar till it is very fine, and take away all the skin of the meat and suet, then mix with it four spoonfuls of grated bread, eight or ten cloves, five or six large blades of mace dry'd or beat fine, half a large nutmeg grated, a little pepper and salt, a little lemon-peel cut fine, a very little thyme, some parsley, and four eggs; mix all together, put it into the skin again just as it was, in the same shape, sew it up, roast it, baste it with butter, cut the loin into steaks and fry it nicely, lay the leg in the dish and the loin round it, with stew'd colliflower all round upon the loin, pour a pint of good gravy into the dish, and send it to table. If you don't like the colliflower, it may be omitted.

To make catchup, that will keep good twenty years.

TAKE a gallon of strong stale beer; one pound of anchovies, wash'd and clean'd from the guts; half an ounce of mace; half an ounce of cloves; a quarter of an ounce of pepper; three large races of ginger; one pound of shallots; one quart of flap mushrooms, well rubb'd and pick'd: boil all these over a slow fire, 'till 'tis half wasted; then strain it through

a flannel bag ; let it stand 'till 'tis quite cold ; then bottle and stop it very close. This is thought to exceed what is brought from *India* ; and must be allow'd the most agreeable relish, that can be given to fish sauce : one spoonful to a pint of melted butter, gives taste and colour, above all other ingredients.

Note, That the stronger and staler the beer is, the better the catchup will be.

Saffron loaves.

YOU must have a quart of curd, beat it well in a mortar with the yolks of ten eggs, and a quarter of an ounce of saffron, dried and powdered ; put in some orange, lemon, and citron, candied, cut in small dice, a gill of cream, and a gill of sack, and a handful of flower, six ounces of double-refin'd sugar, stir all these well together so that it is as stiff as French bread before baked : then bake them in loaves as French bread.

Pistachoe puffs.

TAKE half a pound of pistachoes and shell them and blanch them in a mortar very fine, put in two Naples biscuits, two spoonfuls of flower, a little spinage juice, some sugar, sack, and eggs, then some orange, lemon, and citron candied ; mix all well, then sheet a dish and fill it, put in half a pint of cream, four ounces of melted butter, then put it in your dish and bake it gently ; this is a good second side-dish after the sweet-manner.

A very good way to keep tongues in pickle for boiling, to eat hot and cold.

CLEAN them well, and rub them very dry, then lay them flat in a tray, and salt them well with common salt ; let them lie two days, then beat an ounce of salt-petre for every tongue, and strew it on the
top

DECEMBER.

120

First Course

*A
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Veal Ala
Royal*

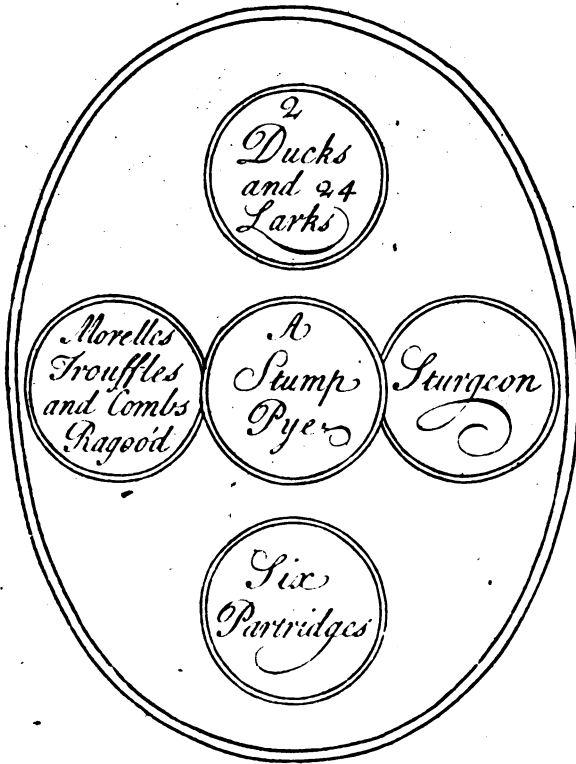
*A
Chine
and
Turkey*

*Plumb
Pottage*

*Minc'd
Pyes*

*A
Sir Loyn
of Beef
Rost*

Second Course



top of the tongue; let it lie two or three days, and then salt it again with common salt, after this turn them often, and put fresh salt when wanted; these need never be dried, but kept always in the pickle, and boil'd, when you have occasion, out of the pickle.

To make a mutton pye.

TAKE a loin of mutton, take off the skin and fat of the inside, cut it into steaks, season it well with pepper and salt to your palate. Lay it into your crust, fill it, pour in as much water as will almost fill the dish; then put on the crust, and bake it well.

A beef steak pye.

TAKE fine rump steaks, beat them with a rolling-pin, then season them with pepper and salt, according to your palate. Make a good crust, lay in your steaks, fill your dish, then pour in as much water as will fill half the dish. Put on the crust, and bake it well.

To fry cold veal.

CUT it in pieces about as thick as half a crown, and as long as you please, dip them in the yolk of an egg, and then in crumbs of bread, with a few sweet herbs, and shred lemon-peel in it; grate a little nutmeg over them, and fry them in fresh butter. The butter must be hot, just enough to fry them in. In the mean time make a little gravy of the bone of the veal. When the meat is fry'd take it out with a fork, and lay it in a dish before the fire, then shake a little flower into the pan, and stir it round, then put in the gravy, squeeze in a little lemon, and pour it over the veal. Garnish with lemon.

To

To stew carps or tench.

HAVING a brace of live carps, scale, gut and wash them; bleed them in the tail, saving the blood, because be it never so little it is to be made a part of the sauce.

Lay the fish in a stew-pan, with the blood, a pint of beef gravy, as much claret, an onion stuck with cloves, three or four anchovies, salt, pepper, a bunch of sweet herbs; the peel of half a large lemon, and two or three spoonfuls of vinegar: the carps ought to be very nearly covered with the liquor, which you must see to, by adding the liquor in proportion; set the stew-pan over the fire, cover it close, till the under side of the fish is stew'd enough; then turn them and stew them as before, being close covered till they are enough; then lay them in a dish upon fry'd sippets of bread, strain the sauce and thicken it with burnt butter, and pour it over the fish. Garnish the dish with the roe or milt, barberries and slices of lemon.

Whereas carps have commonly a muddy taste, they delighting in a dark, deep standing water; you may cure them by putting them into a clear water, to purge them for a week before you use them.

This may be done by putting them in a hamper, and plunging it into a river; where there is a clear stream or trench, that is fed by a spring.

The same may be done with tench and eels.

The former method of dressing carp, may be used in stewing large roach, dace and chub; but a tench stew'd this way is much better than a carp.

The back and head of this fish are the pieces most in esteem, and especially the head is presented as a complement to the greatest stranger.

To bake roach, dace and chub, &c. is as good a way as stewing them, if it be done with the above-mentioned ingredients.

Rasberry

Raspberry cakes.

INFUSE your raspberries as you do the currans, and let the liquor run out ; then put to the pulp of the raspberries as much or more of the curran liquor as ran out of the raspberries ; put the weight in sugar, and boil it to a candy, exactly as you did the other.

Note, That the seeds of the raspberry are not to be mix'd, therefore 'tis best to strain them through a thin strong cloth, that you may get all the pulp, and leave only the dry seeds hard press'd. Quinces and apricot clear cakes, are made the same way, only they are scalded in fair water, till tender, and not by infusion, as this small liquid fruit is.

To make raisin elder wine.

TAKE six gallons of water, and boil it half an hour ; and when 'tis boil'd, add to every gallon of water five pounds of *Malaga* raisins shred small ; pour the water boiling-hot upon them, and let it stand nine days, stirring it twice a day ; boil your berries as you do currans for jelly, and strain it as fine ; then add to every gallon of liquor a pint of elder-berry juice : when you have stirr'd all well together, spread a toast on both sides with yeast, let it work a day and a night, then put it into a vessel, which be sure to fill as it works over ; stop it close, when it has done working, 'till you are sure 'tis fine, then bottle it.

To boil pickled pork.

BE sure you put it in when the water boils. If a middling piece, an hour will boil it : if a very large piece, an hour and a half, or two hours. If you boil pickled pork too long it will go to a jelly.

To

To pickle pigeons.

TAKE a dozen of pigeons, and bone them ; then take as much pepper and salt, and a little nutmeg, as you think will season them ; then shred a few sweet herbs, with two or three pigeons amongst them, and put them into your pigeons ; then tie them up at both ends, and boil them with salt and water ; put a little Jamaica pepper, a race of ginger, and a bunch of sweet herbs, into your water, when it boils, and let them boil half an hour ; then take them up, and sprinkle a little pepper and salt upon them ; then put your broth into an earthen pot to clear and cool, then take off the scum, put the clear liquor into a clean vessel with a little vinegar ; when the pigeons and liquor are cold, put in the pigeons, if you have not eaten them before. Let your water, salt seasoning, and sweet herbs, boil, before you put in your pigeons.

Another way.

BONE them, season them well with pepper, salt, and nutmeg ; boil them tender in water and vinegar, of each an equal quantity ; put in a little whole pepper, cloves, and mace ; when boil'd, take them up, and when they and the liquor are cold, put them into a pot, and keep them in the same liquor.

Pickle for sturgeon.

BOIL a gallon of water, well season'd with salt, and skim it well, and when it is cold put in a quart of the best vinegar.

To pickle salmon, or such like fish.

TO four quarts of water, put one of vinegar, a handful of salt, as much fish-herbs, the rind of a lemon, a little whole pepper ; when it boils, put the fish on a fish-plate, boil it gently till it is enough ;
when

when cold, put it in an earthen pan in the same pickle; you need not make it too strong of the herbs. Vinegar and salt it, if you keep it long.

To boil a turbut.

LAY it in a good deal of salt and water an hour or two; and if it is not quite sweet, shift your water five or six times; first put in a good deal of salt in the mouth and belly.

In the mean time set on your fish kettle with clean water and salt, a little vinegar, and a piece of horseradish. When the water boils lay the turbut on a fish-plate, put it into the kettle, let it be well boiled, but take great care it is not too much done: when enough, take off the fish-kettle, set it before the fire, then carefully lift up the fish-plate, and set it a-cross the kettle to drain: in the mean time melt a good deal of fresh butter, and bruise in either the body of one or two lobsters, and the meat cut small, then give it a boil, and pour it into basons. This is the best sauce; but you may make what you please. Lay the fish in the dish. Garnish with scraped horseradish and lemon, and pour a few spoonfuls of sauce over it.

To preserve cherries.

TO a pound of cherries, after they are pick'd and ston'd, put a quarter of a pint of the juice of white currans, (first infus'd and pass'd through a jelly-bag) and the weight of both liquor and cherries in double-refin'd sugar; sift your sugar, and strew it as you put them into your preserving pan; boil and scum it, till the cherries look clear from the scum; then put them into your glasses: some put in gooseberry-liquor so strain'd; but currans are better, if they are white, and full ripe.

A pancake pudding.

TAKE a quart of milk, four eggs, two large spoonfuls of flower, a little salt, and a very little grated ginger ; butter your dish, and bake it ; pour melted butter over it when it comes out of the oven : 'tis a cheap and very acceptable pudding, being less offensive to the stomach than fry'd pancakes.

To keep artichocks bottoms for sauce.

TAKE your artichocks about *Michaelmas*, they may be the small plant sort ; boil them so much, as to take off all the leaves, and the choak ; then put them on tin plates, and set them into your oven, after your other things are out, when 'tis so cool as not to discolour them in the least ; do this 'till they are very dry ; then put them into an earthen pot to keep ; tie them down close, and keep them in a dry place ; when you would use them, put them into some scalding water, till they are tender, cut them in large dice ; they look white, and eat very sweet all winter.

Panada, for a sick or weak stomach.

PUT the crum of a penny white-loaf grated into a quart of cold water ; set both on the fire together, with a blade of mace : when 'tis boil'd smooth, take it off the fire, and put in a bit of lemon-peel, the juice of a lemon, a glass of sack, and sugar to your taste. This is very nourishing, and never offends the stomach. Some season with butter and sugar, adding currans, which on some occasions are proper ; but the first is the most grateful and innocent.

To salt hams and tongues.

TAKE three or four gallons of water, put to it two ounces of prunella salt, four pounds of white salt, four pounds of bay salt, a quarter of a pound of
of

of salt-petre, an ounce of allum, a pound of brown sugar; let it boil a quarter of an hour, scum it well; when it is cold, sever it from the bottom into the vessel you steep it in.

Let hams lie in this pickle four or five weeks, a clod of Dutch beef as long; tongues a fortnight; collar'd beef eight or ten days. Dry them in a stove or wood chimney.

Orange-wine.

To fix gallons of spring-water, put twelve pounds of single-refin'd sugar, the whites of four eggs well beaten; put these to the water cold; then let it boil three quarters of an hour, taking off the scum as fast as it rises: when 'tis cold, put in six spoonfuls of yeast, and six ounces of syrup of lemon, beaten together; put in also the juice and rind of fifty large oranges thin par'd, that no white part, nor any of the seeds go in with the juice, which should be strain'd: let all this stand two nights and two days in an open vessel, or large pan, then put it into your close vessel, and in three or four days stop it down: when it has stood three weeks thus, draw it off into another vessel, and add to it two quarts of rhenish or white-wine; then stop it close again, and in a month or six weeks, 'twill be fine enough to bottle, and to drink in a month after. If you desire it should keep, put in brandy instead of rhenish.

A rice white-pot.

TAKE one pound of rice, boil it in two quarts of milk, 'till 'tis thick and tender, then beat it very well in your mortar, with three or four ounces of blanch'd almonds, boil two quarts of cream, with crums of white bread, and blades of mace; put all together, with the yolks of eight eggs, some rose-water, and sugar to your taste; when 'tis in the oven, lay in some candy'd orange and citron-peels,
cut

cut thin in handsome 'pieces : this is very good, and half the quantity, or a quarter, makes a very pretty china bason full : be very careful in the baking ; 'tis soon spoil'd, if too hot.

Veal a-la-mode.

TAKE a fillet of veal interlarded as the beef, add to the stewing of it a little white wine. When it is cold you may slice it out thin, and toss it up in a fine ragou of mushrooms.

An almond pudding.

TAKE half a pound of *Jordan* almonds blanch'd, and pound them in a mortar, with a quarter of a pound of pistacio nuts, four grated biscuits, three quarters of a pound of butter, a little salt, sack, and orange-flower-water ; then mix it with a quart of cream, and eight eggs ; being boil'd and mix'd together with sweet spice and sugar, pour it into your dish, being covered with puff-paste, and garnish the brim.

To make an apple pudding.

MAKE a good puff-paste, roll it out half an inch thick, pare your apples, and core them, enough to fill the crust, and close it up, tye it in a cloth and boil it ; if a small pudding, two hours ; if a large one, three or four hours. When it is enough turn it into your dish, cut a piece of the crust out of the top, butter and sugar it to your palate ; lay on the crust again, and send it to table hot. A pear pudding make the same way. And thus you may make a damson pudding, or any sort of plums, apricots, cherries, or mulberries, and are very fine.

Gooseberry fool.

TAKE your gooseberries, and scald them very tender ; then strain them off, bruise them very fine, and put them

them through a sieve; let them be cold: if a pint of gooseberries, you may add a pint of cream. Beat the yolks of four eggs, set it all over the fire, and sweeten it to your taste. Be sure to keep it stirring till you think it will be thick enough, then put it into your dish or basin.

To destroy bugs.

TAKE half a pound of quicksilver, and kill it with two ounces of *Venice-turpentine*; then put it into a pound of hog's lard, and mix it well in a mortar; anoint the joints of the bed with it, with a brush; take care, and don't touch it with your fingers. If they are in the walls, mix it with the white-wash, made hot.

Pancakes very good.

TAKE a pint of thick cream, three spoonfuls of sack, and half a pint of flower, six eggs (but three whites) one grated nutmeg, a quarter of a pound of melted butter, a very little salt, and some sugar; fry these thin in a dry pan.

To make good fritters.

MIX half a pint of good cream, very thick with flower, beat six eggs, leaving out four whites, and to the eggs put six spoonfuls of sack, and strain them into the batter; put in a little grated nutmeg, ginger and cinnamon, all very fine, also a little salt; then put in another half pint of cream, and beat the batter near an hour; pare and slice your apples thin, dip every piece in the batter, and throw them in a pan-full of boiling lard.

To make a pretty sort of flummery.

PUT three large handfuls of oatmeal, ground small, into two quarts of fair water; let it steep a day and night; then pour off the clear water, and
K put

put the same quantity of fresh water to it ; strain it thro' a fine hair-sieve, and boil it till 'tis as thick as hafty-pudding ; stir it all the while, that it may be extremely smooth : and when you first strain it out, before you set it on the fire, put in one spoonful of sugar, and two of good orange-flower-water. When 'tis boil'd enough, pour it into shallow dishes, for your use.

Orange-chips.

CUT off the peels of very fine oranges, not too thin, boil them in a large quantity of water, shifting them often, that they may not be bitter : when they are tender, dry them, and take their weight in double-refin'd sugar ; boil the chips and sugar, when wet, to a candy, till the sugar be almost consumed : lay them thin on plates to dry.

Jelly of currans.

TAKE your currans, and strip them from the stalks into a gallipot, which pot you must put into a kettle of water over the fire 'till they be enough ; strain them through a flannel jelly-bag, but don't squeeze it ; add to the liquor its weight in double-refin'd sugar, boil both up for a quarter of an hour very gently, then put it into glasses.

To stew golden pippins, a very good way.

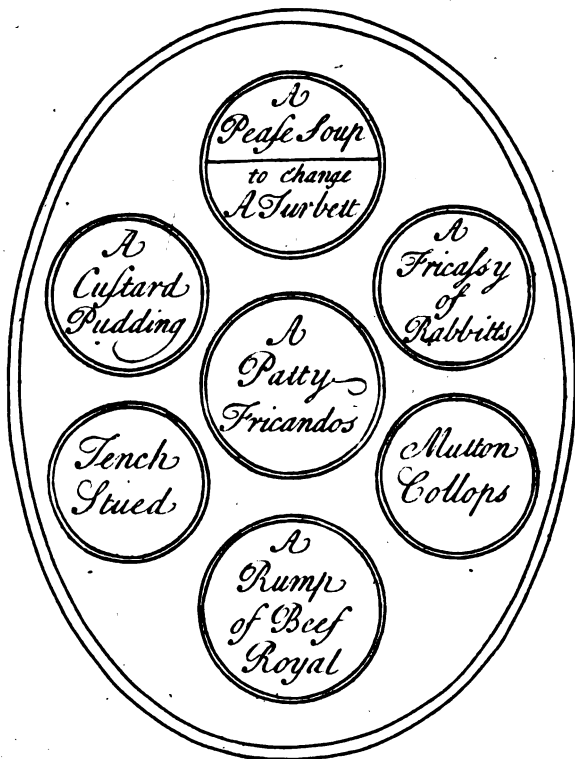
PAR E them, and nicely scoop out the core, with a very small scoop : throw them into water, to preserve their colour ; to a pound of pippins thus prepar'd, take half a pint of double-refin'd sugar, and one pint of water ; boil and scum the syrup, before you put in the pippins ; when the pippins are in, let them boil apace, to make them clear, and when they are so, put in a bit of lemon-peel, and the juice of lemon to your taste.

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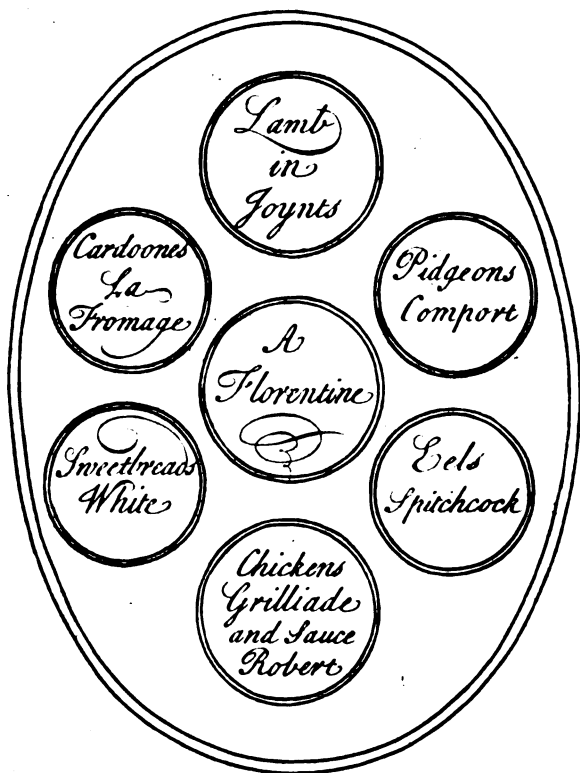
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Seven Dishes, Four Courses.

First Course



Second Course



The best way to make the old English bread pudding.

GRATE a penny loaf, all but the crust, and pour upon it a full pint of boiling milk ; if you can get cream 'tis better ; cover it, and let it stand to scald ; for this quantity beat up five eggs, leave out two whites, with a little salt, and a little sugar, strain this to the bread and milk ; when that is pretty cool, grate in a little nutmeg, and mix all well ; pour it into little wooden dishes that have been butter'd, and are of a size, tie them up in cloths, very tight ; they require near an hour to boil, when in dishes ; be sure to flower the cloth you tie over the dish, because if you would have your pudding very good, you must make it almost as thin as custard ; and in the spring, the addition of juice of spinage makes it as good as tansy.

Beef olives.

TAKE a rump of beef, cut it into steaks half a quarter long, about an inch thick, let them be square, lay on some good force-meat made with veal, roll them, tye them once round with a hard knot, dip them in egg, crums of bread and grated nutmeg, and a little pepper and salt. The best way is to roast them, or fry them brown in fresh butter, lay them every one on a bay-leaf, and cover them every one with a piece of bacon toasted, have some good gravy, a few truffles and morels, and mushrooms ; boil all together, pour into the dish, and send it to table.

Veal olives.

THEY are good done the same way, only roll them narrow at one end and broad at the other. Fry them of a fine brown. Omit the bay-leaf, but lay little bits of bacon about two inches long on them. The same sauce. Garnish with lemon.

An extraordinary plum cake.

TAKE seven pounds of fine flower, and two pounds and half of butter; put the butter into the flower; seven pounds of currans, and two large nutmegs, with half an ounce of mace, and a quarter of an ounce of cloves, all finely beat and grated; one pound of sugar, sixteen eggs, leaving out four whites, put in a full pint and half of ale-yeast, warm as much cream as you think will wet it, and pour sack to your cream, to make it as thick as batter; beat also one pound of almonds, with sack and orange-flower-water; but don't let them be fine, but grossly beat; put in a pound of candy'd orange, lemon, and citron-peel, or more, if you desire it very rich. Mix all, and put it into your hoop, with a paste under it, to save the bottom. This was given by one of the nicest house-wives in *England*; and is as good as ever was made.

To boil garden things green.

YOU must be sure the water boils, when you put in your peas, greens, french-beans, or asparagus; when they are in, make it boil very fast again; you need not cover them, but watch them, and may be assur'd they are enough, when they begin to sink to the bottom, provided they have boil'd all the time: take them out as soon as they sink, or they immediately change colour.

A beef patty.

FIRST cut out and season it over night with pepper and salt, a little red wine and cochineal, then make it up as the buck patty; to each of these pasties season the bones, cover them with water in a pan, and bake them with the patty; when baked, strain it, and pour the gravy into the patty.

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A spinage tart very good.

TAKE six handfuls of spinage, wash it clean, and dry it, pick it clean from stalks, and the hard rib that goes up the middle of the leaf, shred it extremely fine, as 'tis possible to be; put to it a pint of grated bread, the lightest you can get, a pint of very thick cream, nine eggs, but four of the whites, three spoonfuls of orange-flower-water, a little salt and sugar to your taste; it ought to be pretty sweet: if with your orange-flower-water you beat up two ounces of blanch'd almonds, 'tis an incomparable addition to the taste. Garnish the brim of your dish with paste, and lay slips cross the top. Thus you may make coulis tart; but that being not so juicy, will bear beating in a mortar. Heat it with care before it be put into the dish.

To make savoy biscuits.

TAKE twelve eggs, and leave out half the whites; beat them up with a small whisk; put in two or three spoonfuls of rose or orange-flower-water; and as you beat it up, strew in a pound of double-refin'd sugar, that is first beat and sifted very fine; when these eggs and sugar are as thick and white as cream, take a pound and two ounces of the finest flower, that is dry'd, and mix it in; then lay them in long cakes, and bake them in a cool oven.

To make mutton or veal gravy.

CUT and hack your veal well, set it on the fire with water, sweet herbs, mace and pepper. Let it boil till it is as good as you would have it, then strain it off. Your fine cooks always, if they can, chop a partridge or two, and put into gravies.

To boil a haunch or neck of venison.

LAY it in salt for a week, then boil it in a cloth
K 3 well

well flower'd ; for every pound of venison, allow a quarter of an hour for the boiling. For sauce you must boil some colliflowers, pull'd into little sprigs in milk and water, some fine white cabbage, some turnips cut into dice, with some beet-root cut into long narrow pieces about an inch and a half long, and half an inch thick : lay a sprig of colliflower, and some of the turnips mashed with some cream and a little butter ; let your cabbage be boil'd, and then beat in a sauce-pan with a piece of butter and salt, lay that next the colliflower, then the turnips, then cabbage, and so on, till the dish is full ; place the beet-root here and there, just as you fancy ; it looks very pretty, and is a fine dish. Have a little melted butter in a cup if wanted.

Note, A leg of mutton cut venison fashion, and dressed the same way is a pretty dish : or a fine neck with the scraig cut off : this eats well broiled or hash'd, with gravy and sweet-sauce the next day.

To dress pigs petty-toes.

PUT your petty-toes into a sauce-pan with half a pint of water, a blade of mace, a little whole pepper, a bundle of sweet herbs, and an onion ; let them boil five minutes, then take out the liver, lights, and heart, mince them very fine, grate a little nutmeg over them, and shake a little flower on them ; let the feet do till they are tender, then take them out and strain the liquor, put all together with a little salt and a piece of butter as big as a walnut, shake the sauce-pan often, let it simmer five or six minutes, then cut some toasted sippets and lay round the dish, lay the mince-meat and sauce in the middle, and the petty-toes split round it. You may add the juice of half a lemon, or a very little vinegar.

To roast a ham or gammon.

TAKE off the swerd, or what we call the skin,
or

or rind, and lay it in luke-warm water for two or three hours; then lay it in a pan, pour upon it a quart of canary, and let it steep in it for ten or twelve hours; when you have spitted it, put some sheets of white paper over the fat side, pour the canary it was soak'd in into the dripping-pan, and baste it with it all the time it is roasting; when it is roasted enough pull off the paper, and drudge it well with crumb'd bread and parsley shred fine; make the fire brisk, and brown it well. If you eat hot, garnish it with raspings of bread; if cold, serve it on a clean napkin, and garnish it with green parsley for a second course.

Stew'd beef.

CUT four pounds of stewing beef, with some of the hard fat of brisket beef cut into pieces; put these into a pan with some salt and pepper, some powder of dry'd sweet marjoram, a few cloves powder'd, three pints of water, cover the pan close, and let it stew four hours; then put some turnips cut in dice, a carrot cut in the same manner, the white of a large leek, two heads of sallary shred, and a piece of a crust of bread burnt, with half a pint of claret, or small beer, if you think beer as good as wine; let it stew an hour longer, and serve it hot; you must garnish with carrot slic'd.

To broil a cod.

TAKE a large cod, and cut the thick part into pieces an inch thick, then flower it well, and put it on your gridiron over a slow fire; make your sauce with a glass of white-wine, an anchovy, some whole pepper, or a little horse-radish, a little gravy, a spoonful of the kitchen sauce, or pickled walnut liquor, with some shrimps or oysters, or pickled mushrooms; boil it together, and thicken it with butter roll'd in flower, with some of the liver of the fish that has been parboil'd, and must be bruised in it.

it. Garnish with lemon slic'd, and horse-radish scrap'd.

To roast lobsters.

RUN a broad spit through and tie it fast; when it begins to crackle, it is enough. Let one be put whole into the dish, and t'other slit in two and laid round it. Make the sauce with half a pint of white wine and an anchovy, and a little pepper; let it boil very well, then melt butter with it thick, put in the juice of a lemon, and serve it with stew'd oysters put into the dish.

Excellent black puddings.

TAKE a quart of sheep's blood, a quart of cream, ten eggs, whites and yolks, beat well together; stir them very well, and thicken it with grated bread, and oatmeal finely beat, of each a little quantity, beef suet finely shred, and marrow in little lumps; season it with a little nutmeg, cloves, and mace, mingled with salt, a little sweet marjoram, lemon, thyme, and pennyroyal, shred very well together, and mingled with the other things; when all is well mix'd, fill the guts, being well cleans'd, and boil them carefully.

To make orange-chips crisp.

PARE your oranges very thin, leaving as little white on the peel as possible; throw the rinds into fair water as you pare them off, then boil them therein very fast till they are tender, still filling up the pan with boiling water as it wastes away; then make a thin syrup with part of the water they were boil'd in, and put the rinds therein, and just let 'em boil; then take them off, and let them lie in the syrup three or four days; then boil them again, till you find the syrup begins to draw between your fingers; then take them off from the fire, and let them

them drain between a colander; take out but a few at a time, because if they cool too fast, it will be difficult to get the syrup from them, which must be done by passing every piece of peel thro' your fingers, and laying them single on a sieve, with the rind uppermost; the sieves may be set in a stove, or before the fire; but in summer the sun is hot enough to dry them: three pounds of sugar will make syrup to do the peels of twenty-five oranges.

A fricassé of rabbits.

CUT and wash your rabbits very well, and put them in a frying-pan, with a pound of butter, an onion stuck with cloves, a bunch of sweet-herbs, and some salt; let it stew till it is enough; then beat up the yolks of six eggs, with a glass of white-wine, a little parsley shred, a nutmeg grated, and mix it by degrees with the liquor in your pan, and shake it till it is thick, and serve it up on sippets. Garnish the dish with sliced lemon.

Hung-beef.

MAKE a strong brine with bay-salt, and petre-salt, and pump-water, and steep therein a rib of beef for nine days; then hang it up in a chimney where wood or saw-dust is burnt; when it is a little dry, wash the out-side with blood two or three times, to make it look black, and when it is dried enough, boil it for use.

To make strong beer.

TO a barrel of beer, take two bushels of malt, and half a bushel of wheat; just crack'd in the mill, and some of the flower sifted out of it; when your water is scalding hot, put it in your mashing-vat; there let it stand till you can see your face in it; then put your malt upon it; then put your wheat upon that, and do not stir it; let it stand two hours and

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a half; then let it run into a tub that has two pounds of hops in it, and a handful of rosemary flowers; and when it is all run, put it in your copper, and boil it two hours; then strain it off, setting it a cooling very thin, and set it a working very cool; clear it very well before you put it a working; put a little yeast to it; when the yeast begins to fall, put it into your vessel; and when it has done working in the vessel, put in a pint of whole wheat, and six eggs; then stop it up; let it stand a year, and then bottle it; then mash again; stir the malt very well in, and let it stand two hours, and let that run, and mash again, and stir it as before; be sure you cover your mashing-vat well up; mix the first and second running together, it will make good household beer.

To make bisket.

TAKE the whites of four eggs, the yolks of ten, beat them a quarter of an hour with four spoonfuls of orange-flower-water; then add to it one pound of loaf-sugar beaten and sifted; then beat them together an hour longer; then stir in half a pound of dry flower, and the peel of a lemon grated off; mix it well together, then butter the pans and fill them, scarce some sugar over them as you put them into the oven; when they are risen in the oven, take them out and lay them on a clean cloth; and when the oven is pretty cool, put them in again on sieves, and let them stand till they are dry, and will snap in breaking.

Directions concerning poultry.

IF your fire is not very quick and clear when you lay your poultry down to roast, it will not eat near so sweet, or look so beautiful to the eye.

To make English ketchup.

TAKE a wide-mouth bottle, put therein a pint
of

of the best white-wine vinegar, then put in ten or twelve cloves of shallot peeled and just bruised, then take a quarter of a pint of the best lagoon white-wine, boil it a little, and put to it twelve or fourteen anchovies wash'd and shred, and dissolve them in the wine, and when cold put them in the bottle; then take a quarter of a pint more of white-wine, and put in it mace, ginger sliced, a few cloves, a spoonful of whole pepper just bruised, let them boil all a little; when near cold, slice in almost a whole nutmeg, and some lemon-peel, and likewise put in two or three spoonfuls of horse-radish; then stop it close, and for a week shake it once or twice a day, then use it; it is good to put into fish-sauce, or any savoury dish of meat; you may add to it the clear liquor that comes from mushrooms.

To make the thin Dutch bisket.

TAKE five pounds of flower and two ounces of carraway-seeds, half a pound of sugar, and something more than a pint of milk; warm the milk, and put into it three quarters of a pound of butter; then make a hole in the middle of your flower, and put in a full pint of good ale-yeast; then pour in the butter and milk, and make these into a paste, and let it stand a quarter of an hour by the fire to rise; then mould it, and roll it into cakes pretty thin; prick them all over pretty much, or they will blister, so bake them a quarter of an hour.

To make gingerbread.

TAKE three pounds of fine flower, and the rind of a lemon dry'd and beaten to powder, half a pound of sugar, or more, as you like it, and an ounce and half of beaten ginger; mix all these well together, and wet it pretty stiff with nothing but treacle; make it into long rolls or cakes, as you please; you may put candied orange-peel and citron in

in it : butter your paper you bake it on, and let it be bak'd hard.

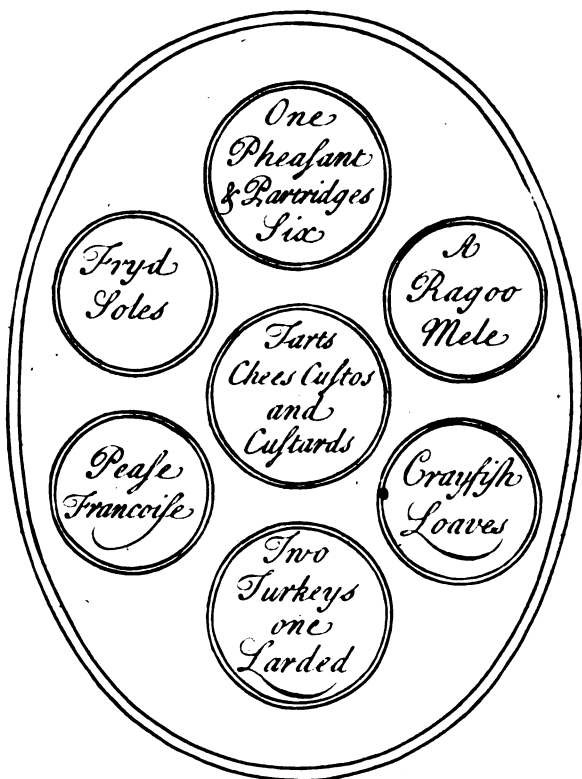
To pickle oysters.

TAKE a hundred and a half of large oysters, wash them in their own liquor, and then scald them in their own liquor, then take them out, and lay them on a clean cloth to cool, then strain their liquor, and boil and scum it clean, and put to it one pint of white-wine, half a pint of white-wine-vinegar, one nutmeg beat grossly, one onion slit, an ounce of white pepper, half whole, the other half just bruised, six or eight blades of mace, a quarter of an ounce of cloves, five or six bay-leaves ; boil up this pickle till it is of a good taste, then cool it in broad dishes, and put your oysters in a deep pot or barrel, and when the pickle is cold put it to them, in five or six days they will be ready to eat, and will keep three weeks or a month, if you take them out with a spoon, and not touch them with your fingers.

To make cheescakes.

TAKE a gallon of new milk, set it as for a cheese, and gently whey it ; then break it in a mortar, put to it the yolks of six eggs, four of the whites, sweeten it to your taste ; put in a grated nutmeg, some rose-water and sack ; mix these together, and set over the fire a quart of cream, and make it into a hasty-pudding, and mix that with it very well, and fill your pattipans just as they are going into the oven ; your oven must be ready, that you may not stay for that ; when they rise well up they are enough. Make your paste thus : take about a pound of flower, and strew into it three spoonfuls of loaf-sugar beaten and sifted, and rub into it a pound of butter, one egg, and a spoonful of rose-water, the rest cold fair water ; make it into a paste,
roll

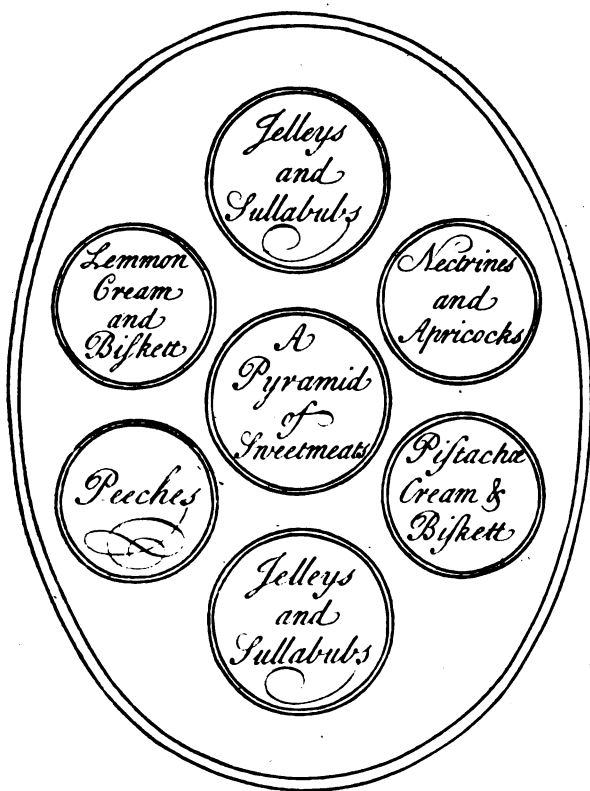
Third Course



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Fourth Course



roll it very thin, and put it into your pans, and fill them almost full.

To make lemon sauce for boiled fowls.

TAKE a lemon, pare off the rind, then cut it into slices, and cut it small; take all the kernels out, bruise the liver with two or three spoonfuls of good gravy, then melt some butter, mix it all together, give them a boil, and cut in a little lemon-peel very small.

To pickle barberries.

TAKE of white-wine-vinegar and water, of each an equal quantity: to every quart of this liquor put in half a pound of sixpenny sugar, then pick the worst of your barberries, and put into this liquor, and the best into glasses, then boil your pickle with the worst of your barberries, and skim it very clean. Boil it till it looks of a fine colour, then let stand to be cold before you strain, then strain it through a cloth, wringing it to get all the colour you can from the barberries. Let it stand to cool and settle, then pour it clear into the glasses in a little of the pickle; boil a little fennel, when cold, put a little bit at the top of the pot or glass, and cover it close with a bladder or leather. To every half pound of sugar, put a quarter of a pound of white salt.

To pickle red cabbage.

SLICE the cabbage thin, put to it vinegar and salt, and an ounce of all-spice cold; cover it close, and keep it for use. It is a pickle of little use, but for garnishing of dishes, sallads and pickles, though some people are fond of it.

To roast a fowl with chesnuts.

FIRST take some chesnuts, roast them very carefully, so as not to burn them, take off the skin,
and

and peel them, take about a dozen of them cut small, and bruise them in a mortar, parboil the liver of the fowl, bruise it, cut about a quarter of a pound of ham or bacon, and pound it; then mix them all together, with a good deal of parsley chopp'd fine, a little sweet herbs, some mace, pepper, salt and nutmeg; mix these together and put into your fowl, and roast it. The best way of doing it is to tye the neck, and hang it up by the legs, to roast with a string, and baste it with butter: for sauce take the rest of the chesnuts peel'd and skinn'd, put them into some good gravy, with a little white-wine, and thicken it with a piece of butter roll'd in flower; then take up your fowl, lay it in the dish, and pour in the sauce. Garnish with lemon.

Cabbage lettuce to keep.

ABOUT the latter end of the season take very dry sand, and cover the bottom of a well-season'd barrel; then set your lettuce in so as not to touch one another; you must not lay above two rows one upon another; cover them well with sand, and set them in a dry place, and be careful that the frost come not at them. The lettuce must not be cut but pull'd up by the roots.

To pickle walnuts green.

TAKE the largest and clearest you can get, pare them as thin as you can, have a tub of spring-water stand by you, and throw them in as you do them. Put into the water a pound of bay-salt, let them lye in that water twenty-four hours, take them out of the water, then put them into a stone jar, and between every layer of walnuts, lay a layer of vine leaves at the bottom and top, and fill it up with cold vinegar. Let them stand all night, then pour that vinegar from them into a copper or bell-metal skillet, with a pound of bay-salt, set it on the fire, let it
boil,

boil, then pour it hot on your nuts, tye them over with a woollen cloth, and let them stand a week; then pour that pickle away, rub your nuts clean with a piece of flannel, then put them again in your jar, with vine leaves as above and boil fresh vinegar. Put into your pot to every gallon of vinegar, a nutmeg sliced, cut four large races of ginger, a quarter of an ounce of mace, a quarter of an ounce of cloves, a quarter of an ounce of whole black pepper, the like of Ordinal pepper; then pour your vinegar boiling hot on your wallnuts, and cover them with a woollen cloth. Let it stand three or four days; so do two or three times, when cold, put in half a pint of mustard-seed, a large stick of horse-radish sliced, tye them down close with a bladder, and then with a leather. They will be fit to eat in a fortnight. Take a large onion, stick the cloves in, and lay in the middle of the pot.

To make a goose pye.

HALF a peck of flower will make the walls of a goose-pye, made as in the receipts for crust. Raise your crust just big enough to hold a large goose; first have a pickled dried tongue, boiled tender enough to peel, cut off the root, bone a goose, and a large fowl; take half a quarter of an ounce of mace beat fine, a large tea spoonful of beaten pepper, three tea spoonfuls of salt, mix all together, season your fowl and goose with it, then lay the fowl in the goose, and the tongue in the fowl, and the goose in the same form as if whole. Put half a pound of butter on the top, and lay on the lid. This pye is delicious, either hot or cold, and will keep a great while. A slice of this pye, cut down a-cross, makes a pretty little side-dish for supper.

Asparagus and eggs.

TOAST a toast as big as you have occasion for,
butter

butter it and lay it in your dish, butter some eggs as above, and lay over it. In the mean time boil some grafs tender, cut it small, and lay it over the eggs. This makes a pretty side-dish for a second course, or a corner-plate.

To make an excellent sack posset.

BEAT fifteen eggs, whites and yolks very well, and strain them: then put three quarters of a pound of white sugar into a pint of canary, and mix it with your eggs in a bason. Set it over a chaffing-dish of coals, and keep continually stirring it till it is scalding hot. In the mean time grate some nutmeg into a quart of milk, and boil it; then pour it into your eggs and wine, they being scalding hot. Hold your hand very high as you pour it, and some body stirring it all the time you are pouring in the milk: then take it off the chaffing-dish, set it before the fire half an hour, and serve it up.

To make a hedge hog.

TAKE two pounds of blanched almonds, beat them well in a mortar with a little canary and orange-flower-water, to keep them from oiling. Make them into stiff paste, then beat in the yolks of twelve eggs, leave out five of the whites, put to it a pint of cream, sweeten with sugar, put in half a pound of sweet butter melted, set it on a furnaee or slow fire, and keep it constantly stirring, till it is stiff enough to be made in the form of a hedge-hog; then stick it full of blanched almonds, slit and stuck up like the bristles of a hedge-hog, then put it into a dish, take a pint of cream, and the yolks of four eggs beat up, sweetened with sugar to your palate. Stir them together over a slow fire till it is quite hot, then pour it round the hedge-hog in a dish, and let it stand till it is cold, and serve it up. Or a rich calf's foot jelly made clear and good, and pour into
the

the dish round the hedge-hog; and when it is cold, it looks pretty, and makes a pretty dish; or it looks pretty in the middle of a table for supper.

To make little plum-cakes.

TAKE two pounds of flower dry'd in the oven, and half a pound of sugar finely powder'd, four yolks of eggs, two whites, half a pound of butter wash'd with rose-water, six spoonfuls of cream warmed, a pound and half of currans unwash'd, but pick'd and rubb'd very clean in a cloth; mix all together and make them up in cakes, and bake them up in an oven almost as hot as for manchet; let them stand half an hour, till they be colour'd on both sides; then take down the oven-lid, and let them stand a little to soak.

To make a gooseberry fool.

TAKE two quarts of gooseberries, set them on the fire in about a quart of water. When they begin to simmer, and turn yellow, and begin to plump, throw them into a cullender to drain the water out; then with the back of a spoon carefully squeeze the pulp, throw the sieve into a dish, make them pretty sweet, and let them stand till they are cold. In the mean time take two quarts of new milk, and the yolks of four eggs, beat up with a little grated nutmeg; stir it softly over a slow fire, when it begins to simmer take it off, and by degrees stir it into the gooseberries. Let it stand till it is cold, and serve it up. If you make it with cream, you need not put any eggs in: and if it is not thick enough, it is only boiling more gooseberries. But that you must do as you think proper.

A calves-foot pudding.

TAKE calves-feet, shred them very fine, and mix them with a penny-loaf grated and scalded with
L a pint

a pint of cream ; put to it half a pound of shred beef-suet, eight eggs, and a handful of plump'd currans ; season it with sweet spice and sugar, a little sack and orange-flower-water, the marrow of two bones ; then put in a veal caul, being washed over with the batter of eggs, then wet a cloth and put it therein, tie it close up ; when the pot boils, put it in ; boil it about two hours ; then turn it in a dish, and stick on it sliced almonds and citron ; let the fauce be sack and orange-flower-water, with lemon-juice, sugar and drawn butter.

To make a boiled rice pudding.

HAVING got a quarter of a pound of the flower of rice, put it over the fire in a pint of milk, and keep it stirring constantly, that it may not clod nor burn. When it is of a good thickness, take it off, and pour it into an earthen pan ; stir in half a pound of butter very smooth, and half a pint of cream or new milk, sweeten to your palate, grate in half a nutmeg, and the outward rind of a lemon ; beat up the yolks of six eggs, and two whites, beat all well together, boil it either in small china basons or wooden bowls. When boiled, turn them in a dish, pour melted butter over them, with a little sack, and throw sugar all over.

To pickle artichoke bottoms.

BOIL artichokes till you can pull the leaves off, then take off the chokes, and cut them from the stalk ; take great care you don't let the knife touch the top, throw them into salt and water for an hour, then take them out, and lay them on a cloth to drain, then put them into large wide mouth'd glasses, put a little mace and slic'd nutmeg between, fill them either with distill'd vinegar, or your sugar vinegar and spring water, cover them with mutton fat try'd, and tye them down with a bladder and leather.

To

To pickle samphire.

T A K E the samphire that is green, lay it in a clean pan, throw two or three handfuls of salt over, and cover it with spring-water. Let it lie twenty-four hours, then put it into a clean brass sauce-pan, throw in a handful of salt, and cover it with good vinegar. Cover the pan close, and set it over a very slow fire; let it stand till it is just green and crisp, then take it off in a moment; for if it stands to be soft, it is spoiled; put it in your pickling-pot, and cover it close. When it is cold, tie it down with a bladder and leather, and keep it for use. Or you may keep it all the year, in a very strong brine of salt and water, and throw it into vinegar just before you use it.

To make mock oyster-sauce, either for turkies or fowls boiled.

F O R C E the turkies or fowls as above, and make your sauce thus: take a quarter of a pint of water, an anchovy, a blade or two of mace, a piece of lemon-peel, and five or six whole pepper corns; boil these together, then strain them, add as much butter with a little flower as will do for sauce; let it boil, and lay sausages round the fowl or turkey. Garnish with lemon.

To make mushroom-sauce for white fowls of all sorts.

T A K E a pint of mushrooms, wash and pick them very clean, and put them into a sauce-pan, with a little salt, some nutmeg, a blade of mace, a pint of cream, and a good piece of butter roll'd in flower; boil these all together, and keep stirring them; then pour your sauce into your dish, and garnish with lemon.

To jug a hare.

CUT a hare in pieces, but do not wash it; season it with half an onion shred very fine, a sprig of thyme, and a little parsley all shred, and beaten pepper and salt, as much as will lie on a shilling, half a nutmeg, and a little lemon-peel; strew all these over your hare, and slice half a pound of fat bacon into thin slices; then put your hare into a jug, a layer of hare, and the slices of bacon on it; so do till all is in the jug; stop the jug close that not any steam can go out; then put it in a pot of cold water, lay a tile on the top, and let it boil three hours; take the jug out of the kettle, and put half a pound of butter in it, and shake it together till the butter is melted; then pour it in your dish. Garnish with lemon.

To collar beef.

TAKE a flank and cut the skin off, lay it in pump-water, with three handfuls of bay-salt and an ounce of salt-petre, let it lie in the brine three days; then take some pepper, two nutmegs, and a good handful of green sweet-marjoram, half a handful of sage, some rosemary and thyme, all green, with a good handful of parsley; chop the herbs small, then lay the beef on a table, cut the lean piece, and put in the thick fat part, strew it all over with herbs and spice, then roll it up as close as you can, tie it very well with tape bound about it; then put it into a long pot, and fill it up with the brine it was laid in, tie a wet paper over it, put it in an oven when your bread is drawn, let it stand all night; next day heat your oven hot, and let your beef stand four hours, then draw it out, and let it stand in the liquor till it is half cold; then take it out, and strain your tape and bind it up closer: you must put two middling handfuls of salt into the herbs when you roll it up,

up, besides the brine; the rosemary ought to be chopt fine by itself, and then with the rest of the herbs.

A marrow pudding.

BOIL a quart of cream or milk, with a stick of cinnamon, a quartered nutmeg and large mace; then mix it with eight eggs well beat, a little salt, sugar, sack, and orange-flower-water, strain it, then put to it three grated biskets, an handful of currans, as many raisins of the sun, the marrow of two bones, all in four large pieces, then gather to a body over the fire; then put it into a dish, having the brim thereof garnished with puff-paste, and raised in the oven; then lay on the four pieces of marrow, knots and pastes, sliced citron and lemon-peel.

To broil chickens.

SLIT them down the back, and season them with pepper and salt, lay them on a very clear fire, and at a great distance; let the inside lie next the fire till it is above half done, then turn them and take great care the fleshy side don't burn, throw some fine raspings of bread over it, and let them be of a fine brown, but not burnt. Let your sauce be good gravy, with mushrooms, and garnish with lemon and the livers broil'd, the gizzards cut, slash'd, and broil'd with pepper and salt.

Or this sauce: take a handful of sorrel, dip it in boiling water, drain it, and have ready half a pint of good gravy, a shallot shred small, and some parsley boil'd very green; thicken it with a piece of butter roll'd in flower, and add a glass of red wine, then lay your sorrel in heaps round the fowls, and pour the sauce over them. Garnish with lemon.

Note, You may make just what sauce you fancy.

To preserve barberries.

TAKE the largest barberries you can get, and stone them, and to every pound of barberries take three pounds of sugar, and boil it till it is candy-high; then put in the barberries, and let them boil till the sugar boils over them all; then take them off, scum them, and set them on again, and give them another boil, and put them in an earthen pan, cover them with paper, and set them by till the next day; then put them in pots, and pour the syrup over them; cover them with paper, and keep them in a stove. If the syrup grows thin, you may make a little jelly of pippins, and put them in when 'tis ready, and give them one walm, and pour them again into glasses.

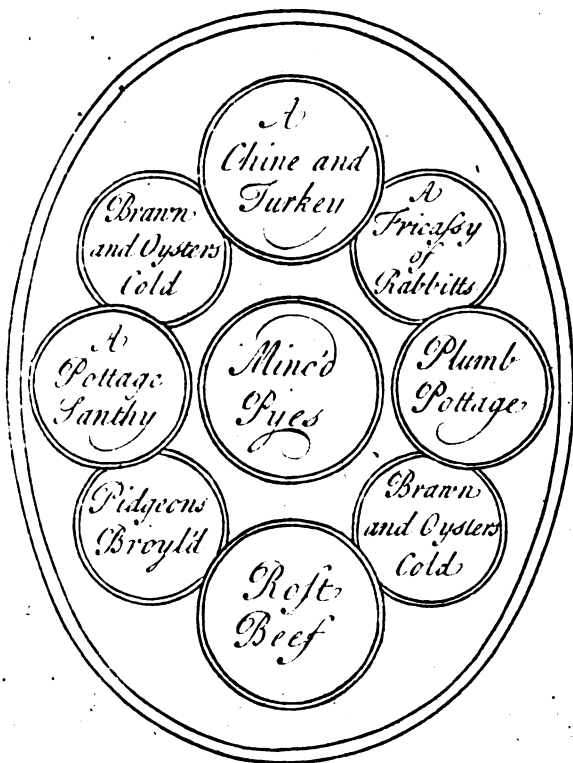
To make scotch collops.

CUT thin slices off a fillet of veal, and hack them; then take the yolks of four eggs; beat a little melted butter, a little salt, and some nutmeg, or lemon-peel grated in it; then dip in each collop, and lay them in a pewter dish, and flower them, and let them lie till you want them. Put a bit of butter in the frying-pan, and your collops, and fry them quick, shaking them all the while to keep the butter from oiling; then pour it into a stew-pan cover'd close, and keep it warm; then put to them some good gravy, some mushrooms, or what else you like, a bit of butter, and tofs it up thick, and squeeze an orange over it.

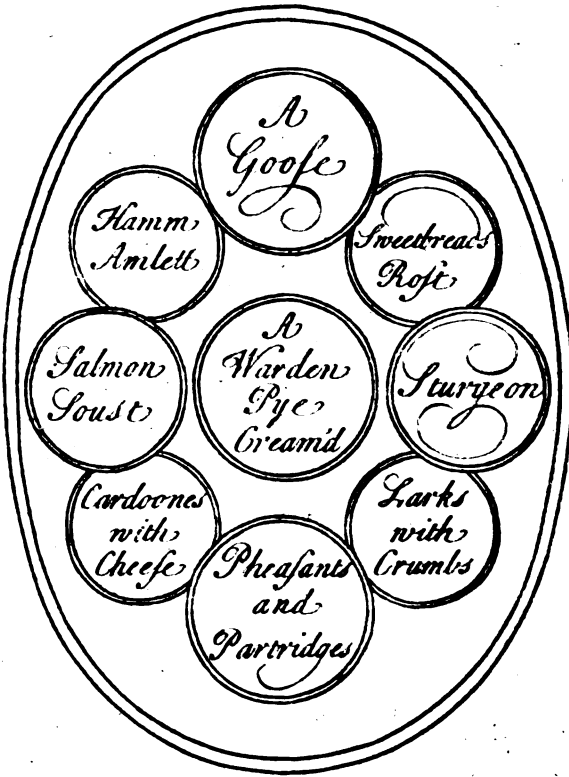
Chickens boiled with bacon and fellery.

BOIL two chickens very white in a pot by themselves, and a piece of ham or good thick bacon; boil two bunches of fellery tender, then cut them about two inches long, all the white part, put it into a sauce-pan with half a pint of cream, a piece of butter

For DECEMBER,

First Course

Second Course



butter rolled in flower, and some pepper and salt ; set it on the fire, and shake it often : when it is thick and fine, lay your chickens in the dish and pour the sauce in the middle, that the fellery may lie between the fowls, and garnish the dish all round with slices of ham or bacon.

Note, If you have cold ham in the house, that cut into slices and broil'd does full as well, or better, to lay round the dish.

To make bogs puddings with currans.

TAKE three pounds of grated bread to four pounds of beef-suet finely shred, two pounds of currans, clean picked and washed, cloves, mace, and cinnamon, of each half an ounce, finely beaten, a little salt, a pound and half of sugar, a pint of sack, a quart of cream, a little rose-water, twenty eggs well beaten, but half the whites ; mix all these well together, fill the guts half full, boil them a little, and prick them as they boil, to keep them from breaking the guts. Take them up upon clean cloths, then lay them on your dish ; or when you use them, boil them a few minutes, or eat them cold.

To boil a duck or rabbit with onions.

BOIL your duck or rabbit in a good deal of water, be sure to skim your water, for there will always rise a scum, which if it boils down will discolour your fowls, &c. They will take about half an hour boiling ; for sauce, your onions must be peel'd, and throw them into water as you peel them, then cut them into thin slices, boil them in milk and water, and skim the liquor. Half an hour will boil them. Throw them into a clean sieve to drain them, put them into a sauce-pan and chop them small, shake in a little flower, put to them two or three spoonfuls of cream, a good piece of butter, stew all together over the fire till they are thick and

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fine,

fine, lay the duck or rabbit in the dish, and pour the sauce all over; if a rabbit you must cut off the head and cut it in two, and lay it on each side the dish.

Or you may make this sauce for change: take one large onion, cut it small, half a handful of parsley clean washed and picked, chop it small, a lettuce cut small, a quarter of a pint of good gravy, a good piece of butter rolled in a little flower; add a little juice of lemon, a little pepper and salt, let all stew together for half an hour, then add two spoonfuls of red wine; this sauce is most proper for a duck; lay your duck in the dish, and pour your sauce over it.

To dress a lamb's head.

Boil the head and pluck tender, but don't let the liver be too much done; take the head up, hack it cross and cross with a knife, grate some nutmeg over it, and lay it in a dish before a good fire; then grate some crums of bread, some sweet herbs rubb'd, a little lemon-peel chopp'd fine, a very little pepper and salt, and baste it with a little butter; then throw a little flower over it, and just before it is done do the same, baste it and drudge it: take half the liver, the lights, the heart and tongue, chop them very small, with six or eight spoonfuls of gravy or water; first shake some flower over the meat, and stir it together, then put in the gravy or water, a good piece of butter rolled in a little flower, a little pepper and salt, and what runs from the head in the dish; simmer all together a few minutes, and add half a spoonful of vinegar, pour it into your dish, lay the head in the middle on the mince-meat, have ready the other half of the liver cut thin, with some slices of bacon broil'd, and lay round the head. Garnish the dish with lemon, and send it to table.

To

To make New-College puddings.

GRATE a penny stale-loaf, and put to it a like quantity of beef-suet finely shred, and a nutmeg grated, a little salt, some currans, and then beat some eggs in a little sack, and some sugar, and mix all together, and knead it as stiff as for manchet, and make it up in the form and size of a Turkey-egg, but a little flatter; then take a pound of butter, and put it in a dish, and set the dish over a clear fire in a chafing-dish, and rub your butter about the dish till it is melted; put your puddings in, and cover the dish, but often turn your puddings, until they are all brown alike, and when they are enough, scrape sugar over them, and serve them up hot for a side dish.

To make a boiled loaf.

TAKE a penny loaf, pour over it half a pint of milk boiling hot, cover it close, let it stand till it has soaked up the milk, then tie it up in a cloth, and boil it a quarter of an hour. When it is done lay it in your dish, pour melted butter over it, and throw sugar all over, a spoonful of wine or rose-water, does as well in the butter, or juice of Seville orange. A French manchet does best; but there are little loaves made on purpose for the use. A French roll, or oat-cake, does very well boiled thus.

To pot herrings.

CUT off their heads, and put them in an earthen pot, lay them close, and between every layer of herrings strew some salt, not too much; put in cloves and mace and whole pepper, and nutmeg cut in bits; fill up the pot with vinegar and water and a quarter of a pint of white-wine; cover it with brown paper,

paper, and tie it down, and bake it with brown bread : when cold it is fit to eat.

To make a millet pudding.

YOU must get half a pound of millet seed, and after it is washed and picked clean, put to it half a pound of sugar, a whole nutmeg grated, and three quarts of milk. When you have mixed all well together, break in half a pound of fresh butter ; butter your dish, pour it in, and bake it.

To make lemon-puffs.

TAKE a pound and a quarter of double-refin'd sugar beaten and sifted, and grate the rinds of two lemons, and mix well with the sugar ; then beat the whites of three new laid eggs very well, and mix it well with your sugar and lemon-peel ; beat them together an hour and a quarter, then make it up in what form you please : be quick to set them in a moderate oven ; don't take them off the papers till cold.

Mutton chops in disguise.

TAKE as many mutton chops as you want, rub them with pepper, salt, nutmeg, and a little parsley ; roll each chop in half a sheet of white paper, well buttered on the inside, and roll'd on each end close ; have some hog's lard or beef dripping boiling in a stew-pan, put in the steaks, fry them of a fine brown, lay them in your dish, and garnish with fry'd parsley ; throw some all over, have a little good gravy in a cup ; but take great care you don't break the paper, nor have any fat in the dish, but let them be well drained.

To stew pigeons.

SEASON your pigeons with pepper, salt, cloves, mace, and some sweet herbs ; wrap this seasoning
up

up in a piece of butter, and put in their bellies; then tie up the neck and vent, and half roast them; then put them into a stew-pan with a quart of good gravy, a little white wine, some pickled mushrooms, a few pepper corns, three or four blades of mace, a bit of lemon-peel, a branch of sweet herbs, a bit of onion, and some oysters pickled; let them stew till they are enough, then thicken it up with butter and yolks of eggs. Garnish with lemon.

Do ducks the same way. You may put force-meat into their bellies, or into both.

To make a bread pudding.

CUT off all the crust of a penny white loaf, and slice it thin into a quart of new milk, set it over a chafing-dish of coals, till the bread has soaked up all the milk, then put in a piece of sweet butter, stir it round, let it stand till cold, or you may boil your milk, and pour over your bread, and cover it up close, does full as well; then take the yolks of six eggs, the whites of three, and beat them up, with a little rose-water and nutmeg, a little salt and sugar, if you chuse it, mix all well together, and boil it half an hour.

To make an artichoke pye.

BOIL twelve artichokes, take off all the leaves and choke, take the bottoms clear from the stalk, make a good puff-paste crust, and lay a quarter of a pound of good fresh butter all over the bottom of your pye; then lay a row of artichokes, strew a little pepper, salt, and beaten mace over them, then another row, and strew the rest of your spice over them, put in a quarter of a pound more of butter in little bits, take half an ounce of truffles and morels, boil them in a quarter of a pint of water, pour the water into the pye, cut the truffles and morels very small, throw all over the pye; then have ready
twelve

twelve eggs boiled hard, take only the hard yolks, lay them all over the pye, pour in a gill of white wine, cover your pye and bake it. When the crust is done, the pye is enough. Four large blades of mace, and twelve pepper-corns well beat will do, with a tea-spoonful of salt.

To make a rice-pudding.

TAKE a quarter of a pound of rice, put it into a sauce-pan, with a quart of new milk, a stick of cinnamon, stir it often to keep it from sticking to the sauce-pan. When it is boiled thick, pour it into a pan, stir in a quarter of a pound of fresh butter, and sugar to your palate; grate in half a nutmeg, add three or four spoonfuls of rose-water, and stir all well together; when it is cold, beat up eight eggs, with half the whites, beat it all well together, butter a dish, and pour it in, and bake it. You may lay a puff-paste first all over the dish; for change put in a few currans and Sweetmeats, if you chuse it.

To burn butter for thickening of sauce.

SET your butter on the fire, and let it boil till it is brown, then shake in some flower, and stir it all the time it is on the fire till it is thick. Put it by, and keep it for use. A little piece is what the cooks use to thicken and brown their sauce; but there are few stomachs it agrees with, therefore seldom make use of it.

To make a white pot.

TAKE two quarts of new milk, eight eggs, and half the whites beat up with a little rose water, a nutmeg, a quarter of a pound of sugar; cut a penny loaf in very thin slices, and pour your milk and eggs over. Put a little bit of sweet butter on the top. Bake it in a slow oven half an hour.

To

To make a currey the India way.

TAKE two fowls or rabbits, cut them into small pieces, and three or four small onions, peeled and cut very small, thirty pepper corns, and a large spoonful of rice, brown some coriander seeds over the fire in a clean shovel, and beat them to powder, take a tea-spoonful of salt, and mix all well together with the meat, put all together into a sauce-pan or stew-pan, with a pint of water, let it stew softly till the meat is enough, then put in a piece of fresh butter, about as big as a large walnut, shake it well together, and when it is smooth and of a fine thickness dish it up, and send it to table. If the sauce be too thick, add a little more water before it is done, and more salt if it wants it. You are to observe the sauce must be pretty thick.

To dress a turkey or fowl to perfection.

BONE them, and make a force-meat thus: take the flesh of a fowl, cut it small, then take a pound of veal, beat it in a mortar, with half a pound of beef suet, as much crums of bread, some mushrooms, truffles, and morels cut small, a few sweet herbs and parsley, with some nutmeg, pepper and salt, a little mace beaten, some lemon-peel cut fine; mix all these together, with the yolks of two eggs, then fill your turkey and roast it. This will do for a large turkey, and so in proportion for a fowl. Let your sauce be good gravy, with mushrooms, truffles, and morels in it; then garnish with lemon, and for variety sake you may lard your fowl or turkey.

INSTRUCTIONS

INSTRUCTIONS *for* CARVING.

TO *unjoint a bittern.*] Raise the wings and legs as a hern, which see, and use no other sauce but salt.

To cut up a bustard.] See turkey.

To sauce a capon.] Lift up the right leg, and so array forth, and lay in the platter; serve your chickens in the same manner, and sauce them with green sauce, or verjuice.

To unlace a coney.] Turn the back downward, and cut the flaps or apron from the belly or kidney; then put in your knife between the kidneys, and loosen the flesh from the bone on each side; then turn the belly downward, and cut the back across between the wings, drawing your knife down on each side the back-bone, dividing the legs and sides from the back: pull not the leg too hard, when you open the side, from the bone, but with your hand and knife neatly lay open both sides from the scut to the shoulder; then lay the legs close together.

To display a crane.] Unfold his legs, then cut off his wings by the joints; after this take up his legs and wings, and sauce them with vinegar, salt, mustard, and powder'd ginger.

To unbrace a duck, or mallard.] Raise up the pinions and legs, but take them not off, and raise the merry-thought from the breast; then lace it down each side of the breast with your knife, wriggling your knife to-and-fro, that the furrows may lie in and out. After the same manner unbrace a mallard.

To rear a goose.] Take off both legs fair, like shoulders of lamb; then cut off the belly-piece round close to the end of the breast; then lace your goose down on both sides of the breast half an inch from the sharp bone; then take off the pinion on each

each side, and the flesh which you first laced with your knife; then raise it up clean from the bone, and take it off with the pinion from the body; then cut up the merry-thought; then cut from the breast-bone another slice of flesh, quite through; then turn up your carcase, and cut it asunder, the back-bones above the loin-boins; then take the rump-end of the back-bone, and lay it in a dish, with the skinny side upwards; lay at the fore-end of it the merry-thought, with the skinny side upwards, and before that the apron of the goose; then lay the pinions on each side contrary, set the legs on each side contrary behind them, that the bone-ends of the legs may stand up cross in the middle of the dish, and the wing-pinions may come on the outside of them; put the long slice, which you cut from the breast-bone, under the wing-pinions on each side, and let the ends meet under the leg-bones, and let the other ends lie cut in the dish betwixt the leg in the pinion; then pour in your sauce under the meat, throw on salt, and serve it to table.

To dismember a bern.] Take off both the legs, and lace it down the breast on both sides with your knife, and open the breast-pinion, but take it not off; then raise up the merry-thought between the breast-bone, and the top of it; then raise up the brawn; then turn it outward upon both sides, but break it not, nor cut it off; then cut off the wing-pinions at the joint, next the body, and stick in each side the pinion in the place you turn'd the brawn out; but cut off the sharp end of the pinion, and take the middle piece, and that will just fit in the place. You may cut up a capon or pheasant the same way.

To unbrace a mallard.] This is ~~done~~ the same way as to unbrace a duck; which see.

To wing a partridge.] Raise the legs and wings, and sauce them with wine, powder'd ginger, and a little salt.

To

To ally a pheasant.] Do this as you do a partridge, but use no other sauce but salt.

To wing a quail.] Do this the same way as you do a partridge.

To lift a swan.] Slit the swan down in the middle of the breast, and so clean through the back, from the neck to the rump; then part it in two halves, but do not break or tear the flesh; then lay the two halves in a charger, with the slit sides downwards; throw salt upon it; set it again upon the table; let the sauce be chaldron, and serve it in saucers.

To break a teal.] Do this the same way as you do a pheasant.

To cut up a turkey.] Raise up the leg fairly, and open the joint with the point of your knife, but take not off the leg; then with your knife lace down both sides of the breast, and open the breast-pinion, but do not take it off; then raise the merry-thought betwixt the breast-bone, and the top of it; then raise up the brawn; then turn it outward upon both sides, but break it not, nor cut it off; then cut off the wing-pinions at the joint next the body, and stick each pinion in the place you turned the brawn out; but cut off the sharp end of the pinion, and take the middle piece, and that will just fit in the place. You may cut up a bustard, a capon, or a pheasant, the same way.

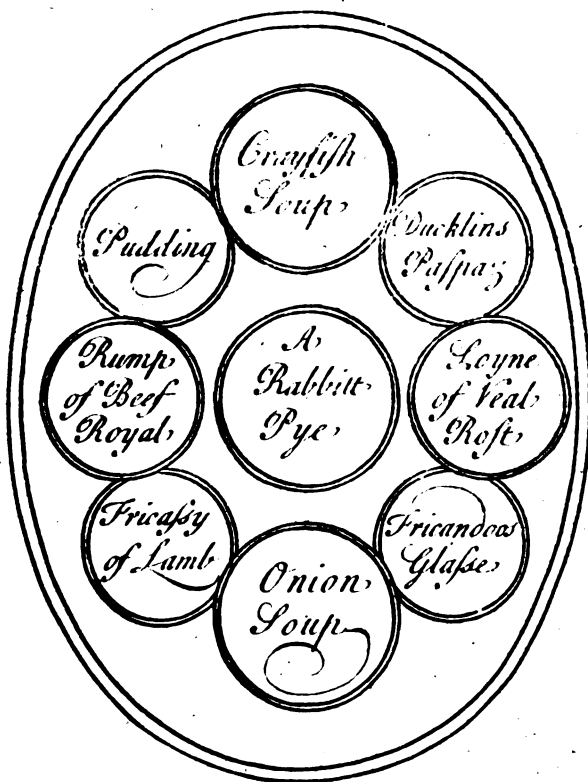
To thigh a wood-cock.] Raise the wings and legs as you do a hen, only lay the head open for the brains; and as you thigh a hen, so you must a curlew, plover, or snipe, excepting that you have no other sauce but salt.

TERMS of *Art in CARVING.*

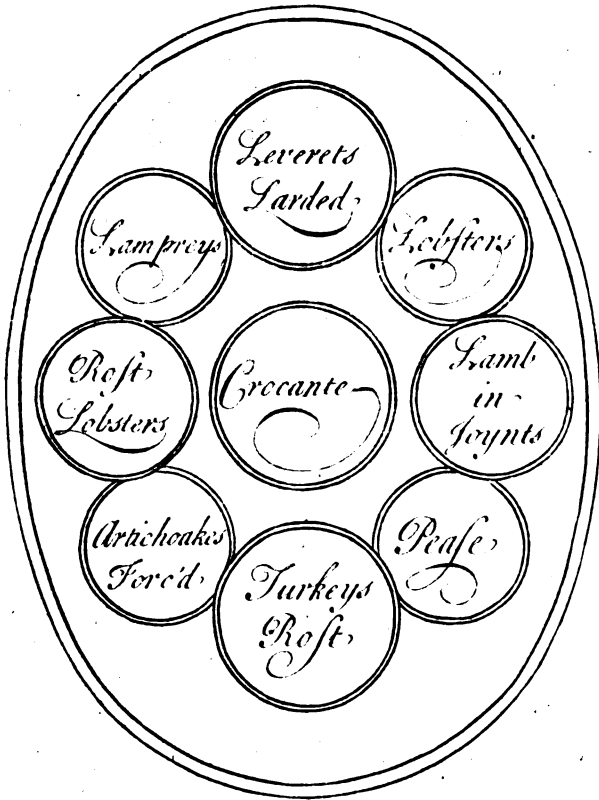
B Arbel, <i>to tusk</i>	Brawn, <i>to leach</i>
Bittern, <i>to disjoint</i>	Bream, <i>to splay</i>

Bustard,

First Course



Second Course



Bustard, <i>to cut up</i>	Lobster, <i>to barb</i>
Brew, <i>to untach</i>	Mallard, <i>to unbrace</i>
Capon, <i>to souce</i>	Partridge, <i>to wing</i>
Chevin, <i>to fin</i>	Pasty, <i>to border</i>
Chicken, <i>to frush</i>	Peacock, <i>to disfigure</i>
Coney, <i>to unlace</i>	Pheasant, <i>to allay</i>
Crab, <i>to tame</i>	Pigeon, <i>to thigh</i>
Crane, <i>to display</i>	Pike, <i>to splat</i>
Curlew, <i>to untach</i>	Plover, <i>to mince</i>
Deer, <i>to break</i>	Quail, <i>to wing</i>
Eel, <i>to tranfon</i>	Salmon, <i>to chine</i>
Egg, <i>to tire</i>	Small birds, <i>to thigh</i>
Flounder, <i>to sauce</i>	Sturgeon, <i>to tranch</i>
Goose, <i>to rear</i>	Swan, <i>to lift</i>
Haddock, <i>to fide</i>	Tench, <i>to sauce</i>
Hen, <i>to spoil</i>	Trout, <i>to culpon</i>
Hern, <i>to dismember</i>	Turkey, <i>to cut up</i>
Lamprey, <i>to string</i>	Woodcock, <i>to thigh.</i>

To pot ducks, or any fowls, or small birds.

BREAK all the bones of your duck with a rolling-pin, take out the thigh bones, and as many others as you can, keeping the duck whole; season it with pepper, salt, nutmeg, and cloves; lay them close in a pot with their breasts down, put in a little red wine, a good deal of butter, and lay a small weight upon them; when they are bak'd, let them stand in the pot till they are near cold, to suck up the seasoning the better; then put them in another pot, and pour clarified butter on them; if they are to keep long, put away the gravy; if to spend soon, put it in: take care to season them well.

To make cowslip, or clary wine.

TAKE six gallons of water, twelve pounds of sugar, the juice of six lemons, the whites of four eggs beat very well, put all together in a kettle, let

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it boil half an hour, skim it very well, take a peck of cowslips, if dry ones half a peck, put them into a tub with the thin peeling of the six lemons, then pour on the boiling liquor, and stir them about; when almost cold, put in a thin toast baked dry, and rubbed with yeast, let it stand two or three days to work. If you put in before you tun it six ounces of syrup of citron or lemons, with a quart of rhenish wine, it will be a great addition; the third day strain it off, and squeeze the cowslips through a coarse cloth, then strain it through a flannel-bag and turn it up, lay the bung loose for two or three days to see if it works, and if it don't bung it down tight, let it stand three months, then bottle it.

To make a rice pudding.

TAKE what rice you think proper, tie it loose in a cloth, and boil it an hour; then take it up, and untie it, grate a good deal of nutmeg in, stir in a good piece of butter, and sweeten to your palate. Tie it up close, boil it an hour more, then take it up, and turn it into your dish; melt butter with a little sugar, and a little white-wine for sauce.

To make a fuet pudding.

GET a pound of fuet shred fine, a pound of flower, a pound of currans picked clean, half a pound of raisins stoned, two tea spoonfuls of beaten ginger, and a spoonful of tincture of saffron; mix all together with salt water very thick; then either boil or bake it.

To make maccaroons.

TAKE a pound of almonds, let them be scaled, blanch'd and thrown into cold water, then dry them in a cloth, and pound them in a mortar, moisten them with orange-flower-water, or the white of an egg, lest they turn to an oil; afterwards take an equal quantity

quantity of fine powder sugar, with three or four whites of eggs, and a little musk, beat all well together, and shape them on wafer-paper with a spoon round, bake them in a gentle oven on tin plates.

To make Shrewsbury cakes.

TAKE two pounds of flower, a pound of sugar finely search'd, mix them together, (take out a quarter of a pound to roll them in) then take four eggs beat, four spoonfuls of cream, and two spoonfuls of rose-water, beat them well together, and mix them with the flower into a paste, roll them into thin cakes, and bake them in a quick oven.

To pickle colliflowers.

TAKE the largest and finest you can get, cut them in little pieces, or more properly pull them into little pieces, pick the small leaves that grow in the flowers clean from them; then have a broad stew-pan on the fire with spring-water, and when it boils, put in your flowers, with a good handful of white salt, and just let them boil up very quick; be sure you don't let them boil above one minute; then take them out with a broad slice, lay them on a cloth and cover them with another, and let them lye till they are quite cold. Then put them in your wide-mouth'd bottles, with two or three blades of mace in each bottle, and a nutmeg sliced in vinegar thin; then fill up your bottles with distilled vinegar, cover them over with mutton fat, over that a bladder, and then a leather. Let them stand a month before you open them.

To pickle onions.

TAKE your onions when they are dry enough to lye up in your house, such as are about as big as a large walnut; or you may do some as small as you please. Take off only the outward dry coat, then

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boil

boil them in one water without shifting, till they begin to grow tender; then drain them through a colender, let them cool; as soon as they are quite cold, slip off two outward coats of skins, slip them till they look white from each other, rub them gently with a fine soft linnen cloth, and lay them on a cloth to cool. When this is done, put them into wide-mouth'd glasses, with about six or eight bay-leaves. To a quarter of onions, a quarter of an ounce of mace, two large races of ginger sliced; all these ingredients must be interspersed here and there, in the glasses among the onions; then boil to each quart of vinegar two ounces of bay-salt, skim it well as the scum rises, and let it stand till it is cold; then pour it into the glass, cover it close with a wet bladder dipped in vinegar, and tie them down; they will eat well, and look white. As the pickle wastes, fill them with cold vinegar.

To stew a neck of veal.

CUT your neck of veal in steaks; beat them flat, and season them with salt, grated nutmeg, thyme, and lemon-peel, shred very fine; and when you put it into your pan, put to it some thick cream, according to the quantity you do, and let it stew softly till enough; then put into your pan two or three anchovies, a little gravy, or strong broth, a bit of butter, and some flower dusted in, and toss it up till it is thick, then dish it. Garnish with lemon.

To dry tongues.

TAKE to every two ounces of salt-petre a pint of petre-salt, and rub it well, after it is finely beaten, over your tongue, and then beat a pint of bay-salt, and rub that on over it, and every three days turn it; and when it has lain nine or ten days, hang it in wood-smoke to dry. Do a hog's-head this way. For a ham of pork or mutton, have a quart of bay-salt,

To make barley-water.

To stew a knuckle of veal.

To pickle ashen keys.

TAKE aſhen keys as young as you can get them, and put them in a pot with ſalt and water; then take green whey, when it is hot, and pour over them; let them ſtand till they are cold before you cover them.

them, so let them stand; when you use them, boil them in fair water; when they are tender take them out, and put them in salt and water.

A leg of mutton a-la-royal.

LARD your mutton and slices of veal with bacon roll'd in spice and sweet-herbs, then, bringing them to a brown with melted lard, boil the leg of mutton in strong broth, with all sort of sweet-herbs, and an onion stuck with cloves; when it is ready lay it on the dish, lay round the collops, then pour on it a ragoo, and garnish with lemon and orange.

Dutch-beef.

TAKE a piece of buttock of beef without the bone, salt it the same way as you do a ham; then hang it up till it is very dry; boil it; when cold, it is usually slic'd thin, and eat with bread and butter. You may lay neats tongues in the brine, after the ham or beef. Let them lie fourteen days, then hang them up to dry, or salt them thus; rub four neats tongues with four ounces of salt-petre, a pint of peter-salt, a quart of white salt; let them lie as above, turn them often in the brine, then hang them up to dry.

To boil a leg of lamb.

LET the leg be boil'd very white. An hour will do it. Cut the loin into steaks, dip them into a few crums of bread and egg, fry them nice and brown, boil a good deal of spinach and lay in the dish, put the leg in the middle, lay the loin round it, cut an orange in four and garnish the dish, and have butter in a cup. Some love the spinach boil'd, then drain'd, put into a sauce-pan with a good piece of butter and stew'd.

To

To make a fine syllabub from the cow.

MAKE your syllabub of either cyder or wine, sweeten it pretty sweet, and grate nutmeg in, then milk the milk into the liquor; when this is done, pour over the top half a pint or pint of cream, according to the quantity of syllabub you make.

You may make this syllabub at home, only have new milk; make it as hot as milk from the cow, and out of a tea-pot, or any such thing, pour it in holding your hand very high.

A barrico of mutton.

TAKE a neck or loin of mutton, cut it into six pieces, flower it and fry it brown on both sides in the stew-pan, then pour out all the fat, put in some turnips and carrots cut like dice, two dozen of chestnuts blanched, two or three lettuces cut small, six little round onions, a bundle of sweet herbs, some pepper and salt, and two or three blades of mace; cover it close, and let it stew for an hour, then take off the fat and dish it up.

To make a pellow the India way.

TAKE a piece of pickled pork and better than half boil it in a gallon of water, then take it out and pick out all the bones, put in two fowls, and half a pound of rice, a tea-spoonful of white pepper, and a tea-spoonful of cloves, when beat fine, twelve very small onions; when you think the fowls half boiled put in the pork, and let it do softly over a slow fire till enough, then lay the fowls in a dish, and the pork on each side the rice. If you find it too thin drain it dry, lay it in a dish and garnish it with hard eggs. You must be sure to take great care the rice don't burn to the pot.

Veal cutlets.

CUT your veal in slices; season them with pepper, salt; nutmeg, sweet-marjoram, and a little lemon-peel grated; wash them over with egg, and strew over them this Mixture; lard them with bacon, dip them in melted butter, and wrap them in white papers butter'd; broil them on a gridiron a good distance from the fire; when they are enough unpaper them, and serve them with gravy and lemon slic'd.

Stewed red cabbage.

TAKE a red cabbage, lay it in cold water an hour, then cut it into thin slices across, and cut it into little pieces. Put it into a stew-pan, with a pound of sausages, a pint of gravy, a little bit of ham or lean bacon, cover it close, and let it stew half an hour; then take the pan off the fire, and skim off the fat, shake in a little flower, and set it on again. Let it stew two or three minutes, then lay the sausages in your dish, and pour the rest all over. You may before you take it up, put in half a spoonful of vinegar.

To ragoo a leg of mutton.

TAKE all the skin and fat off, cut it very thin the right way of the grain, then butter your stew-pan, and shake some flower into it; slice half a lemon and half an onion, cut them very small, a little bundle of sweet herbs, and a blade of mace: put all together with your meat into the pan, stir it a minute or two, then put in six spoonfuls of gravy, and have ready an anchovy minced small; mix it with some butter and flower, stir it all together for six minutes, and then dish it up.

To

To pitchcock eels.

YOU must split a large eel down the back, and joint the bones, cut it in two or three pieces, melt a little butter, put in a little vinegar and salt, let your eel lay in two or three minutes, then take the pieces up one by one, turn them round with a little fine skewer, roll them in crums of bread, and broil them of a fine brown. Let your sauce be plain butter, with the juice of lemon.

To make catchup to keep twenty years.

TAKE a gallon of strong stale beer, one pound of anchovies washed from the pickle, a pound of shallots peeled, half an ounce of mace, half an ounce of cloves, a quarter of an ounce of whole pepper, three or four large races of ginger, two quarts of the large mushroom flaps rubbed to pieces. Cover all this close, and let it simmer till it is half wasted, then strain it through a flannel bag, let it stand till it is quite cold, then bottle it. You may carry it to the *Indies*; a spoonful of this to a pound of fresh butter melted, makes fine fish-sauce. Or in the room of gravy-sauce. The stronger and staler the beer is, the better the catchup will be.

To dress larks.

SPIT them on a little bird-spit, roast them, when enough have a good many crums of bread fry'd and throw all over them, and lay them thick round the dish.

Or they make a very pretty ragoo with fowls livers; first fry the larks and livers very nicely, then put them into some good gravy to stew, just enough for sauce, with a little red wine. Garnish with lemon.

To

To pickle pork.

BONE your pork, cut it into pieces, of a size fit to lye in the tub or pan you design it to lye in, rub your pieces well with salt-petre, then take two parts of common salt, and two of bay salt, and rub every piece well; lay a layer of common salt in the bottom of your vessel, cover every piece over with common salt, lay them one upon another as close as you can, filling the hollow places on the sides with salt. As your salt melts on the top, strew on more, lay a coarse cloth over the vessel, a board over that, and a weight on the board to keep it down. Keep it close covered; it will thus ordered keep the whole year. Put a pound of salt-petre, and two pounds of bay-salt to a hog.

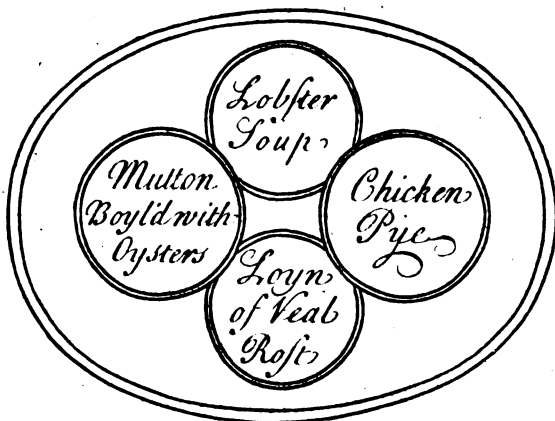
To bake herrings.

TAKE thirty herrings, scale them, cut off their heads, and pull out their roes, and wash them very clean, and lay them to drain four or five hours, and roll them in a dry cloth, season them with pepper and salt, and lay them in a long venison pot at full length; when you have laid one row, shred a large onion very small, and mix with it a little cloves, mace and ginger cut small, and strew it all over the herrings; and then another row of herrings and seasoning; and so do till all is in the pot: let it stand season'd an hour before it is put in the oven; then put in a quart of claret, and tie it over with paper, and bake it with household-bread.

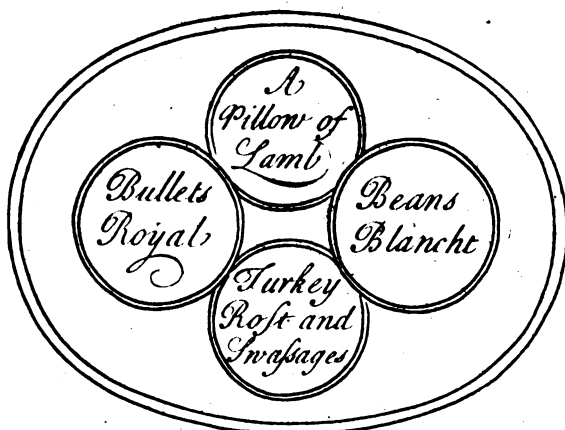
To make a batter pudding.

TAKE a quart of milk, beat up six eggs, half the whites, mix as above six spoonfuls of flower, a tea spoonful of salt, and one of beaten ginger; then mix all together, and boil it an hour and quarter,
pour

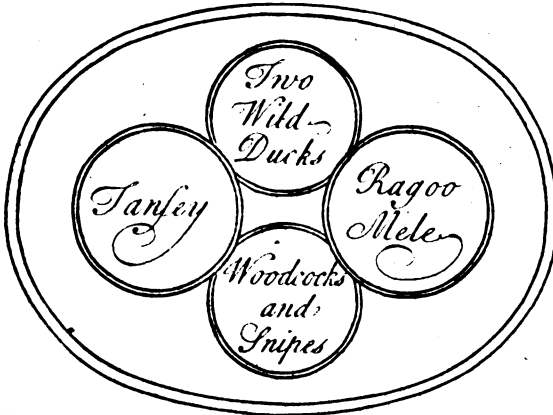
First Course



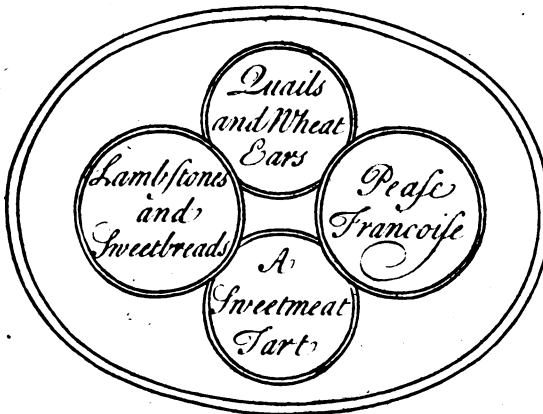
Second Course



Third Course



Fourth Course



pour melted butter over it. You may put in eight eggs, if you have plenty for change, and half a pound of pruens, or currans.

To preserve green plums.

T A K E green plums grown to their full bigness, but before they begin to ripen; let them be carefully gather'd with their stalks and leaves, put them into cold spring-water over a fire, and let them boil very gently; when they will peel, take off the skins; then put the plums into other cold water, and let them stand over a very gentle fire till they are soft; put two pounds of double-refin'd sugar to every pound of plums, and make the sugar with some water into a thick syrup before the plums are put in; the stones of the plums are not to be grown so hard, but that you may thrust a pin thro' them. After the same manner do green apricots.

Butter'd crums.

P U T a piece of butter into a sauce-pan, and let it run to oil; then scum it clean, and pour it off from the settlement; to this clear oil put grated crums of bread, and keep them stirring till they are crisp.

Orange custard or pudding.

T A K E Seville oranges, and rub the outside with a little salt very well, pare them, and take half a pound of the peel, and lay them in several waters till the bitterness is abated; beat them small in a stone or wooden mortar, then put in ten yolks of eggs and a quart of thick cream, mix them well, and sweeten them to your taste; melt half a pound of butter and stir it well in, if you design it for a pudding, and pour it into a dish cover'd with paste; if for custards, leave out the butter, and pour it into china cups, and bake it to eat cold.

To

To make gingerbread cakes.

TAKE three pounds of flower, one pound of sugar, one pound of butter rubbed in very fine, two ounces of ginger beat fine, a large nutmeg grated; then take a pound of treacle, a quarter of a pint of cream, make them warm together, and make up the bread stiff; roll it out, and make it up into thin cakes, cut them out with a tea-cup, or small glass, or roll them round like nuts, and bake them on tin plates in a slack oven.

To make mince-pyes of veal.

FROM a leg of veal cut off four pounds of the fleshy part in thick pieces, and put them in scalding water, and let it just boil; then cut the meat in small thin pieces, and skin it; it must be four pounds after it is scalded and skinned; to this quantity put nine pounds of beef-suet well skinned, and shred them very well and fine with eight pippins pared and cored, and four pounds of raisins of the sun stoned; when it is shred very fine put it in a large pan, or on a table, to mix, and put to it one ounce of nutmegs grated, half an ounce of cloves, as much mace, a large spoonful of salt, above a pound of sugar, the peel of a lemon shred exceeding fine; when you have season'd it to your palate, put in seven pounds of currans, and two pounds of raisins stoned and shred; when you fill your pies, put into every one some shred lemon with its juice, some candied lemon-peel and citron in slices; and just as the pies go into the oven, put into every one a spoonful of sack and a spoonful of claret, so bake them.

To make a calf's-foot pudding.

TAKE two calf's-feet finely shred; then take of biscuits grated, and stale mackaroons broken small,
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the quantity of a penny loaf; then add a pound of beef-suet, very finely shred, half a pound of currans, a quarter of a pound of sugar; some cloves, mace, and nutmeg, beat fine; a very little salt, some sack and orange-flower-water, some citron and candied orange-peel; work all these well together with yolks of eggs; if you boil it, put it in the caul of a breast of veal, and tie it over with a cloth; it must boil four hours. For sauce, melt butter, with a little sack and sugar; if you bake it, put some paste in the bottom of the dish, but none on the brim, then melt half a pound of butter, and mix with your stuff, and put it in your dish, and stick lumps of marrow in it; bake it three or four hours; scrape sugar over it, and serve it hot.

To make an orange-pudding.

TAKE two large Seville oranges, and grate off the rind, as far as they are yellow; then put your oranges in fair water, and let them boil till they are tender, shift the water three or four times to take out the bitterness; when they are tender cut them open, and take away the seeds and strings, and beat the other part in a mortar, with half a pound of sugar, till it is a paste; then put in the yolks of six eggs, three or four spoonfuls of thick cream, half a Naples bisket grated; mix these together, and melt a pound of very good fresh butter, and stir it well in; when it is cold, put a bit of fine puff-paste about the brim and bottom of your dish, and put it in and bake it about three quarters of an hour.

To make a marrow pudding.

TAKE out the marrow of three or four bones, and slice it in thin pieces; and take a penny loaf, cut off the crust, and slice it in as thin slices as you can, and stone half a pound of raisins of the sun; then

then lay a sheet of thin paste in the bottom of a dish; so lay a row of marrow, of bread, and of raisins, till the dish is full; then have in readiness a quart of cream boiled, and beat five eggs, and mix with it; put to it a nutmeg grated, and half a pound of sugar. When it is just going into the oven, pour in your cream and eggs; bake it half an hour, scrape sugar on it when it is drawn, and serve it up.

To make gooseberry vinegar.

TAKE gooseberries full ripe, bruise them in a mortar, then measure them, and to every quart of gooseberries put three quarts of water, first boiled, and let stand till cold; let it stand twenty-four hours; then strain it through a canvass, then a flannel; and to every gallon of this liquor put one pound of feeding brown sugar; stir it well, and barrel it up; at three quarters of a year old it is fit for use, but if it stands longer it is the better: this vinegar is likewise good for pickles.

A lemon pudding.

TAKE two clear lemons, grate off the outside rinds; then grate two Naples biskets, and mix with your grated peel, and add to it three quarters of a pound of fine sugar, twelve yolks, and six whites of eggs, well beat, and three quarters of a pound of butter melted, and half a pint of thick cream; mix these well together; put a sheet of paste at the bottom of the dish, and just as the oven is ready, put your stuff in the dish; sift a little double-refin'd sugar over it before you put it in the oven; an hour will bake it.

To make parsnip fritters.

BOIL your parsnips very tender, then peel them and beat them in a mortar, and rub them through a hair sieve, and mix a good handful of them with
some

some fine flower, six eggs, some cream and new milk, salt, sugar and nutmeg a little, a small quantity of sack and rose-water; mix all well together a little thicker than pancake batter; have a frying-pan ready with good store of hog's lard, very hot over the fire, and put in a spoonful in a place till the pan be so full as you can fry them conveniently, fry them a light brown on both sides. For sauce, take sack and sugar, with a little rose-water or verjuice, strew sugar on them when in the dish.

To ice a great cake.

TAKE the whites of twenty-four eggs, and a pound of double-refin'd sugar beat and sifted fine; mix both together in a deep earthen pan, and with a wisk, wisk it well for two or three hours together till it looks white and thick, then with a thin broad board or bunch of feathers spread it all over the top and sides of the cake; set it at a proper distance before a good clear fire, and keep turning it continually for fear of its changing colour, but a cool oven is best, and an hour will harden it. Don't ice your cake till the day after it is baked. It does not do well hot. You may perfume the icing with what perfume you please.

A rich seed cake, called the nun's cake.

TAKE four pounds of your finest flower, and three pounds of double-refin'd sugar beaten and sifted, mix them together, and dry them by the fire till you prepare your other materials. Take four pounds of butter, beat it in your hands till it is very soft like cream, then beat thirty-five eggs, leave out sixteen whites, and strain out the treddles of the rest, and beat them and the butter together till all appears like butter; put in four or five spoonfuls of rose or orange-flower-water, and beat it again; then take your flower and sugar, with six ounces of carraway-seeds,

feeds, and strew it in by degrees, beating it up all the time for two hours together ; you may put in as much tincture of cinnamon or ambergrease as you please ; butter your hoop, and let it stand three hours in a moderate oven.

To make a bisk of pigeons.

TAKE twelve pigeons, fill the bellies with forc'd-meat, and half roast them, or half boil them in strong broth ; then have slices of French bread, toasted hard and stew'd in strong broth, and have in readiness some lamb-stones, and sweet-breads, and palates, they being first boiled tender ; then stew them with your pigeons in your strong broth ; add balls of forc'd-meat first stew'd or fry'd ; lay your pigeons in a dish ; lay on them thin slices of grill'd bacon, and your other ingredients, and pour in your strong broth, and garnish with lemon. You may leave out the sweet-breads, and palates, and lamb-stones, and put in scalded herbs, as for soops, and turnips half boiled, and cut like dice, and fry'd brown, and so serve it like a soup, and but six pigeons.

Baked bread pudding.

TAKE a penny loaf, cut it in thin slices, then boil a quart of cream or new milk, and put in your bread, and break it very fine ; put five eggs to it, a nutmeg grated, a quarter of a pound of sugar, and half a pound of butter ; stir all these well together ; butter a dish, and bake it an hour.

To make Dutch beef.

TAKE the lean part of a buttock of beef raw ; rub it well with brown sugar all over, and let it lie in a pan or tray two or three hours, turning it three or four times ; then salt it with common salt and salt-petre, and let it lie a fortnight, turning it every day ;

day ; then roll it very strait in a coarse cloth, and put it in a cheese-press a day and a night, and hang it to dry in a chimney. When you boil it, you must put it in a cloth : when it is cold, it will cut out into shivers as Dutch beef.

To make brown French loaves.

TAKE a peck of coarse flower, and as much of the raspings of bread beaten and sifted as will make it look brown, then wet it with a pint of good yeast, and as much milk and water warm as will wet it pretty stiff ; mix it well, and set it before the fire to rise ; make it into six loaves ; make it up as light as you can, and bake it well in a quick oven.

To make the hard bisket.

TAKE half a peck of fine flower, one ounce of carraway-seeds, the whites of two eggs, a quarter of a pint of ale-yeast, and as much warm water as will make it into a stiff paste ; then make it in long rolls, bake it an hour ; the next day pare it round, then slice it in thin slices, about half an inch thick ; dry it in the oven ; then draw it and turn it, and dry the other side ; they will keep the whole year.

A rice pudding.

TAKE two large handfals of rice well beaten and searced, then take two quarts of milk or cream, set it over the fire with the rice, put in cinnamon and mace, let it boil a quarter of an hour ; it must be as thick as hasty-pudding ; then stir in half a pound of butter while it is over the fire ; then take it off to cool, and put in sugar, and a little salt ; when it is almost cold put in ten or twelve eggs, take out four of the whites ; butter the dish ; an hour will bake it ; scarce sugar over it.

To make a cheddar-cheese.

TAKE the new milk of twelve cows in the morning, and the evening cream of twelve cows, and put to it three spoonfuls of runnet; and when it is come, break it, and whey it; and when it is well whey'd, break it again, and work into the curd three pounds of fresh butter, and put it in your press, and turn it in the press very often for an hour or more, and change the cloths, and wash them every time you change them; you may put wet cloths at first to them, but towards the last put two or three fine dry cloths to them; let it lie thirty or forty hours in the press, according to the thickness of the cheese; then take it out, wash it in whey, and lay it in a dry cloth till it is dry; then lay it on your shelf, and turn it often.

To pot mushrooms.

TAKE of the best mushrooms, and rub them with a woollen cloth; those that will not rub, peel, and take out the gills, and throw them into water as you do them; when they are all done, wipe them dry, and put them in a sauce-pan, with a handful of salt and a piece of butter, and stew them till they are enough, shaking them often for fear of burning; then drain them from their liquor, and when they are cold wipe them dry, and lay them in a pot one by one as close as you can, till your pot be full, then clarify butter; let it stand till it is almost cold, and pour it into your mushrooms; when cold, cover them close in your pot; when you use them wipe them clean from the butter, and stew them in gravy thicken'd, as when fresh.

A good boiled pudding.

TAKE a pound and a quarter of beef-suet, after it is skinned, shred very fine; then stone three quarters

ters of a pound of raisins, and mix with it, and a grated nutmeg, a quarter of a pound of sugar, a little salt, a little sack, four eggs, four spoonfuls of cream, and about half a pound of fine flower; mix these well together pretty stiff, tie it in a cloth, and let it boil four hours; melt butter thick for sauce.

To make melon mangoes.

T A K E small melons, not quite ripe, cut a slip down the side; and take out the inside very clean; beat mustard-seeds, and shred garlick, and mix with the seeds, and put in your mangoes; put the pieces you cut out into their places again, and tie them up, and put them into your pot, and boil some vinegar (as much as you think will cover them) with whole pepper, and some salt, and Jamaica pepper, and pour in scalding hot over your mangoes, and cover them close to keep in the steam; and so do every day for nine times together, and when they are cold cover them with leather.

Scotch collops larded.

P R E P A R E a fillet of veal, cut it into thin slices, cut off the skin and fat, lard them with bacon, fry them brown, then take them out and lay them in a dish, pour out all the butter, take a quarter of a pound of butter and melt it in the pan, then strew in a handful of flower, stir it till it is brown, and pour in three pints of good gravy, a bundle of sweet herbs, and an onion, which you must take out soon; let it boil a little, then put in the collops, let them stew half a quarter of an hour, put in some force-meat balls fry'd, the yolks of two eggs, a piece of butter, and a few pickled mushrooms; stir all together for a minute or two, till it is thick, and then dish it up. Garnish with lemon.

Buttered shrimps.

S T E W two quarts of shrimps in a pint of white
N 2 wine,

wine, with nutmeg, beat up eight eggs, with a little white wine, and half a pound of butter, shaking the sauce-pan one way all the time over the fire, till they are thick enough, lay toasted sippets round the dish, and pour them over it, so serve them up.

Umble pye.

TAKE the umbles of a buck, and boil them, and chop them as small as meat for minc'd-pyes, and put to them as much beef-suet, eight apples, half a pound of sugar, a pound and a half of currans, a little salt, some mace, cloves, and nutmeg, and a little pepper; then mix them together, and put it into the paste; put in half a pint of sack, the juice of one lemon and orange, close the pye, and when it is bak'd, serve it hot.

To pickle broom buds.

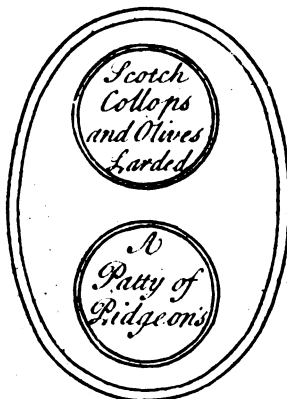
PUT your broom buds into little linnen bags, tie them up, and make a pickle of bay-salt and water boiled, and strong enough to bear an egg; put your bags in a pot, and when your pickle is cold, put it to them; keep them close, and let them lie till they turn black: then shift them two or three times, till they change green; then take them out, and boil them as you have occasion for them: when they are boiled put them out of the bag; in vinegar they will keep a month after they are boiled.

Orange-pudding.

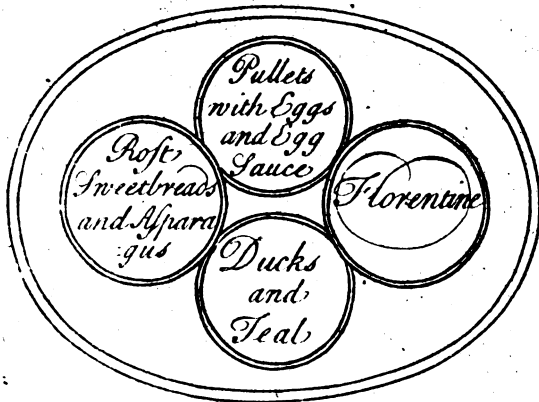
TAKE half a pound of loaf-sugar, beat half a pound of fresh butter, the yolks of six eggs beaten, half a candied orange cut as small as you can; melt the butter, and put in the sugar and eggs, stir it over the fire a pretty while; then put in your orange, keep it stirring over the fire till it be pretty thick, then take it off the fire, and let it stand till cold, then put it into a dish with puff-paste under and over it;
I
half

First Course

Second Course

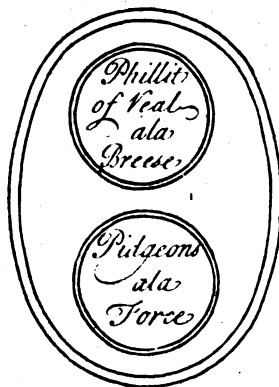
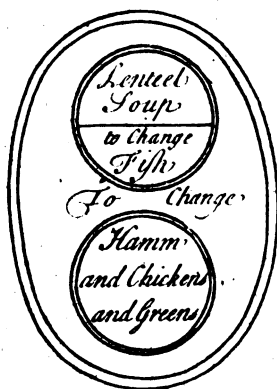


Third Course

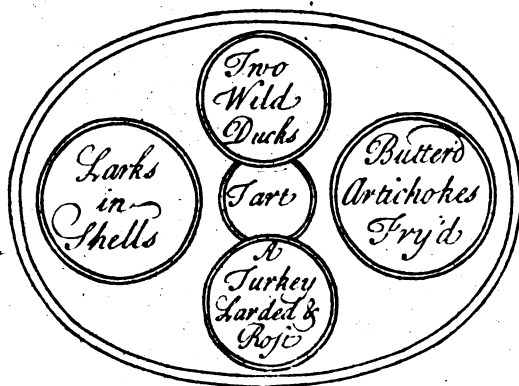


First Course

Second Course



Third Course



half an hour will bake it ; then make them into little pats like cheefecakes ; it is good cold.

To make an orange-pudding.

TAKE the yolks of sixteen eggs, beat them well, with half a pound of melted butter, grate in the rind of two fine Seville oranges, beat in half a pound of fine sugar, two spoonfuls of orange-flower water, two of rose water, a gill of sack, half a pint of cream, two Naples biscuits, or the crum of a half-penny roll soaked in the cream, and mix all well together. Make a thin puff-paste and lay all over the dish, and round the rim, pour in the pudding and bake it. It will take about as long baking as a custard.

Sauce for fish or flesh.

TAKE a pint of water, and a pint of claret, a few sprigs of sweet herbs, a little whole pepper, mace, and salt, two slices of lemon, a shallot, and two anchovies ; boil it an hour, and then strain it off. It is fit for fish ; but for flesh, add a little horseradish scrap'd, and boil it half away ; then beat it up thick with a pound or twelve ounces of sweet butter ; or you may make it all of strong broth.

To make the Marlborough cake.

TAKE eight eggs, yolks and whites, beat and strain them, and put to them a pound of sugar beaten and sifted ; beat it three quarters of an hour together, then put in three quarters of a pound of flower well dry'd, and two ounces of carraway-seeds ; beat it all well together, and bake it in a quick oven in broad tin pans.

Beef a-la-mode.

TAKE a buttock of beef interlarded with great lard roll'd up with savoury spice, minc'd sage, par-

fley, thyme, and green onions; put it into a great fauce-pan, and bind it close with coarfe tape. When it is half done, turn it, let it stand over the fire on a stove twelve hours, or in a campaign oven. It is fit to be eat cold or hot. When it is cold, slice it out thin, and tofs it up in a fine ragou of sweet-breads, oyfters, mushrooms, and palates.

To make bung beef.

To a pound of beef, put a pound of bay-salt, two ounces of salt-petre, a pound of sugar mix'd with the common salt; let it lie six weeks in this brine, turning it every day, then dry it and boil it.

To make biskets.

TAKE a pound of white sugar, as much fine flower, the yolks of three eggs, with one white, and a quarter of a pint of rose-water; beat it well together for the space of two hours, drop it on paper butter'd very thin, and put them in an oven that hath stood a good while with the lid up; after the heating, put in a little carraway and coriander-seeds.

To make light wigs.

TAKE a pound and a half of flower, and half a pint of milk made warm, mix these together, cover it up, and let it lye by the fire half an hour; then take half a pound of sugar, and half a pound of butter, then work these into a paste and make it into wigs, with as little flower as possible; let the oven be pretty quick, and they will rise very much. Mind to mix a quarter of a pint of good ale-yeast in milk.

To make a mutton bafh.

CUT your mutton in little bits as thin as you can, strew a little flower over it, have ready some gravy (enough for fauce) wherein sweet herbs, onion, pepper

per and salt, have been boil'd ; strain it, put in your meat, with a little piece of butter rolled in flower and a little salt, a shallot cut fine, a few capers and gerkins chopp'd fine, and a blade of mace : toss all together for a minute or two. have ready some bread toasted thin and cut into sippits, lay them round the dish, and pour in your hash. Garnish your dish with pickles and horse-radish.

Note, Some love a glass of red wine, or walnut pickle. You may put just what you will into a hash.

White mead, very good.

To every gallon of water, put a pint of honey, and half a pound of loaf-sugar ; stir in the whites of eggs beat to a froth, and boil it as long as any scum arises ; when it is cold, work it with yeast, and to every gallon, put the juice and peel of a large lemon : stop it up when it has done working, and bottle it ten days.

To make a sweet meat pudding.

Put a thin puff-paste at the bottom of your dish, then have of candied orange and lemon-peel, and citron, of each an ounce, slice them thin, and put them in the bottom on your paste ; then beat eight yolks of eggs, and two whites, near half a pound of sugar, and half a pound of butter melted ; mix and beat all well together, and when the oven is ready, pour it on your sweet-meats in the dish. An hour or less will bake it.

A cheap gravy.

Take a glass of small beer, a glass of water, an onion cut small, some pepper and salt, and a little lemon-peel grated, a clove or two, a spoonful of mushroom liquor, or pickled walnut liquor ; put this in a bason, then take a piece of butter, and put

it in a sauce-pan, then put it on the fire and let it melt, then drudge in some flower, and stir it well till the froth sinks, and it will be brown; put in some slic'd onion, then put your mixture to the brown butter, and give it a boil up.

To make a lemon tart.

TAK E three clear lemons, and grate off the outside rinds; take the yolks of twelve eggs, and six whites; beat them very well, squeeze in the juice of a lemon; then put in three quarters of a pound of fine powdered sugar, and three quarters of a pound of fresh butter melted; stir all well together, put a sheet of paste at the bottom, and sift sugar on the top; put it in a brisk oven, three quarters of an hour will bake it: so serve it to the table.

To pickle nasturtium buds.

GATHER your little knobs quickly after your blossoms are off; put them in cold water and salt for three days, shifting them once a day; then make a pickle (but do not boil it at all) of some white-wine, some white-wine vinegar, shallot, horse-radish, pepper, salt, cloves and mace whole, and nutmeg quartered; then put in your seeds and stop them close; they are to be eaten as capers.

To make black caps.

CUT twelve large apples in halves, and take out the cores, place them on a thin patty-pan, or maza-reen, as close together as they can lye, with the flat side downwards, squeeze a lemon in, two spoonfuls of orange-flower-water, and pour over them; shred some lemon-peel fine and throw over them, and grate fine sugar all over. Set them in a quick oven, and half an hour will do them. When you send them to table, throw fine sugar all over the dish.

To

To boil rabbits.

TRUSS them for boiling, boil them quick and white : for sauce take the livers, boil and shred them, and some parsley shred fine, and pickled nasturtium buds chopped fine, or capers ; mix these with half a pint of good gravy, a glass of white wine, a little beaten mace and nutmeg, a little pepper and salt if wanted, a piece of butter as big as a large walnut rolled in flower, let it all boil together till it is thick, take up the rabbits and pour the sauce over them. Garnish with lemon. You may lard them with bacon if it is liked.

To make bogs puddings.

TAKE the hog's tongue, and some of the lights, with a piece of liver ; when all is boil'd tender, grate the liver, and chop the tongue and lights very small ; put this to a gallon of grated bread, three pounds of currans, mace, cinnamon, nutmeg, salt, and sugar ; nine eggs, leave out four whites, three pounds of suet finely shred : wet it with the top of the liquor you boil'd your meat in ; it must not be too limber : when it is ready, fill your skins.

Vermicelly pudding.

BOIL five ounces of vermicelly in a quart of milk till it is tender, with a blade of mace, and a rind of lemon or Seville-orange, sweeten it to your taste, the yolks of six eggs, and four whites ; have a dish ready cover'd with paste, and just before you set it into the oven, stir in half a pound of melted butter, a very little salt does well ; if you have no peels, put in a little orange-flower-water.

Portugal cake.

MIX into a pound of fine flower, a pound of loaf sugar beat and sifted, then rub into it a pound
of

of pure sweet butter, till it is thick like grated bread; then put to it two spoonfuls of rose-water, as much sack, ten eggs, and whip the whites to snow; then put in it eight ounces of currans, mix all well together, and butter the tin pans; fill them but half full, and bake them. If they are made without currans, and kept in a dry place, they will keep a year; add a pound of almonds blanch'd, and beat with rose-water, as above, and leave out the flower. These are another sort, and better.

A batter pudding.

TAKE a pint of milk, six eggs, four spoonfuls of flower; put in half a nutmeg grated, and a little salt; you must take care your pudding is not thick; flour your cloth well. Three quarters of an hour will boil it. Serve it with butter, sugar, and a little sack.

To make cracknels.

TO a quart of flower, take a pound of butter, half a nutmeg grated, the yolks of four eggs beat, with four spoonfuls of rose-water; put the nutmeg and eggs into the flower, and wet it into a stiff paste, with cold water; then roll in the butter, and make them into shape; put them into a kettle of boiling water; when they swim, take them out with a skimmer, and put them into cold water; when they are harden'd, lay them out to dry, and bake them on tin plates.

To make a fine plain baked pudding.

YOU must take a quart of milk, and put six laurel-leaves into it. When it has boiled a little with fine flower, make it into a hasty-pudding, with a little salt, pretty thick; take it off the fire, and stir in half a pound of butter, a quarter of a pound of sugar, beat up twelve eggs and half the whites, stir
all

all well together, lay a puff-paste all over the dish, and pour in your stuff. Half an hour will bake it.

A plumb cake.

TAKE three pounds of flower, rub into it a pound of butter, and three eggs, yolks and whites; then take three gills of cream, and make it pretty warm, having in your flower seven spoonfuls of yeast; mix these well together, and beat it well with your hand; then set it before the fire to rise, and when your oven is hot, add to it two pounds of currans, a pound of sugar, and half a gill of brandy; mix these together, and so put it in your hoop, and what sweatmeats you will, and season it with mace or nutmeg. An hour and a half will bake it.

A fricassly of artichoke bottoms.

TAKE them either dried or pickled; if dried, you must lay them in warm water for three or four hours, shifting the water two or three times; then have ready a little cream, and a piece of fresh butter, stirred together one way over the fire till it is melted, then put in the artichokes; and when they are hot, dish them up.

To make fine milk punch.

TAKE two quarts of water, one quart of milk, half a pint of lemon juice, and one quart of brandy, sugar to your taste; put the milk and water together a little warm, then the sugar, then the lemon juice; stir it well together; then the brandy; stir it again, and run it through a flannel bag till it is very fine; then bottle it; it will keep a fortnight or more.

To stuff a cbine of pork.

MAKE a stuffing of the fat leaf of pork, parsley, thyme, sage, eggs, crums of bread, season it with pepper, salt, shallot, and nutmeg, and stuff it thick; then

then roast it gently, and when it is about a quarter roasted, cut the skin in slips, and make your sauce with apples, lemon-peel, two or three cloves, and a blade of mace; sweeten it with sugar, put some butter in it, and have mustard in a cup.

To make buns.

TAKE two pounds of fine flower, a pint of good ale yeast, put a little sack in the yeast, and three eggs beaten, knead all these together with a little warm milk, a little nutmeg, and a little salt; then lay it before the fire till it rise, very light, then knead in a pound of fresh butter, a pound of rough carraway comfits, and bake them in a quick oven, in what shape you please on flower'd papers.

To improve cyder, and make it perfectly fine.

WHEN it is first made, put into a hoghead six ounces of brimstone in the stone, to colour it; put a gallon of good French brandy highly tinctur'd with cochineal; beat one pound of allum, and three pounds of sugar-candy fine, and put it in, when you stop it up: when it is fine, bottle it, which will be in six months. This great secret is successfully practis'd by the *Herefordshire* artists.

Scotch collops.

TAKE slices of lean veal, the yolks of six eggs, beat up in melted butter, a little salt, some nutmeg, and lemon-peel grated; then dip in your veal, and fry them quick, shaking them all the while to keep the butter from oiling; then put to them some gravy, some mushrooms or forc'd-meat balls, garnish'd with sausages and lemon, and slices of bacon fry'd.

A lamb pye.

CUT a hind quarter of lamb into thin slices, season it with sweet spices, and lay it in the pye, mix'd with

with half a pound of raisins of the sun stoned, half a pound of currans, two or three *Spanish* potatoes boiled, blanch'd, and sliced; or an artichoke bottom or two, with prunella's, damsons, goosberries, grapes, citron and lemon chips: lay on butter, and close the pye; when it is baked make a caudle for it.

To make minc'd-pyes.

TAKE two pounds of meat, four pounds of suet, one pound of raisins, five pounds of currans, an ounce and a half of cinnamon, half an ounce of nutmegs, half an ounce of mace, and some cloves, the juice of four lemons, and grate one peel, three quarters of a pint of sack, four ounces of sweet-meats, one pound of six-penny sugar, and a little salt.

To roast a tongue, or udder.

PARBOIL it first, then roast it, stick eight or ten cloves about it; baste it with butter, and have some gravy and sweet sauce. An udder eats very well, done the same way.

To make a hare pye.

SKIN your hare, wash her and dry her, and bone her; season the flesh with pepper, salt, and spice, and beat it fine in a stone mortar; do a young pig at the same time and in the same manner; then make your pye, and lay a layer of pig and a layer of hare till it is full; put butter at the bottom and on the top; bake three hours; it is good hot or cold.

To make gooseberry wine.

TAKE your goosberries when full ripe, break them, and put to them the same quantity of boiling

ing water; put them into a tub, and let them stand eight and forty hours, then strain it through a linnen bag, and to every gallon of liquor put two pounds and a half of sugar; then put it into your vessel, and let it work of itself; when settled, boil it up, and let it stand till *Christmas*; then bottle it off for your use.

To make balm wine.

To nine gallons of water put fourteen pounds of sugar, boil it three quarters of an hour, and let it stand till it is pretty cold; then put in three or four pounds of the tops of balm a little bruis'd, put into your barrel a pennyworth of yeast, pour your liquor upon it, and stir it together a day, at night stop it up close, let it stand a fortnight, then bottle it, putting a lump of sugar in every bottle.

To make hungary water.

To a gallon of strong spirits put half a peck of rosemary flowers, infuse them in the spirits a fortnight, and then distil them.

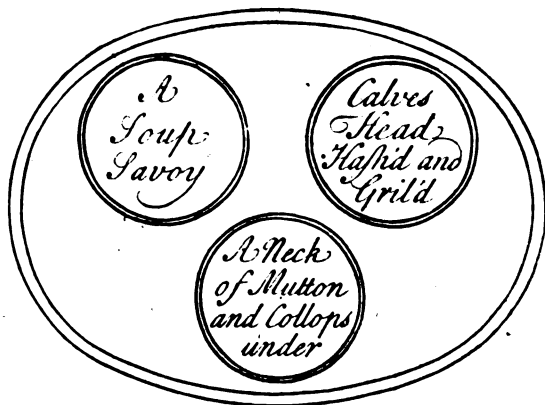
Surfeit water.

To every gallon of French brandy put four pounds of poppies pick'd clean from the greens and seeds, and gather'd very dry, half a pound of raisins ston'd, half a pound of figs, a quarter of a pound of green liquorice scrap'd and slic'd, a quarter of a pound of coriander-feed, a quarter of a pound of aniseed bruis'd, and an ounce of cardamum-feed; let them infuse in a glass jar in the sun for fourteen or fifteen days, then run it through a jelly bag, and put to it a quart of aniseed-water, and a little sugar.

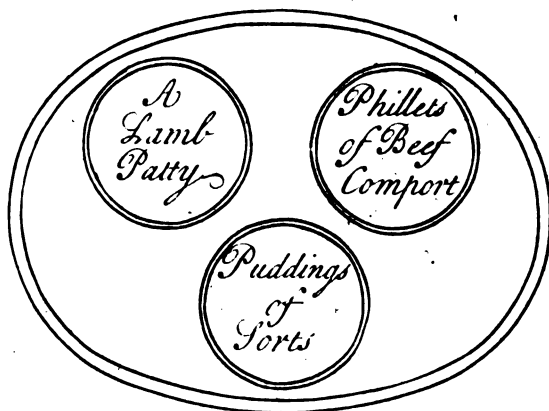
Pickled french beans.

TAKE your french beans, and make your brine, of salt and water, strong enough to bear an egg; put

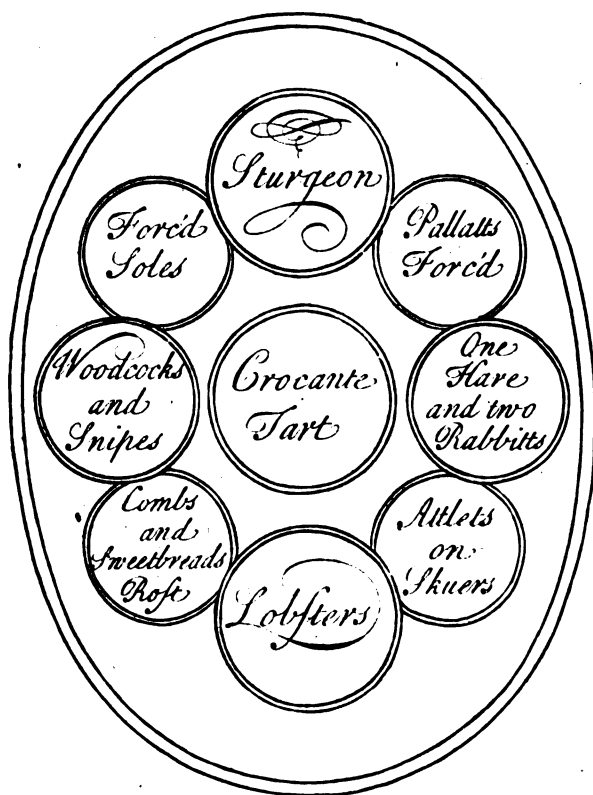
First Course



Second Course



Third Course



put your beans in for nine days, then set some water over the fire, and let it boil; then take your beans clear from the brine, and put them into the boiling water, and give them one boil up; then make vinegar scalding hot, as much as will cover them, drying your beans first from the water; then put them into a pot, and put the vinegar over them; cover them down close for four or five days, then put your beans and vinegar over a slow fire an hour; they must not boil; then put them into a pot with some dill, half an ounce of white pepper, some allspice, and mace.

To pickle melons.

TAKE green melons, as many as you please; then make a brine strong enough to bear an egg, and pour it boiling hot on the melons, keeping them down under the brine; let them stand five or six days, then take them out, and slit them down on one side, and take out all the seeds, and scrape them well in the inside, and wash them clean with cold water; then take a clove of garlick, a little ginger and nutmeg slic'd, and a little whole pepper; put all these proportionably into the melons, filling them up with whole mustard-seed; then lay them in an earthen pot with the slit upwards, and take one part of mustard, and two parts of vinegar, enough to cover them, pouring it upon them scalding hot, and keep them close stopp'd.

A rice or almond florentine.

BOIL eight ounces of rice thick and tender, in milk, mix in ten ounces of fresh butter, a little beaten mace, cinnamon and salt, a pint of cream, and when cold a glass of sack, six yolks of eggs, eight ounces of candied lemon and citron shred fine, a spoonful of orange-water, and another of rose-water, eight ounces of currans, and sweeten it with
fine

fine sugar; then put a little paste over the dish, put it in, and cover it with puff paste, or paste royal; then bake it, and serve it hot. Dust on fine sugar.

The same way make almond florentine. Leave out the rice, add a pound of almonds, blanched, and beat fine, with two spoonfuls of orange-water, and the same quantity of rose-water, and the yolks of four eggs more.

A green goose pye.

TAKE two fat green geese, bone them, and season them pretty high, with nutmegs, cloves, mace, pepper and salt, and, if you like it, two whole onions; lay them upon each other, and fill the sides, and cover them with butter: let them be well bak'd, and they eat delicately hot or cold.

To pot pigeons.

YOUR pigeons being truss'd and season'd with favoury spice, put them in a pot, cover them with butter, and bake them; then take them out, and drain them; when they are cold, cover them with clarified butter. The same way you may pot fish, only bone them when they are bak'd.

A carraway cake.

MELT two pounds of fresh butter in tin or silver, let it stand twenty-four hours, then rub into it four pounds of fine flower dried, mix in eight eggs, and whip the whites to snow, a pint of ale yeast, and a pint of sack; mix all together, and put in two pounds of carraway-comfits; put it into a butter'd hoop, and bake it two hours and a half; you may mix into it half an ounce of cloves and cinnamon.

A Tanfy.

BOIL a quart of cream, or milk, put to it a stick of

of cinnamon, a nutmeg quarter'd, and some large mace; when it is half cold, mix it with sixteen eggs, and eight whites, strain it, then put in four grated biskets, half a pound of butter, half a pint of spinage juice, a little tansy, sack, and orange-flower-water, some sugar, and a little salt; then stir it over the fire a little, and pour it into a dish butter'd well; when it is bak'd, turn it on a pye-plate, squeeze on it an orange slic'd, with some sugar to garnish it.

To make mango of codlins.

YOU must scoop out the cores, and fill them with ginger, mustard, and all spice; tye them close, and pour as much of the best vinegar, scalding hot, as will cover them, then tye a cloth over them, then slice some nutmeg and ginger, cloves and mace, put them into a pot, with as much vinegar as will cover them, boil up your vinegar often, that they may be green, keep them close ty'd down, and they will keep a great while.

To pickle onions.

TAKE your small onions, lay them in salt and water a day, shift them in that time once, then dry them in a cloth, and take some white-wine-vinegar, cloves, mace, and a little pepper; boil this pickle, and pour over them, and when it is cold keep them cover'd close.

To collar beef.

TAKE a thin piece of flank beef, and strip the skin to the end, beat it with a rolling-pin, then dissolve a quart of peter-salt in five quarts of pump-water, strain it, put the beef in, and let it lye five days, sometimes turning it; then take a quarter of an ounce of cloves, a good nutmeg, a little mace, a little pepper, beat very fine, and a handful of thyme stripped off the stalks; mix it with the spice, strew all over the beef, lay on the skin again, then roll it up very close, tye it hard with tape, then put
O it

it into a pot, with a pint of claret, and bake it in the oven with the bread.

To make a snow posset.

TAKE a quart of new milk, and boil it with a stick of cinnamon and quartered nutmeg; when the milk is boiled, take out the spice, and beat the yolks of sixteen eggs very well, and by degrees mix them in the milk till it is thick; then beat the whites of the sixteen eggs with a little sack and sugar into a snow; then take the bason you design to serve it up in, and put in it a pint of sack; sweeten it to your taste; set it over the fire, and let one take the milk, and another the whites of eggs, and so pour them together into the sack in the bason; keep it stirring all the while it is over the fire; when it is thorough warm, take it off, cover it up, and let it stand a little before you use it.

To make a jelly posset.

TAKE twenty eggs, leave out half the whites, and beat them very well; put them into the bason you serve it in, with near a pint of sack, and a little strong ale; sweeten it to your taste, and set it over a charcoal fire, keep it stirring all the while; then have in readiness a quart of milk or cream boiled with a little nutmeg and cinnamon, and when your sack and eggs are hot enough to scald your lips, put the milk to it boiling hot; then take it off the fire, and cover it up half an hour; strew sugar on the brim of the dish, and serve it to the table.

Snow cream.

TAKE a pint of the thickest cream, and sweeten it to your taste; take the whites of eggs, and beat them to a froth; then take a sprig of rosemary, and beat in as the snow rises; then take it off, and lay it
in

in the dish ; you may mash some strawberries, or raspberries, and put them at the bottom.

To keep damsons for tarts.

You must make a syrup of a pound and half of sugar, to a quart of water ; boil and scum it very clear ; when cold, put them into the syrup, set them down on a soft fire, and keep them down in the syrup, and gently stirring till they are scalding hot ; then set them off till cold ; put them into little pots or jars, such as you can use at once ; for when any of these fruits are exposed to the air, they spoil in a day or two, unless such sweet-meats as you preserve with full weight of sugar : cover these over as the other, with melted butter or oil ; beef-suet is hard, and apter to crack at the edge in winter.

M E D I C I N E.

A Remedy for Lunacy, with which a Person of Quality cured one hundred People.

TAKE of ground-ivy three large handfuls shred small, boil it in two quarts of white-wine, till two parts in three be consumed. Strain, and add to it six ounces of the best sallad oil, boil it up to an ointment ; let the patient's head be shaved, rub and chafe it with the ointment made warm. Then take fresh herbs, bruised and applied plaister-wise, tying it on the top of the head very hard. Repeat this every other day, ten or twelve times ; give the patient three spoonfuls of the juice of ground-ivy every morning fasting, in a glass of beer for the first ten days.

To make ratifia.

TO every gallon of brandy, put a quart of the best orange-flower-water, and a quart of good *French* white-wine; you must also take care your brandy be right and good; to each gallon of brandy, you must likewise put four hundred apricot-stones, and a pound and a quarter of white sugar-candy; just crack the stones, and put them in, shells and all, into a large bottle, which must be very close stopp'd and seal'd down; let it stand in the sun for six weeks; take it in every night, and in wet weather; and shake it when you take it in, or set it out: after this is done, you must let it stand to settle, and rack it off till it is perfectly fine.

Cinnamon-water, very good.

IN two gallons of extraordinary brandy, steep a pound of good cinnamon bruise'd, there let it lie three or four days; then put it into your limbeck, with two quarts of cold-still'd plantain-water; you may draw as much off as you put in; and with a quart of the smallest, boil up two pounds and a half of double-refin'd sugar: when it is cold, mix all together for your use. It is a noble cordial.

A purging diet-drink in the spring.

TAKE six gallons of ale, three ounces of rhubarb, twelve ounces of senna, twelve ounces of mader-roots, twelve ounces of dock-roots, twelve handfuls of scabius, twelve handfuls of agrimony, three ounces of aniseeds; slice and cut these, put them in a bag, and let it work in the ale; drink of it three or four times a day.

A cordial orange-water.

TAKE three quarts of good brandy, and the rinds of a dozen and a half of oranges, pare them
very

very thin, that none of the white go in, let them steep in the brandy three days and nights close stopt; then take five pints of fair water, and a pound and a half of double-refin'd sugar: boil this syrup half an hour, and scum it as any rises; then strain it through a jelly-bag, and let it stand till cold; then mix it with the brandy, which must be first poured from the peels, and settled: keep it for use.

Thus you may do lemons, which is a pleasanter cordial.

To make citron-water.

TAKE citrons, and pare off the outward rinds half a finger thick, slice them thin; and take the citron kernels, slice them in as you think fit; put as much good sack as will cover them over the top; put all into a stone jug, and stop it very close; let it stand in a cellar five days, then distil it in a glass still; let it run into a bottle wherein is fine sugar-candy in powder, and ambergreese: draw off in several runnings, and mix it as you like.

For a pain in the stomach.

TAKE a quarter of a pound of blue currans, wipe them clean, and pound them in a mortar, with an ounce of aniseeds bruised; before you put them to the currans, make this into a bolus with a little syrup of clove-gilliflowers; take every morning the quantity of a walnut, and drink rosemary-tea, instead of other tea, for your breakfast; if the pain returns, repeat it.

An excellent balsam, called, the friers balsam.

TAKE a quart of spirit of sack, infuse in it four ounces of sarsaparilla cut short, two ounces of china slic'd thin, one ounce of *Virginia* snake-weed cut small; put all these in a two-quart bottle, and set it in the sun, shaking it twice or thrice a day, till the

spirit be tinctur'd as yellow as gold ; then clear off the spirit into another bottle, and put to it eight ounces of gum guaiac ; set it in the sun, as before, shaking it very often, till all the gum be dissolved, except dregs, which will be in ten or twelve days ; then clear it a second time from the dregs, and put to it one ounce of natural balsam of *Peru* ; shake it well together, and set it in the sun for two days ; then put in one ounce of balm of *Gilead* ; shake all well together once more, and set it in the sun for a fortnight ; it is then fit for use, and will keep many years. Its virtues are too long to insert : it is good to take inwardly in most distempers, and proper for all sores or wounds, by pouring in some drops, and binding lint thereon. The dose, taken inwardly, is from half a spoonful to a whole one, in sugar, or any liquid vehicle, for consumptions, or any inward ulcer : use moderate exercise with it.

For a burn or scald.

TAKE of oil olive three ounces, white wax two ounces, sheep-suet an ounce and half, minium and Castile-soap, of each half an ounce ; dragon's blood and camphire, of each three drams ; make them into a salve by melting them together ; anoint with oil to take out the fire ; then put the plaister on ; dress it every day.

The golden cordial.

TAKE two gallons of brandy, two drams and a half of double-perfum'd alkerms, a quarter of a dram of oil of cloves, one ounce of spirit of saffron, three pounds of double-refin'd sugar powder'd, a book of leaf-gold. First put your brandy into a large new bottle ; then put three or four spoonfuls of brandy in a china cup, mix your alkerms in it ; then put in your oil of cloves, and mix that, and do the

the like to the spirit of saffron; then pour all into your bottle of brandy; then put in your sugar, and cork your bottle, and tie it down close; shake it well together, and so do every day for two or three days, and let it stand about a fortnight; you must set the bottle so, that when it is rack'd off into other bottles, it must only be gently tilted; put into every bottle two leaves of gold cut small; you may put one or two quarts to the dregs, and it will be good, though not so good as the first.

The Lady Onslow's water for the stone.

TAKE as much saxifrage, as, being distilled, will yield two quarts of water; then take a peck of hog's haws, and bruise them well; then take filipendula and parsley, of each three handfuls; parsley of break-stone and mother-thyme, of each two handfuls; marshmallow-roots, parsley-roots, of each one handful; four large horse-radish-roots, red nettle-seed and burdock-seed, of each one ounce; bruise the seeds, cut the herbs, and slice the roots, and mix them well together with three quarts of white-wine, and as much new milk from the cow. So distil them and the saxifrage-water together in a cold still, and draw it off as long as any water will come; the saxifrage must be distill'd in *May*, and the other water the latter end of *September* or *October*, when the haws are ripe. Let the person, when the fit of the stone cometh, take three or four spoonfuls of white-wine, and as much of this water mix'd together: if the distemper abate not, take six spoonfuls of this water once in six hours till it is removed. You may, if you please, sweeten it with syrups of marshmallows.

A constant daily wash for your teeth.

TO one quart of claret put an ounce of bole-armoniack, half an ounce of myrrh, one dram of allom, salt of vitriol ten grains, an ounce of hun-

gary-water, and two ounces of honey of roses ; when these have stood in a warm sun, or near the fire for three days, set it by to settle ; and pour a spoonful of it into a tea-cup of water, with which wash your teeth : it preserves them sound and makes them white.

To clean very foul spotted teeth.

MAKE a skewer very sharp at one end, over which wind a bit of fine rag, tie it on very hard, and cut it very sharp, that it may be like a fine pencil for painting ; dip this in spirit of salt, take it out immediately, and dip it then into a cup of fair water, in which hold it for a moment ; with this rag, so carefully wet, rub your teeth, and take care you do not touch your lips or gums ; have a cup of cold water ready to wash your mouth, that the rag has not been dipt in : with this you may make any furr'd teeth as white as snow ; but you must not use it often or carelessly. When they are once thus clean, the claret-wash will preserve them so.

To draw out a thorn.

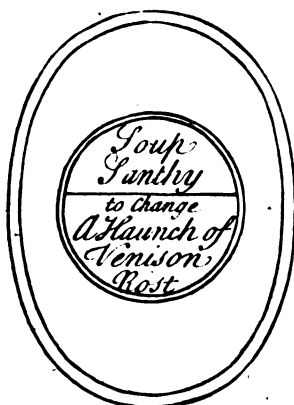
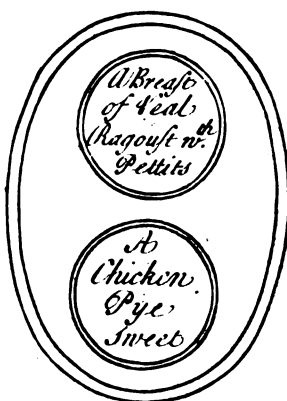
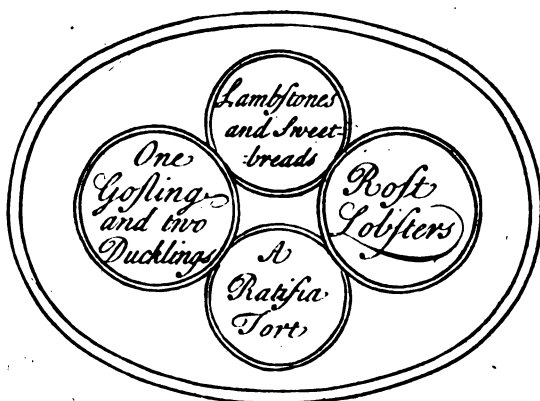
TAKE a little black soap, and chew some nut-kernels, to mix with the soap ; and lay it on the place grieved ; repeat it till the thorn comes out.

Walnut-water, good in agues or fevers.

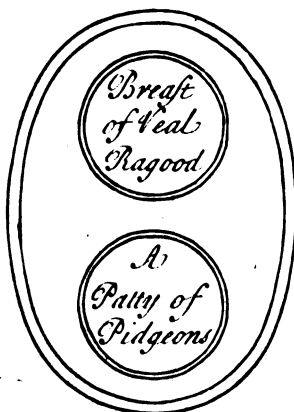
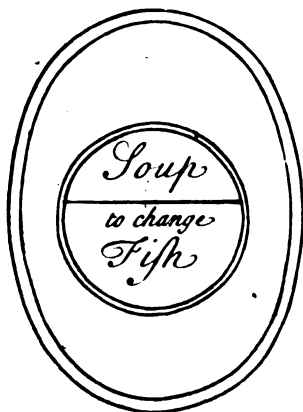
TAKE a pound of rue, and a pound of green walnuts, before the shell be hard, a pound of good figs ; bruise all, and distil it : take a draught before your fit, and try to sweat after it.

An excellent snail-water in a consumption.

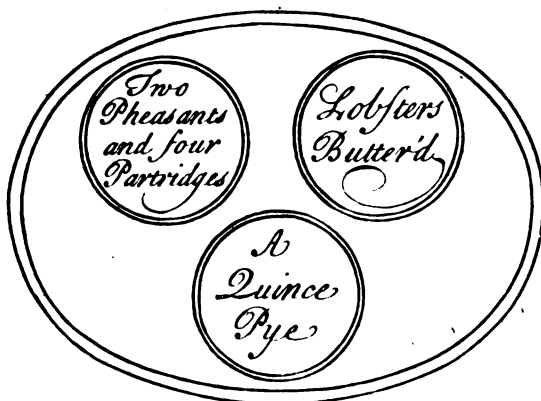
TAKE a peck of large shell-snails, lay them on a hot hearth before the fire ; let them lie till they have done hissing and spitting ; then wipe them from the froth, and break them in a mortar ; have a quart of earth-

First Course*Second Course**Third Course*

First Course. Second Course.



Third Course



earth-worms, slit, and scour'd clean with salt and water ; beat them with the snails ; then take angelica, celandine, wood-forrel, agrimony, bear-foot, barberry-bark, great dock-roots, of each two handfuls ; rue half a handful ; rosemary-flowers, one quart ; half a pound of harts-horn ; turmerick, and fenugreek, of each two ounces ; half an ounce of powder'd saffron, and three ounces of cloves fresh beat ; shred these ingredients, and infuse all in three gallons of strong ale, for twelve hours ; then distil it, and draw off what runs good ; and take three spoonfuls of this in a glass of sack or white-wine, an hour before every meal ; use moderate exercise with it. It is highly recommended, and has been used with constant success in consumptions and jaundice.

For the head-ach.

DRY rosemary before the fire, till it will crumble to a very fine powder ; one pugil of saffron ; and with the powder of rosemary and saffron, make the yolk of an egg into a stiff poultis, and lay it as hot as you can endure it, to the temples.

For the stone and gravel.

TAKE of cassia newly drawn, one ounce and a half ; choice rhubarb in powder, a dram and a half ; Cyprus turpentine well wash'd, seven drams ; spic'd diatragacanth, one scruple ; powder of liquorice, half a dram : mix it in a good quantity of syrup of marsh-mallows : take the quantity of a walnut in a morning fasting : drink a draught of plain ale posset-drink immediately after it : then walk an hour : and after that, drink a pint (if your stomach will bear it) of white-wine posset, sweeten'd with syrup of marsh-mallows.

N. B. This was the prescription of a learned physician ; and has been long kept as a choice secret in a very charitable family, who have made numberless experiments

experiments of it with miraculous success, even to dissolve the stone.

A draught for a consumption.

TAKE mint, and red-rose-water, of each two large spoonfuls, sugarcandy finely beat, one ounce; warm these together with a little grated nutmeg; pour to it near half a pint of milk just warm from the cow; drink this twice a day, for six weeks, in the spring. It has recover'd many from weakness, and faint sweats.

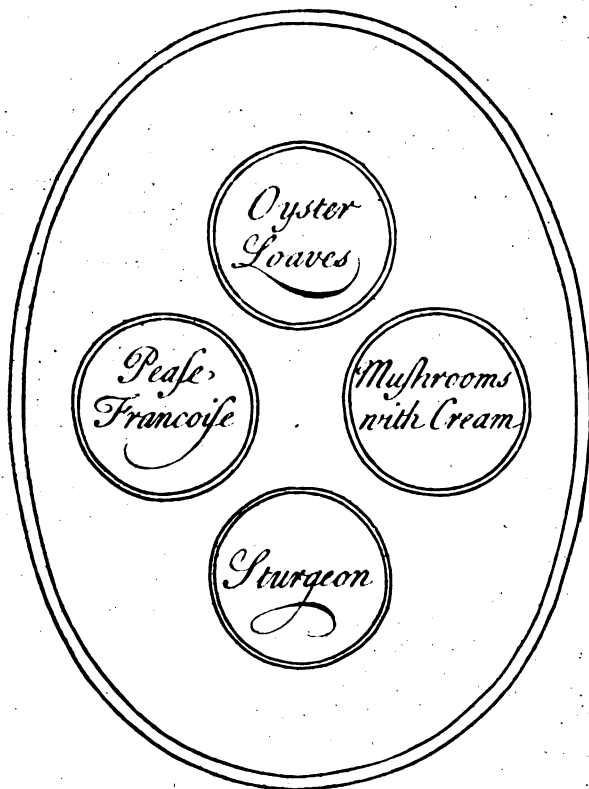
An excellent purging ale for a dropsy.

SENA, four ounces; saffraſas, and tartar, of each two ounces; jalop, and liquorice, of each one ounce; rhubarb, coriander, and aniseed, of each one ounce; polypodium eight ounces; broom-ashes one quart; and one ounce of cloves; put all in a bag, with some little weight to sink it: take scabious, and agrimony, of each three handfuls; of the roots of danes-wort, one handful; raisins of the sun stoned, one pound, with a little ginger: put these ingredients into sweet ale-wort, when you put in your hops, and let all boil together half an hour; then pour it scalding hot on your bag of drugs: when it is cold enough, set it to work with yeast: when it has done working, stop it up for twelve days, or a fortnight: hang the bag of drugs in the vessel. Drink a large glass of this in the morning, and at four in the afternoon, unless you find it works too much at first; if so, lessen your dose; but take it daily, till you have taken all.

A wholesome cordial.

TAKE one pound of gentian-roots sic'd, common dock-roots sic'd, half a pound; centaury, both flowers and leaves, of each half a pound: put these into a great glass, with one pound of poppies; pour upon these ingredients six quarts of white-wine; let it

Fourth Course



it stand twenty-four hours to infuse ; then draw it off in a limbeck. It is good and safe in any illness of the stomach.

For a cough, and shortness of breath.

TAKE eight ounces of colts-foot pick'd clean from the stalks ; beat it to a perfect conserve, with four ounces of brown sugar-candy, four ounces of raisins stoned : when it is very fine, and well mix'd, add four ounces of conserve of roses ; then add twenty drops of spirit of sulphur, and ten drops of spirit of vitriol : mix it well, and take as much as a large nutmeg, as often as you please. I think the juice of the colts-foot, mix'd with the sugar-candy, is better than the leaves, without straining.

An admirable medicine for the piles.

TAKE a handful of the leaves of mullein, and boil it in a pint of milk ; sweeten this with an ounce of syrup of violets, and drink it every night, going to rest, for five or six weeks, and it will certainly take away the cause.

Lozenges for the piles, as used in the West-Indies.

TWO ounces of flower of sulphur ; of fine sugar pounded, with mucilage of gum ~~tucamahaca~~ ^{tucamahaca}, and red-rose-water, four ounces : make it into lozenges, and dry them before the fire, or in an oven, after the things are drawn ; take about the quantity of one dram daily. This is a most valuable medicine.

Plain hiera-picra.

PUR one ounce of hiera-picra into one quart of brandy ; let your bottle hold more than a quart, that you may have room to shake it ; let it stand five days near the fire, shaking it often, and stop it close. This is a good purge ; take half a quarter of a pint going to bed ; drink a draught of warm ale or broth
a little

a little while after it ; you may take it nine or ten days together ; it opens the stomach, causes digestion, prevents green-sickness, and kills worms in children.

A good remedy for a hollow aching tooth.

T A K E of camphire and crude opium, of each four grains, make them into three pills, with as much oil of cloves as is convenient ; roll them in cotton, apply one of them to the aching tooth, and repeat, if there is occasion.

Gascoign powder, a good sort.

T A K E prepar'd crabs-eyes, red coral, white amber very finely powder'd, of each half an ounce ; burnt hartshorn, half an ounce ; one ounce of pearls very finely powder'd ; one ounce of oriental bezoar ; of the black tops of crabs-claws finely powder'd, four ounces ; grind all these on a marble stone, till they cast a greenish colour ; then make it into balls with jelly made of *English* vipers skin, which may be made, and will jelly like hartshorn.

A good milk-water.

T A K E one pound of carduus, half a pound of wormwood, spear-mint, balm shred a little ; put them in an ordinary still, with a gallon of milk ; and distil it off leisurely : It is good in any thirst.

A powder for digestion.

T A K E a very large nutmeg, the same weight in mace, the same weight in aniseeds, and the weight of all the ingredients of angelica-seeds ; bake all these in the middle of a small brown wheaten loaf, when it is enough take out the spice and seeds, and beat them to a very fine powder, with powder of crab's-eyes, and double-refin'd sugar, of each a like quantity, enough to make the powder palatable ; take as
much

much as will lie on a shilling, after every meal. I have known it wonderfully relieve a windy, four, weaken'd stomach ; it must be continued a month or two.

To cure the dropfy.

T A K E six gallons of ale pretty strong, but little hopt ; then take alexander, red sage, scurvy-grass, ground-ivy, and the long green leaves of flower-de-luce, of each two handfuls ; bruise these well, and boil them well in ale ; then strain it out, and when it is cool, work it as other ale ; put it in your vessel, and when it is clear, drink of it in a morning fasting, and drink no other drink except white-wine ; sometimes drink good draughts of it at a time.

An excellent medicine for shortness of breath.

T A K E half an ounce of flower of brimstone, a quarter of an ounce of beaten ginger, and three quarters of an ounce of beaten sena, and mix all together in four ounces of honey ; take the bigness of a nutmeg night and morning for five days together ; then once a week for some time ; then once a fortnight.

Pills for shortness of breath.

T A K E a quarter of an ounce of powder of elecampane root, half an ounce of powder of liquorice, as much flower of brimstone, and powder of aniseed, and two ounces of sugar-candy powder'd ; make all into pills with a sufficient quantity of tar : take four large pills when going to rest.

This is an incomparable medicine for an asthma.

A very good way to prevent the nail growing into the toe.

I F the nail of your toe be hard, and apt to grow round, and into the corners of your toe, take a piece
of

of broken glass and scrape the top very thin, do this whenever you cut your nails, and by constant use, it makes the corners fly up, and grow flat; so that it is impossible they should give you any pain.

To make a very good barley gruel.

OF three ounces of pearl-barley make a quart of barley-water; shift it once or twice, if it is not white; put to it four ounces of currans clean pick'd and wash'd; when they are plump'd, pour the gruel out to cool a little, and beat up the yolks of three eggs, and put into it, with half a pint of white-wine, and half a pint of new thick cream, the peel of a lemon, and as much sugar as you like; stir it gently over the fire, till it is as thick as cream. It is a pretty wholesome spoon-meat for suppers.

A preservative against the pestilence.

TAKE of rue, sage, mint, rosemary, worm-wood and lavender, of each one handful; infuse them in a gallon of the best white-wine-vinegar, put all into a stone bottle closely cover'd and pacted; set the bottle, thus clos'd, upon warm ashes for eight days together. After which, strain it through a flannel, and put the liquor into bottles, and to every quart put an ounce of camphire; then cork the bottles very close, and it will keep some years. With this preparation, wash your mouth, rub your temples, and your loins every day; snuff a little up your nostrils when you go into the air, and carry about you a sponge dipt in the same, when you desire to refresh the smell upon any occasion, especially when near to any place or person that is infected. From a physician in the duke of *Berwick's* army, in the year 1721, we were told, that four malefactors, who used to rob the infected houses, &c. had own'd at their execution, that they preserv'd themselves from the contagion by using this medicine only. And the truth

truth having been since confirmed by a gentleman then present, I thought it deserv'd a place here; especially since the ingredients are so well chosen for that purpose, as to need no recommendation but their own virtue.

A very good plaister for a stomach sore with coughing.

TAKE of burgundy-pitch, rosin, and bees-wax, of each one ounce; melt these together: then take three quarters of an ounce of coarſe turpentine, and half an ounce of oil of mace; melt these with the other, and keep it for use: when you have occasion, spread it on sheeps-leather, prick'd full of holes; and when you lay it on, grate ſome nutmeg over it.

To give certain ease in the tooth-ach.

TAKE French flies, mithridate, and a few drops of vinegar; beat this to a paste, and lay a plaister on the cheek-bone, or behind the ear: it will blister, but rarely fails to cure.

To make usquebaugh.

TO three gallons of brandy put four ounces of aniseeds bruised; the next day distil it in a cold still pasted up; then scrape four ounces of liquorice, and pound it in a mortar; dry it in an iron pan; do not burn it; put it in the bottle to your distill'd water, and let it stand ten days; then take out the liquorice, and to every six quarts of the spirits put in cloves, mace, nutmegs, cinnamon, and ginger, of each a quarter of an ounce, dates stoned and sliced four ounces, raisins stoned half a pound; let these infuse ten days; then strain it out, and tincture it with saffron, and bottle it and cork it well.

A cooling drink in a fever or pleurisy.

PUR an ounce of pearl barley into three pints of water; shift it twice; beat half an ounce of almonds,

monds, with a bit of lemon-peel, and a spoonful or two of the water ; when they are very fine, wash the almond-milk through your sieve, with three pints of barley-water ; in the last boiling of this, you may put melon-seeds and pumpkin-seeds, of each half an ounce ; white poppy-seeds, half a dram ; when these are well boil'd, mix the liquor with the almonds, and strain all ; sweeten it with syrup of lemons, for a fever, or syrup of maiden-hair, and drink four ounces every three or four hours.

A powder for digestion.

T A K E gallinal, and setwal, of each one ounce ; long-pepper, mace, and nutmeg, of each two ounces ; aniseeds, carraway-seeds, Fennel-seeds, and angelica-seeds, of each half an ounce : put to these, all finely powder'd, the weight in fine powder'd sugar ; take as much as will lie on a shilling, after every meal ; and drink a glass of simple carduus water after it : this has done mighty cures to weak deprav'd stomachs.

A receipt that cur'd a gentleman who had a long time spit blood in a great quantity, and was wasted with a consumption.

T A K E of hyssop-water, and of the purest honey, of each a pint ; of agrimony and colts-foot, of each a handful ; a sprig of rue, brown sugar-candy, liquorice sliced, shavings of hartshorn, of each two ounces ; aniseeds bruised one ounce, of figs slic'd, and raisins of the sun stoned, of each four ounces : put them all into a pipkin with a gallon of water, and boil it gently over a moderate fire, till half is consumed ; then strain it ; and when it is cold, put it into bottles, being close stop't : take four or five spoonfuls every morning, at four in the afternoon and at night, the last thing : if you add fresh water to the ingredients, after the first liquor is strain'd off, you

you will have a pleasant drink, to be used at any time when you are dry.

To keep a cancer in the breast from increasing.

T A K E of lapis calaminaris four ounces, all in one piece ; and having made it red hot in a crucible nine times, quench it every time in a pint of white-wine ; then take two ounces of lapis tutty, and having burnt that red hot in a crucible three times, quench that every time in a pint of red rose-water ; then beat the tutty and the calaminaris stone together in a mortar very fine, and put it in a glass bottle, and put the rose-water and white-wine to it, and shake it three or four times a day for nine days, before you begin to use it : you must keep the wine and the rose-water close covered when you quench the stone, that the steam does not go out ; when you use it, shake it well, and dip rags in it, and lay them to the breast ; let the rags remain on till it is dress'd again ; it must be dress'd twice a day, night and morning : the clear water is excellent for weak or sore eyes.

For the dropsy.

M I X four ounces of syrup of elderberries, with two ounces of oil of turpentine ; incorporate them well together ; and take one large spoonful of this mixture, first and last, for a fortnight.

Note, That sea biscuit, and new raisins of the sun (if they can be had) eaten constantly, instead of suppers, have cured that distemper without physick, especially if the party can refrain from small liquors.

For the jaundice.

C U T off the top of a Seville orange, and take out, as well as you can, the middle core and seeds, without the juice ; fill the vacancy with saffron, and lay the top on again ; then roast it carefully without
P burning,

burning, and throw it into a pint of white-wine : drink a quarter of a pint fasting, for nine days : it greatly sweetens and clears the blood.

For the cholick.

TAKE of camomile-flowers and mallow-leaves, of each a handful, juniper-berries and fenugreek-seeds, of each half an ounce ; let the seeds and berries be bruised ; boil them in a pint of water ; add to it strain'd, of turpentine dissolved, with the yolk of an egg and oil of camomile, of each an ounce ; diacatholicon six drams, hiera-picra two drams ; mix and give it. After the operation of the clyster, give the patient the following mixture : Take of rue and camomile-water, of each an ounce ; cinnamon-water an ounce, liquid laudanum twenty drops, syrup of white poppies an ounce.

Another.

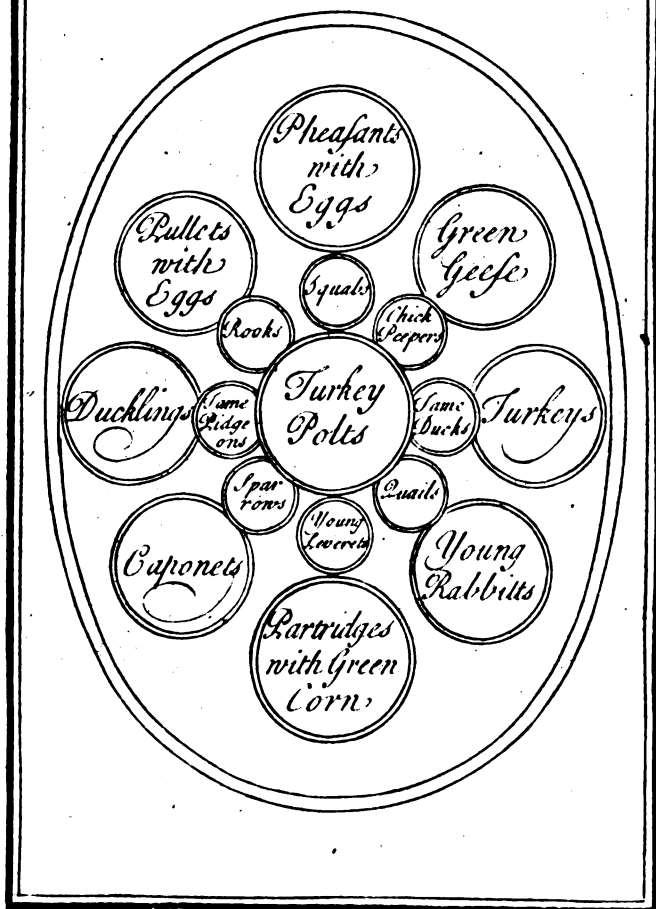
SLICE one ounce of the very best rhubarb you can get, into a quart of sack ; let it infuse twelve hours at least ; then drink four large spoonfuls, and fill your bottle up again : drink this quantity once a day, for six weeks, or two months at least : when your rhubarb has lost its virtue, you must put fresh. This has cured some people, who could not find ease in opiates, or the bath : it must be constantly continued, till the bowels and blood are strengthened : it has done such miraculous cures, where even laudanum could not, that it is impossible to praise it so much as it deserves.

I do therefore advise every person so afflicted, for their own sakes, to make the harmless experiment.

A good bitter wine.

TAKE two quarts of strong white-wine, infuse in it one dram of rhubarb, a dram and a half of gentian root, Roman wormwood, tops of carduus, centaury,

MARCH, APRIL, MAY,



centaury, camomile-flowers, of each three drams; yellow peel of oranges, half an ounce; nutmegs, mace, and cloves, of each one dram; infuse all these two days and nights; strain it, and drink a glass fasting, and an hour before dinner and supper: add filings of steel (if it is proper) two ounces.

To help a hot and costive habit of body.

PRESERVE green walnuts, before the shell is hard; after they have lain a day and a night in water, first pricked full of holes; boil and shift the water often, till they are tender; stick in each a bit of candy'd orange-peel, and take their weight in a sweet Lisbon sugar; boil them up, and take two, three, or four of these, when going to rest.

They are a gentle, wholesome, and certain purge.

To make elixir proprietatis.

TAKE of myrrh four drams, aloes four drams, saffron four drams, infuse them in a pint of the best brandy; first put in the saffron, and let it stand twelve hours; then the myrrh and aloes; set it by the fire three or four days, shaking it very often; then strain it off. Take sixty or seventy drops, more or less, in a little white-wine, in a morning fasting, for a week or ten days together; it is good for any illness in the stomach, or in the bowels. It is the best of physick for children.

A medicine for any one that has been bit by a mad dog.

TAKE a handful of the herb called ladies bedstraw, bruise it in a mortar; then roll up the leaf and juice, with a lump of butter, and make the party swallow it. It is sent me as an immediate cure for man or beast.

To create a good appetite, and strengthen the stomach.

TAKE of the stomachick pill with gums, extrac-

tum rudii, of each a dram, resin of jalop half a scruple, tartar vitriolated one scruple, oil of aniseeds four drops; mix with syrup of violets, and make into pills, of which take four or five over night; they are of excellent use in the megrims and vertigo, by reason they carry the humour off from the stomach, which fumes up into the head.

A good powder for worms.

TAKE an ounce of worm-feed, and half an ounce of rhubarb, beat both to a fine powder, and take a quarter of an ounce of powder of prepared coral; mix all three together, and let the child take as much of this as will lie on a shilling, for three mornings together, drinking a glass of small warm ale after each dose.

For a looseness.

TAKE a quart of new milk, and set it on the fire till it boil; then scum it, and let it boil; and scum it again, as long as any scum rises; when it is almost cold, to the clear milk, put two-penny-worth of aqua-vitæ, and let it stand: it will jelly, and keep (in a cool vessel and place) two or three days. It has done great cures.

Another powder for worms.

HUSK, and dry an ounce of Seville orange-seeds, beat them to a fine powder, and give as much as will lie on a six-pence, in a spoonful of syrup of peach-blossoms; at the same time bind the leaves of the peach-tree to the navel of the child. If you have no syrup of peach-blossoms, use syrup of black cherries.

For an inflammation in the throat.

INFUSE one large handful of cinquefoil in a quart of water; let it boil to a pint; strain it and
sweeten

sweeten it with honey very sweet, and swallow two or three spoonfuls often. This, though a simple medicine, has done great cures, and may be relied on. The herb is otherwise called five-leav'd grafs.

Plaisters for a fever.

BEAT two handfuls of rue, with as many currans, till they are fine, and well mixed; spread it on cloths, and bind it to the wrists and soles of the feet: this draws from the head; and if laid on in time, does as much good as pigeons to the feet in extremity.

A gargle for a soar throat.

TAKE plantain and red rose water, of each half a pint; the whites of eggs beat into water, four spoonfuls; juice of house-leek, fresh beat, four spoonfuls; as much of the water in which jews-ears have been boiled; twenty drops of spirit of vitriol, and an ounce of honey of roses.

For sweating in the night, in a consumption.

DRINK a glass of tent, or old malaga, with a toast, every morning early, and sleep an hour after it.

This is good for consumptive persons, or such as are weak, in recovering a long sickness.

A medicine for the jaundice.

TAKE two-penny-worth of saffron, finely powdered; twice the weight in turmeric, finely powdered; a nutmeg grated; as much powdered egg-shell as will lie on half a crown; an ounce and half of sugar finely powdered and sifted; mix all these powders together, and divide them into three parts; and take one part in nine spoonfuls of white-wine, in the morning, fasting; fast two hours after it; do this for three mornings.

Lucatellus's balsam.

TAKE of Venice turpentine a pound, the best oil three pints, sack six spoonfuls, yellow wax half a pound, natural balsam one ounce, oil of St. John's wort an ounce, red sanders well powdered an ounce; cut the wax in thin slices, and set it over the fire in a large skillet; and when it is all melted, put in the turpentine; first wash it three several times in red rose-water; then stir them well together till they boil a little; then take it off from the fire, and let it cool; the next day take it out of the skillet, and cut it in thin slices, that all the water may be got out of it; then set it over the fire again, and when it is melted, stir it well together; then put in the oil, and the oil of St. John's wort, and the natural balsam, and the sack, and the sanders, stirring them all together very well; then let it boil a little while, and take it off the fire, and stir it two hours all one way; when it is cold, put it in gallipots, and cover them with leather; it will keep good twenty years, and the older the better.

An incomparable medicine for the scurvy in the teeth.

TAKE a quart of good white-wine vinegar, heat a piece of steel red hot, and quench it eight or ten times in the vinegar, as fast as you can heat it; then add to this liquor an ounce of powdered myrrh, and half an ounce of mastic powdered; wash your teeth twice or thrice a day.

For chilblains.

ROAST a turnep soft; beat it to mash, and apply it as hot as can be endured to the part affected; let it lie on two or three days, and repeat it two or three times.

For

For a looseness.

T A K E an ounce of cinnamon, and as much ginger; slice both small, and strew it on a chafing-dish of coals, over which let the patient sit as long as the fume lasts.

For costiveness.

T A K E virgin-honey a quarter of a pound, and mix it with as much cream of tartar as will bring it to a pretty thick electuary, of which take the bigness of a walnut when you please; and for your breakfast eat water-gruel with common mallows boiled in it, and a good piece of butter; the mallows must be chopt small, and eaten with the gruel.

For a strain.

P U T the arm or leg into a pail of cold spring-water, and keep it there till the water be warm; then take it out, and repeat it till it be well, which it will be without applying any other remedy.

For an asthma.

T A K E hyssop-water, and poppy-water, of each five ounces: oxymel of squills three ounces, syrup of maiden-hair one ounce: take one spoonful, when you find any difficulty of breathing.

To take mildew out of linnen.

T A K E soap, and rub it on very well; then scrape chalk very fine, and rub that in well, and lay it on the grass; and as it dries, wet it a little; and at once or twice doing it will come out.

For a cough.

M A K E a strong tea of ale-hoof, sweeten it with sugar-candy, pour this upon a white toast, well rubbed with nutmeg, and drink it first and last.

For the piles.

TAKE of the tops of parsley, of mullet, and of elder-buds. of each one handful; boil in a sufficient quantity of fresh butter till it looks green, and has extracted the smell of the herbs; strain, and anoint the place with it three or four times a day.

To cure deafness.

TAKE clean fine black wool, and dip it in civet, put it into the ear; as it dries, which in a day or two it will, dip it again; and keep it moistened in the ear for three weeks or a month.

To make ink.

GET one pound of the best galls, half a pound of copperas, a quarter of a pound of gum-arabick, a quarter of a pound of white sugarcandy; bruise the galls, and beat your other ingredients fine, and infuse them all in three quarts of white-wine or rain-water, and let them stand hot by the fire three or four days; then put all into a new pipkin; set it on a slow fire, so as not to boil; keep it frequently stirring, and let it stand five or six hours, till one quarter is consumed; and when cold, strain it thro' a clean coarse piece of linnen; bottle it, and keep it for use.

To wash gloves.

TAKE the yolk of an egg, and beat it, and egg the gloves all over, and lay them on a table, and with a hard brush and water rub them clean; then rinse them clean; and scrape white lead in water pretty thick, and dip the gloves in; let them dry, and as they begin to dry, stretch and rub them till they be limber, dry, and smooth; then gum them with gum-dragon steeped in sweet water, and let them dry on a marble stone. If you colour them, scrape
some

some of the following colours amongst the white lead; the dark colour is umber; for brick colour. red lead; for a jessamy yellow oaker; for copper-colour red oaker; for lemon-colour turmeric.

To dry plums or apricots.

TAKE your plums or apricots and weigh them, and to every pound of fruit allow a pound of double-refined sugar; then scald your plums, and stone them, and take off the skins, and lay your plums on a dry cloth; then just wet your sugar, and set it over the fire, and keep it stirring all one way till it boils to sugar again; take that sugar, and lay some in the bottom of your preserving-pan, and lay your plums on it, and strew the rest of the sugar on the plums, and let it stand till it is melted; then heat it scalding hot twice a day, but let it not boil; and when the syrup is very-thick, and candies about the pan, then take them out of the syrup, and lay them on glasses to dry, and keep them continually warm, sifting a little sugar over them till they are almost dry; wet the stones in the syrup, and dry them with sugar, and put them at one end of the plum, and when they are thorough dry, keep them in boxes, with papers between.

To make sugar of roses.

CLIP off all the whites from the red rose-buds, and dry the red in the sun; and to one ounce of that finely powdered, you must have one pound of loaf-sugar; wet the sugar in rose-water (but if in the season, juice of roses) boil it to a candy height; then put in your powder of roses, and the juice of a lemon; mix it well together; then pour it on a pye-plate, and cut it into lozenges, or what form you please.

Gravy

Gravy soup.

TAKE a leg of beef, and a piece of the neck, and boil it till you have all the goodness out of it; then strain it from the meat; then take half a pound of fresh butter, and put it in a stew-pan, and brown it; then put in an onion stuck with cloves, some endive, fellery and spinage, and your strong broth, and season it to your palate with salt, pepper and spices, and let it boil together, and put in chips of French bread dried by the fire, and serve it up with a French roll toasted in the middle.

A fasting day soup.

TAKE spinage, sorrel, chervil and lettuce, and chop them a little; then brown some butter, and put in your herbs, keep them stirring that they do not burn; then have boiling water over the fire, and put to it a very little pepper, some salt, a whole onion stuck with cloves, and a French roll cut in slices and dried very hard, and some pistachia kernels blanched and shred fine, and let all boil together; then beat up the yolks of eight eggs with a little white-wine and the juice of a lemon, and mix it with your broth, and toast of a whole French roll, and put in the middle of your dish, and pour your soup over it; garnish your dish with ten or twelve poach'd eggs and scalded spinage.

Savoury balls.

TAKE part of a leg of lamb or veal and scrape it fine, with the same quantity of minced beef-suet, a little lean bacon, sweet-herbs, a shallot, and anchovies, beat it in a mortar till it is as smooth as wax; season it with savoury spice, and make it into little balls.

A

A lumber pye.

TAKE a pound and a half of fillet of veal, and mince it with the same quantity of beef-suet; season it with sweet spice, five pippins, an handful of spinage, and a hard lettuce, thyme and parsley: mix it with a penny grated white loaf, the yolks of eggs, sack and orange-flower-water, a pound and a half of currans and preserves, as the lamb pye, with a caudle. An humble pye is made the same way.

A lamb pye.

CUT a hind quarter of lamb into thin slices; season it with savoury spice, and lay them in the pye with an hard lettuce and artichoke bottoms, the tops of an hundred of asparagus: lay on butter, and close the pye. When it is baked, pour into it a lear.

To force a leg of veal, mutton or lamb.

TAKE out all the meat, and leave the skin whole; then take the lean of it and make it into forc'd-meat thus: to two pounds of your lean meat, three pounds of beef suet; take away all skins from the meat and suet; then shred both very fine, and beat it with a rolling-pin, till you know not the meat from the suet; then mix with it four spoonfuls of grated bread, half an ounce of cloves and mace beaten, as much pepper, some salt, a few sweet-herbs shred small; mix all these together with six raw eggs, and put it into the skin again, and sew it up. If you roast it, serve it with anchovy sauce; if you boil it, lay colliflower or French-beans under it. Garnish with pickles, or stew oysters and put under it, with forc'd-meat-balls, or sausages fried in butter.

To ragoo a breast of veal.

LA R D your breast of veal with bacon; then half boil it in water and salt, whole pepper, and a bunch of sweet-herbs; then take it out, and dust it with some grated bread, sweet-herbs shred small, and grated nutmeg and salt, all mixed together; then broil it on both sides, and make a sauce of anchovies and 'gravy thickened up with butter. Garnish with pickles.

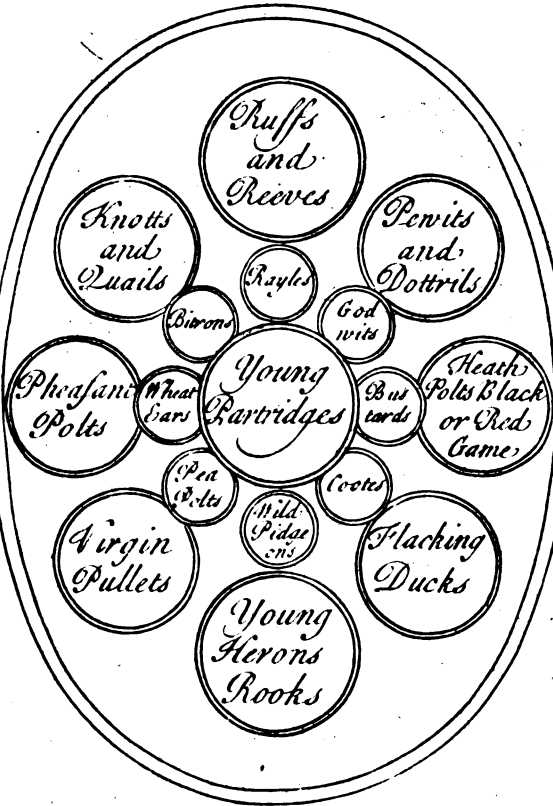
To pickle oysters.

O P E N your oysters, and get the grit from them, and stew them in their own liquor in an earthen pipkin till they are tender; then take up the oysters, and cover them, that they may not be discoloured; then increase the liquor with as much more water, and let it boil till one third is consumed; then put your oysters into your pot or barrel, laying between the rows some whole pepper and spice, and a few bay leaves; and when the pickle is cold, put it to your oysters, and keep them very close covered.

A fricassy of veal.

C U T a fillet of veal in thin slices, a little broader than a crown piece, beat them with a rowling-pin, to make them tender; then steep them in milk three hours, take a blade or two of mace, a few corns of pepper, a small sprig of thyme, a little piece of lemon-peel, a bone of mutton and the veal-bones, stew them gently all together for sauce; if you have no mutton, a little piece of beef, if no beef, a spoonful of gravy at least; then drain the milk from the veal, and put fresh milk into a stew-pan, and stew the veal in it without salt, for that curdles the milk; so stew it till it is enough, or you may half-stew it, and fry it as pale as possible; then drain it, and strain the sauce, and beat it up with some salt,

JUNE, JULY, AUGUST,



salt, flower and butter, a pretty deal of cream, and some white-wine; just at the last you may shred a little parsley, and scalding it, strew it upon the veal, and squeeze a little lemon, which will thicken the sauce. You may make the same sauce for this as you do for the boiled turkey, if you like it better.

A fricassly of tripe.

TAKE lean tripes, and cut and scrape them from all the loose stuff; cut them in pieces two inches square, and then cut them cross from corner to corner, or in what shape you please; put them into a stew-pan, with half as much white-wine as will cover them, sliced ginger, whole pepper, and a blade of mace, a little sprig of rosemary, and a bay-leaf, an onion, or a small clove of garlick; when it begins to stew, a quarter of an hour will do it; then take out the herbs and onion, and put in a little shred parsley, the juice of a lemon, and a little piece of anchovy shred small, a few spoonfuls of cream, the yolk of an egg, or a piece of butter: salt it to your taste; when it is in the dish, you may lay on a little boiled spinage and sliced lemon.

To do pigeons in jelly.

TAKE a knuckle of veal; and a good piece of ising glass, and make a strong jelly; season it with mace, white pepper, salt, bay-leaves, lemon-peel: then truss your pigeons as for boiling, and boil them in the jelly; when they are cold, put them in the dish you serve them in; then add the juice of a lemon to your jelly, and clarify it with the whites of eggs, and run it through a jelly-bag into a pan, and keep it till it is cold: with a spoon lay it in heaps, on and between your pigeons. Garnish with sliced lemon and bay-leaves.

To make a poloe.

TAKE a pint of rice, boil it in as much water as will cover it; when your rice is half boiled put in your fowl, with a small onion, a blade or two of mace, some whole pepper, and some salt; when it is enough, put the fowl in the dish, and pour the rice over it.

To collar a pig.

CUT off the head of your pig; then cut the body asunder; bone it, and cut two collars off each side; then lay it in water to take out the blood; then take sage and parsley, and shred them very small, and mix them with pepper, salt, and nutmeg, and strew some on every side, or collar, and roll it up, and tie it with coarse tape; so boil them in fair water and salt, till they are very tender: put two or three blades of mace in the kettle, and when they are enough, take them up, and lay them in something to cool; strain out some of the liquor, and add to it some vinegar and salt, a little white-wine, and three or four bay-leaves; give it a boil up, and when it is cold put it to the collars, and keep them for use.

A ragoo of a breast of veal.

BONE a breast of veal, cut a handsome square piece, then cut the other part into small pieces, brown it in butter, then stew and toss it up in your ragoo for made-dishes; thicken it with brown butter; put then the ragoo in the dish, lay on the square piece diced, with lemon, sweet-breads, sippets, and bacon fry'd in the batter of eggs, and garnish it with sliced orange.

To recover venison when it stinks.

TAKE as much cold water in a tub as will cover it a handful over, and put in good store of salt,
and

and let it lie three or four hours ; then take your venison out, and let it lie in as much hot water and salt, and let it lie as long as before ; then have your crust in readiness, and take it out, and dry it very well, and season it with pepper and salt pretty high, and put it in your pasty. Do not use the bones of your venison for gravy, but get fresh beef or other bones.

A goose, turkey, or leg of mutton a-la-daube.

L A R D it with bacon, and half roast it, then take it off the spit, and put it in as small a pot as will boil it, put to it a quart of white-wine, strong broth, a pint of vinegar, whole spice, bay-leaves, sweet-marjoram, winter-savoury, and green onions. When it is ready, lay it in the dish, make sauce with some of the liquor, mushrooms, diced lemon, two or three anchovies ; thicken it with brown butter, and garnish it with sliced lemon.

To make Westphalia bacon.

M A K E a pickle as follows : take a gallon of pump-water, a quarter of a peck of bay-salt, as much white salt, a pound of petre-salt, and a quarter of a pound of salt-peter, a pound of coarse sugar, and an ounce of soccho, tied up in a rag ; boil all these together very well, and let it stand till it is cold ; then put in the pork, and let it lie in this pickle a fortnight ; then take it out, and dry it over saw-dust : this pickle will do tongues, but you must first let the tongues lie six or eight hours in pump-water, to take out the sliminess ; and when you have laid them in the pickle, dry them as your pork.

To pot lobsters.

T A K E a dozen of large lobsters ; take out all the meat of their tails and claws after they are boiled ; then season them with beaten pepper, salt,
cloves,

cloves, mace, and nutmeg, all finely beaten and mixed together; then take a pot, put therein a layer of fresh butter, upon which put a layer of lobster, and then strew over some seasoning, and repeat the same till your pot is full, and your lobster all in; bake it about an hour and half, then set it by two or three days, and it will be fit to eat. It will keep a month or more, if you pour from it the liquor when it comes out of the oven, and fill it up with clarified butter. Eat it with vinegar.

To collar cow heels.

TAKE five or six cow heels or feet, and bone them while they are hot, and lay them one upon another, strewing some salt between; then roll them up in a coarse cloth, and squeeze in both ends, and tye them up very hard; boil it an hour and half; then take it out, and when it is cold put it into common souce-drink for brawn. Cut off a little at each end, it looks better. Serve it in slices, or in the collar, as you please.

A brown fricassy.

TAKE lamb or rabbit cut in small pieces; grate on it a little nutmeg, or lemon-peel; fry it quick and brown with butter, then have some strong broth, in which put your morels and mushrooms, a few cock's-combs boiled tender, and artichoke bottoms; a little walnut-liquor, and a bay-leaf; then roll a bit of butter in flower, shake it well, and serve it up. You may squeeze an orange or lemon over it.

To make hams of pork like Westphalia.

TO two large hams, or three small ones, take three pounds of common salt, and two pounds and half of brown coarse sugar; mix both together, and rub it well into the hams, and let them lie seven days, turning them every day, and rub the salt in them,

them, when you turn them ; then take four ounces of salt-petre beat small, and mix with two handfuls of common salt, and rub that well in your hams, and let them lie a fortnight longer : then hang them up high in a chimney to smoke.

To make mushroom liquor and powder.

TAKE a peck of mushrooms, wash and rub them clean with a piece of flannel, cutting out all the gills, but not peeling off the skins ; put to them sixteen blades of mace, four cloves, six bay-leaves, twice as much beaten pepper as will lie on a half-crown, a handful of salt, a dozen onions, a piece of butter as big as an egg, and half a pint of vinegar ; stew them up as fast as you can, keeping them stirring till the liquor is out of your mushrooms ; drain them through a colander, save the liquor and spice, and when cold bottle it up for use ; dry the mushrooms first on a broad pan in the oven, afterwards put them on sieves, till they are dry enough to pound to powder. This quantity usually makes about half a pound.

To pot hare.

TAKE three pounds of the pure flesh of hare, and a pound and half of the clear fat of pork or bacon, and beat them in a mortar, till you cannot distinguish each from the other ; then season it with pepper, salt, a large nutmeg, a large handful of sweet-herbs, as sweet-marjoram, thyme, and a double quantity of parsley ; shred all very fine, and mix it with the seasoning, and beat it all together, till all is very well mingled ; then put it into a pot, and lay it lower in the middle than the sides, and paste it up ; two hours will bake it : when it comes out of the oven, have clarify'd butter ready ; fill the pot an inch above the meat while it is hot ; when it is cold, paper it up, so keep it ; which you may do
Q three

three or four months before it is cut : the fat of pork is much better than the fat of bacon.

To make green peas soup.

TAKE half a bushel of the youngest peas, divide the great from the small ; boil the smallest in two quarts of water, and the biggest in one quart ; when they are well boiled, bruise the biggest, and when the thin is drained from it, boil the thick in as much cold water as will cover it ; then rub away the skins, and take a little spinage, mint, sorrel, lettuce and parsley, and a good quantity of marigolds ; wash, shred, and boil these in half a pound of butter, and drain the small peas ; save the water, and mingle all together, and a spoonful of pepper whole ; then melt a quarter of a pound of butter, and shake a little flower into it, and let it boil ; put the liquor to the butter, and mingle all well together, and let them boil up ; so serve it with dried bread.

To dry a leg of mutton like pork.

TAKE a large leg of mutton, and beat it down, flattish with a cleaver, to make it like Westphalia ham ; then take six-penny-worth of salt-petre, and beat it fine, and rub it all over your mutton, and let it lie all night ; then make a pickle with bay-salt and pump-water, strong enough to bear an egg, and put your mutton into it, and let it lie ten days ; then take it out, and hang it in a chimney where wood is burnt, till it is thorough dry, which will be about three weeks. Boil it with hay, till it is very tender ; do it in cool weather, or it will not keep well.

To salt bacon.

CUT your flitches of bacon very smooth, make no holes in it : to about threescore pounds of bacon ten pounds of salt ; dry your salt very well, and make it hot, then rub it hard over the outside, or
skinny

skinny part, but on the inside lay it all over, without rubbing, only lightly on, about half an inch thick. Let it lie on a flat board, that the brine may run from it, nine days; then mix with a quart of hot salt, four penny-worth of salt-petre, and strew it all oyer your bacon; then heat the rest of your salt, and put over it, and let it lie nine days longer; then hang it up a day, and put it in a chimney, where wood is burnt, and there let it hang three weeks or more, as you see occasion.

To pot beef.

TAKE six pounds of the buttock of beef, cut it in pieces as big as your fist, season it with a large spoonful of mace, a spoonful of pepper, with twenty-five or thirty cloves, with a good race of ginger; beat them all very fine, mix them with salt, and put them to the beef; lay it in a pot, and upon it two pound of butter: bake it three or four hours, well covered up with paste; before it is cold take out the beef, beat it in fine, putting in the warm butter as you do it, so put it down close in pots; if you keep it long keep back the gravy, and if it wants seasoning add some in the beating; pour on clarified butter.

A fricassy of eggs.

BOIL six eggs hard, slice them in round slices, then stew some morels in white-wine, with a shallot, two anchovies, a little thyme, and a few oysters or cockles, and salt to your taste; when they have stew'd well together, put in your eggs and a bit of butter; tofs them together till it is thick, and then serve it up.

To fricassy artichoke bottoms for a side-dish.

BOIL your artichokes tender, take off the leaves and choke; when cold split every bottom, dredging

them with flower, and then dip them in beaten eggs, with some salt and grated nutmeg; then roll them up in grated bread, fry them in butter; make gravy-sauce thickened with butter, and pour under them.

White soup.

TAKE some liquor that has had a leg of mutton boiled in it, in which you may stew a knuckle of veal, an onion, and a bay-leaf; strain it off, and put it again into your stew-pan, with a handful of shred fallery, and a good quantity of oysters; let them boil till they will break, then put in such a quantity of butter'd crums as will make it thick; you may boil in this some vermicelly; grate in half a nutmeg, salt it to your taste; some fallery if you please.

To pot eels.

CASE your eels and gut them, wash them, and dry them, slit them down the back, and take out the bones; cut them in pieces to fit your pot; then rub every piece on both sides with pepper, salt, and grated nutmeg; then lay them close in the pot till it is full; cover the pot with coarse paste, and bake them. A pot that holds eight pound weight must have two hours baking; when they come out of the oven open the pot, and pour out all the liquor, then cover them with clarified butter.

An ointment, which is a certain cure for any scabs, pimples, or old inveterate itch.

TAKE a-quarter of an ounce of red precipitate, grind it on a marble stone, till it is as fine as the flower of brimstone; mix this with an ounce of flower of brimstone, and work both up with three ounces of butter without salt, as it comes from the churn; mix it very well, and anoint the place very thin with the ointment. It is not the nature of it to
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check,

check, but draw out the distemper ; and in a week or ten days confinement, will make an absolute cure.

I should say many things to recommend this, being sure of its virtues ; but it will not need that, to any body of judgment.

A cream cheese.

TAKE six quarts of new milk warm from the cow, and put to it three quarts of good cream, then runnet it, and when it comes, put a cloth in the cheese-mould, and with your flitting-dish take it out in thin slices, and lay it on your mould by degrees till it is all in ; then let it stand with a cheese-board upon it till it is enough to turn, which will be at night ; then salt it on both sides a little, and let it stand with a two pound weight on it all night ; then take it out, and put it into a dry cloth ; and so do till it is dry ; ripen it with laying it on nettles ; shift the nettles every day.

Beef a-la-mode.

TAKE a good buttock of beef, interlarded with great lard, rolled up in savoury spice, and sweet-herbs ; put it in a great sauce-pan, and cover it close, and set it in the oven all night. This is fit to eat cold.

To stew pigeons with asparagus.

DRAW your pigeons, and wrap up a little shred parsley, with a very few blades of thyme, some salt and pepper in a piece of butter ; put some in the belly, and some in the neck, and tie up the vent and the neck, and half roast them ; then have some strong broth and gravy, put them together in a stew-pan ; stew the pigeons till they are full enough ; then have tops of asparagus boiled tender, and put them in, and let them have a walm or two in the gravy, and dish it up.

A pickle for either tongues or hams.

TAKE what quantity of water you please, and with bay-salt and common salt make it strong enough to bear an egg; then to every gallon of this pickle add half a pound of petre-salt, a pound of coarse sugar, and two or three ounces of salt-petre beat fine; boil it and scum it, and when it is thorough cold put in your hams or tongues; turn them often; the hams may lie in the pickle about a month, the tongues three weeks; then hang them up to dry.

To mango cucumbers.

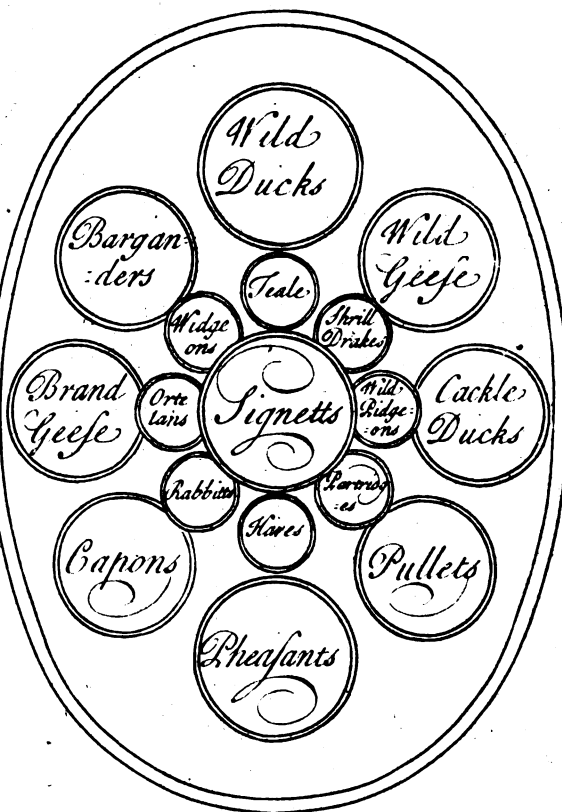
CUT a little slip out of the side of the cucumber, and take out the seeds, but as little of the meat as you can; then put in the inside mustard-seed bruised, a clove of garlick, some slices of ginger, and some bits of horse-radish; tie the piece in again, and make a pickle of vinegar, salt, whole pepper, cloves, mace, and boil it, and pour it on the mangoes; and so do for nine days together; when cold, cover them with leather.

To preserve mulberries whole.

SET some mulberries over the fire in a skillet, and draw from them a pint of juice, when it is strained; then take three pounds of sugar beaten very fine, wet the sugar with the pint of juice; boil up your sugar and scum it, and put in two pounds of ripe mulberries, and let them stand in the syrup till they are thoroughly warm, then set them on the fire, and let them boil very gently; do them but half enough, so put them by in the syrup till next day; then boil them gently again, and when the syrup is pretty thick, and will stand in a round drop when it is cold, they are enough; so put all together in a gallipot for use.

To

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SEPTEMB; OCTOB; NOVEMB,



To make rose drops.

THE roses and sugar must be beat separately into a very fine powder, and both sifted; to a pound of sugar, an ounce of red roses; they must be mixed together, and then wet with as much juice of lemon as will make it into a stiff paste; set it on a slow fire in a silver porringer, and stir it well, and when it is scalding hot quite through, take it off and drop it on paper; set them near the fire, the next day they will come off.

To make forc'd-meat.

TAKE a piece of a leg of veal, the lean part, and some lean bacon; mince them very fine, and add a double quantity of suet; put it all in a marble mortar, beat it well, sprinkle it with a little water in the beating; season it with pepper, salt, and a little cloves and mace, to your taste; shred spinage very fine if you would have it look green, or else without; make it up as you use it, with an egg or two, and roll it in long or round balls.

To pickle red cabbage.

TAKE your close-leav'd red cabbage, and cut it in quarters, and when your liquor boils put in your cabbage, and give it a dozen walms; then make the pickle of white-wine vinegar and claret: you may put to it beet-root, boil them first, and turnips half boiled; it is very good for the garnishing dishes, or to garnish a sallet.

French butter.

TAKE the yolks of four hard eggs, and half a pound of loaf-sugar beat and sifted, half a pound of sweet butter, bray them in a marble mortar, or some other convenient thing, with a spoonful or two of orange-flower water; when it is well mix'd, force it

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through

through the corner of a coarse cloth, in little heaps on a china plate, or through the top of a drudging-box.

A pig farced.

YOU must scald your pig very clean, then bone it, and take the liver and the heart and chop them very small with marrow, bacon, thyme, parsley, and young onions, season with pepper, salt, nutmeg, cloves and mace, and crums of bread and eggs. Let there be as much stuffing as will fill up the skin, leaving the head on, then sew up the belly, and butter the bottom of a pan as long as your pig, and bake it one hour, and then it will look as well as a roasted pig the plain way, then make a sauce with the brains, and sage, and parsley, and gravy, and butter, and the juice of lemon, and so serve away; or you may make a French cullis with ham, and put under your pig.

Granades of veal, mutton or beef.

TAKE a fillet of veal, cut it in square pieces about six inches, about the thickness of a half crown, lard one side well, and fill the other side with good force-meat, and close it up round, and skewer them in the inside, then lay them in a barded stew-pan with bacon, twelve makes a dish, then lay over some slices of veal and the caul, and a little liquor, and two blades of mace, and stove them tender, until all is dissolved, then turn them, and they will colour, and then dish them and sauce them with good thick gravy and butter or stew'd sorrel.

Fillets of beef three ways glasse.

CUT the inside out of three sirloins of beef, and cut them the length of your dish: lard one with bacon, one with parsley very thick, and the other with six small sausages, then skewer them and spit them

them on a small spit, or lark spit, then roast them quick, one hour with a good fire will roast them; then stew some small cucumbers with elder vinegar, and gravy and shallot, pepper and salt, and lay in your dish and your three fillets a top; you may garnish with forc'd cucumbers.

To distil vinegar for mushrooms.

To a gallon of vinegar put an ounce and half of ginger sliced, one ounce of nutmegs bruised, half an ounce of mace, half an ounce of white pepper, as much Jamaica-pepper, both bruised, a few cloves; distil this: take care it does not burn in the still.

To make a cullis of ham, the French way.

TAKE two pound of veal, two pound of Westphalia ham and cut in slices; lay at the bottom of your pan, a bard of bacon, then your veal and ham, and some slices of bacon; and carrot, and parsnip or salery; then stowe this until it comes to stick but do not burn it, let it be of a gold colour, then put in some good clear broth and a faggot of herbs, season with spice, then thicken a piece of butter with a spoonful of flower, and thicken your gravy but not too thick; you may use it for several sauces of fowl or fish.

Breast of veal saucisson.

TAKE a breast of veal and bone it, and cut it in four quarters, and wash it over with the yolks of eggs, season it with pepper and salt, then take the meat of a pound of sausages, and mix it with some good veal force-meat, and spread out your four quarters of your veal, then spread all over your force-meat the thickness of a crown-piece, and then roll them up very hard, and tie them with packthread all round, then wash them over with the yolk of egg and crums, and bake them gently three quarters of an

an hour; you may stowe them gently one hour and a half, and then take off the strings and lay them in your dish; you may cut them in quarters or slices as you please, and garnish with orange and sauce, with butter and gravy.

To make almond bogs puddings.

TAKE two pounds of beef-suet, or marrow shred very small, and a pound and half of almonds blanch'd, and beaten very small with rose-water, one pound of grated bread, a pound and a quarter of fine sugar, a little salt, one ounce of mace, nutmeg, and cinnamon, twelve yolks of eggs, four whites, a pint of sack, a pint and half of thick cream, some rose or orange-flower-water; boil the cream, and tie a little saffron in a rag, and dip it in the cream to colour it; first beat your eggs very well, then stir in your almonds, then the spice, and salt, and suet, and then mix all your ingredients together; fill your guts but half full, put some bits of citron in the guts as you fill them; tie them up, and boil them about a quarter of an hour.

To make bogs puddings with currans.

TAKE three pounds of grated bread to four pounds of beef-suet finely shred, two pounds of currans, cloves, mace, and cinnamon, of each half an ounce beaten fine, a little salt, a pound and half of sugar, a pint of sack, a quart of cream, a little rose-water, twenty eggs well beaten, but half the whites; mix all these well together, and fill the guts half full; boil them a little, and prick them as they boil, to keep them from breaking the guts; take them up on clean cloths.

French beans to keep.

TAKE a peck of French beans, break them every one in the middle; to them put two pounds of
beaten

beaten salt ; ram them well together, and when the brine arises put them in a narrow-mouth'd jar ; press them down close, and lay somewhat that will keep them down with a weight, and tie them up close, that no air comes to them ; the night before you use them, lay them in water.

To pickle mushrooms.

TAKE only the buttons, wash them in milk and water with a flannel ; put milk on the fire, and when it boils put in your mushrooms, and boil them four or five boils, and have in readiness a brine made with milk and salt, and take them out of the boiling brine, and put them into the milk-brine, and cover them up all night ; then have a brine with water and salt ; boil it, and let it stand to be cold, and put in your buttons, and wash them in it. When you first boil your mushrooms, you must put with them an onion and spice ; then have in readiness a pickle made with half white-wine, and half white-wine vinegar ; boil in it ginger, mace, nutmegs, and whole white pepper ; when it is quite cold put your mushrooms into the bottle, and some bay-leaves on the sides, and strew between some of your boiled spice ; then put in the liquor, and a little oil on the top ; cork and rosin the top ; set them cool and dry, and the bottom upwards.

A leg of mutton a-la-daube.

LARD your meat with bacon through, but slant-way, half roast it, take it off the spit and put it in a small pot as will boil it, two quarts of strong broth, a pint of white-wine, some vinegar, whole spice, bay-leaves, green onions, savoury, sweet-marjoram ; when it is stewed enough, make sauce of some of the liquor, mushrooms, lemon cut like dice, two or three anchovies ; thicken it with browned butter ; garnish with lemon.

Sauce

Sauce for fish or flesh.

TAKE a quart of verjuice, and put it into a jug; then take Jamaica pepper whole, some sliced ginger, some mace, a few cloves, some lemon-peel, horse-radish-root sliced, some sweet-herbs, six shallots peeled and eight anchovies, two or three spoonfuls of shred capers; put all these into a linnen bag, and put the bag into your verjuice; stop the jug close, and keep it for use; a spoonful cold or mixed in sauce for fish or flesh.

To pickle mushrooms.

SCRAPE the buttons carefully with a penknife, and throw them into cold water as you scrape them; and put them into fresh water, and set them close covered over a quick clear fire; blow under it, to make it boil as fast as possible half a quarter of an hour; strain them off, and turn the hollow end down upon a wooden board as quick as you can, whilst they remain hot, and then sprinkle them over with a little salt; when they are cold put them into bottles or glasses, with a little mace, and sliced ginger, and cover them with cold white-wine vinegar; tie bladders or leather over them.

Kid barbecued in quarters.

TAKE your kid, cut off the head, and cut it in quarters as you do lamb, then raise the four quarters, and take the blade-bones out, and make a good force-meat, and fill up the vacancies, and then lard the top with gross lard; then take out the flesh of your legs, leaving the skin whole, and stuff with diced sweetbreads, force-meat balls, lumps of marrow, and pistachoes, then cover it over with a caul, and roast all the four quarters; then take the head and cleave it whole as it is, take out the brains and clean it well, and fill it up with force-meat, and tie it

it up close and boil it in a cloth, or bake it, then lay the head in the middle, and the four quarters round ; sauce it with cullis of veal, gravy, shallots, and champagne, and a little saffron juice squeezed in ; garnish with water-creffes.

Calf's head collared the French manner.

Y O U must split and cleanse your head well in water and salt three or four hours, and bone it, then take it out and dry it well with a cloth, then spread it on your dresser, and cut it as broad as you can, and wash it over with yolks of eggs, and season it with chopt sage, thyme, parsley, pepper, salt and nutmeg, then lay a row of slices of ham, and then a row of force-meat, and a few combs, and slices of sweet-bread, then roll it up very tight and tye it in a cloth, or you may do it with broad tape, and then either stew it, boil it, or bake it ; you may serve it hot or cold.

Tench to pickle.

W H E N your tench are cleansed, have a pickle ready boiled, half white-wine and half vinegar, a few blades of mace, some sliced ginger, whole pepper, and a bay-leaf, with a piece of lemon-peel and some salt ; so boil your tench in it, and when it is enough, lay them out to cool, and when the liquor is cold, put them in ; it will keep but few days.

To pickle cucumbers in slices.

T A K E your cucumbers at the full bigness, but not yellow, and slice them half an inch thick ; slice an onion or two with them, and strew a pretty deal of salt on them ; let them stand to drain all night ; then pour the liquor clear from them ; dry them in a coarse cloth, and boil as much vinegar as will cover them with whole pepper, mace, and a quartered nutmeg ; pour it scalding hot on your cucumbers, keeping

keeping them very close stopt; in two or three days heat your liquor again, and pour over them; so do two or three times more, and tie them up with leather.

To do the fine banded beef.

THE piece that is fit to do, is the navel-piece, and let it hang in your cellar as long as you dare for stinking, and till it begins to be a little sappy; take it down, and wash it in sugar and water; wash it with a clean rag very well, one piece after another: for you may cut that piece in three; then take six penny-worth of salt-petre, and two pounds of bay-salt; dry it, and pound it small, and mix with it two or three spoonfuls of brown sugar, and rub your beef in every place very well with it; then take of common salt, and strew all over it as much as you think will make it salt enough; let it lie close, till the salt be dissolved, which will be in six or seven days; then turn it every other day, the undermost uppermost, and so for a fortnight; then hang it where it may have a little warmth of the fire; not too hot to roast it. It may hang in the kitchen a fortnight; when you use it, boil it in hay and pump-water, very tender: it will keep boiled two or three months, rubbing it with a greasy cloth, or putting it two or three minutes into boiling water to take off the mouldiness.

To pickle salmon.

TAKE two quarts of good vinegar, half an ounce of black pepper, half an ounce of Jamaica pepper; cloves and mace, of each a quarter of an ounce, near a pound of salt; bruise the spice grossly, and put all these to a small quantity of water, put just enough to cover your fish; cut the fish round, three or four pieces, according to the size of the salmon, and when the liquor boils put in your fish, boil it
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well; then take the fish out of the pickle, and let it cool; and when it is cold put your fish into the barrel or stein you keep it in, strewing some spice and bay-leaves between every piece of fish; let the pickle cool, and scum off the fat, and when the pickle is quite cold pour it on your fish, and cover it very close.

A plum-cake.

TAKE six pounds of currans, five pounds of flower, an ounce of cloves and mace, a little cinnamon, half an ounce of nutmegs, half a pound of pounded and blanched almonds, half a pound of sugar, three quarters of a pound of sliced citron, lemon and orange-peel, half a pint of sack, a little honey-water, and a quart of ale-yeast, a quart of cream, a pound and half of butter melted and poured into the middle thereof; then strew a little flower thereon, and let it lie to rise; then work it well together, and lay it before the fire to rise; then work it up till it is very smooth; then put it in an hoop, with a paper flowered at the bottom.

A good seed-cake.

TAKE five pounds of fine flower well dried, and four pounds of single-refin'd sugar beaten and sifted, mix the sugar and flower together, and sift them through a hair-sieve; then wash four pounds of butter in eight spoonfuls of rose or orange-flower-water; you must work the butter with your hand till it is like cream; beat twenty eggs, half the whites, and put to them six spoonfuls of sack: then put in your flower, a little at a time, keeping stirring with your hand all the time; you must not begin mixing it till the oven is almost hot; you must let it lie a little while before you put your cake into the hoop; when you are ready to put it into the oven, put into it eight ounces of candied orange-peel sliced, and as much citron, and a pound and a half of carraway-comfits;

comfits ; mix all well together, and put it in the hoop, which must be prepared at bottom, and buttered ; the oven must be quick ; it will take two or three hours baking ; you may ice it if you please.

To make butter'd loaves to eat hot.

TAKE eleven yolks of eggs beat well, five spoonfuls of cream, and a good spoonful of ale-yeast, stir all these together with flower till it comes to a little paste, not too stiff ; work it well, cover it with a cloth ; lay it before the fire to rise a quarter of an hour ; when it is well risen, make it in a roll, and cut in five pieces, and make them into loaves, and flat them down a little, or they will rise too much ; put them into an oven as hot as for manchet, and when they are taken out of the oven, have at least a pound of butter beaten with rose-water and sugar to your taste ; cut all the loaves open at the top, and pour the butter into them, and serve them hot to table.

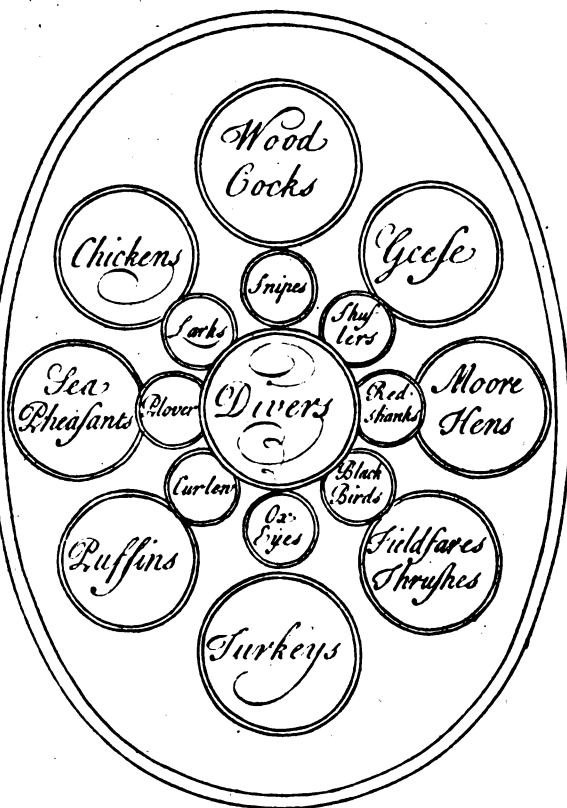
To make little pasties to fry.

TAKE the kidney of a loin of veal or lamb, fat and all, shred it very small, season it with a little salt, cloves, mace, nutmegs, all beaten small, some sugar, and the yolks of two or three hard eggs minced very fine ; mix all these together with a little sack or cream ; put them in puff-paste and fry them ; serve them hot.

To make custards.

TAKE two quarts of thick sweet cream, boil it with some bits of cinnamon, and a quartered nutmeg, keep it stirring all the while, and when it has boiled a little time, pour it into a pan to cool, and stir it till it is cool, to keep it from scumming ; then beat the yolks of sixteen eggs, the whites of but six, and mix your eggs with the cream when it is cool, and
sweeten

DECEMBER; JANUARY, FEBRUARY,



sweeten it with fine sugar to your taste, put in a very little salt, and some rose or orange-flower-water; then strain all through a hair-sieve, and fill your cups or crust; it must be a pretty quick oven; when they boil up they are enough.

To make apple fritters.

TAKE the yolks of eight eggs, the whites of four, beat them well together, and strain them into a pan; then take a quart of cream, warm it as hot as you can endure your finger in it; then put to it a quarter of a pint of sack, three quarters of a pint of ale, and make a posset of it; when your posset is cool, put to it your eggs, beating them well together; then put in nutmeg, ginger, salt and flower to your liking: your batter should be pretty thick; then put in pippins sliced or scraped; fry them in good store of hot lard with a quick fire.

To make an apple tanfy.

TAKE three pippins, slice them round in thin slices, and fry them with butter; then beat four eggs, with six spoonfuls of cream, a little rose-water, nutmeg, and sugar, and stir them together, and pour it over the apples: let it fry a little, and turn it with a pye-plate. Garnish with lemon and sugar strewed over it.

An ordinary cake to eat with butter.

TAKE two pound of flower, and rub into it half a pound of butter; then put to it some spice, a little salt, a quarter and a half of sugar, and half a pound of raisins stoned, and half a pound of currans; make these into a cake, with half a pint of ale-yeast, and four eggs, and as much warm milk as you see convenient; mix it well together, an hour and half will bake it. This cake is good to eat with butter for breakfasts.

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A French cake to eat hot.

TAKE a dozen of eggs, and a quart of cream; and as much flower as will make it into a thick batter; put to it a pound of melted butter, half a pint of sack, one nutmeg grated, mix it well, and let it stand three or four hours; then bake it in a quick oven, and when you take it out, slit it in two, and pour a pound of butter on it melted with rose-water; cover it with the other half, and serve it up hot.

To make very good wigs.

TAKE a quarter of a peck of the finest flower, rub into it three quarters of a pound of fresh butter, till it is like grated bread, something more than half a pound of sugar, half a nutmeg, and half a race of ginger grated, three eggs, yolks and whites beaten very well, and put to them half a pint of thick ale-yeast, and three or four spoonfuls of sack; make a hole in your flower, and pour in your yeast and eggs, and as much milk just warm as will make it into a light paste; let it stand before the fire to rise half an hour, then make it into a dozen and half of wigs; wash them over with eggs just as they go into the oven; a quick oven and half an hour will bake them.

To make almond cheesecakes.

TAKE a good handful or more of almonds, blanch them in warm water, and throw them in cold; pound them fine, and in the pounding put a little sack, or orange-flower-water, to keep them from oiling; then put to your almonds the yolks of two hard eggs, and beat them together; beat the yolks of six eggs, the whites of three, and mix with your almonds, and half a pound of butter melted, and sugar to your taste; mix all well together, and use it as other cheesecake-stuff.

To

To make a salmon-pye.

MAKE a good puff-paste, and lay it in your pattipan, then take the middle piece of salmon, season it pretty high with pepper and salt, cloves and mace, cut it in three pieces, then lay a layer of butter and a layer of salmon, till all is in; make forc'd-meat balls of an eel, chop it fine with the yolks of hard eggs, two or three anchovies, marrow (or if for a fasting-day, butter) sweet-herbs, some grated bread, and a few oysters and grated nutmeg, some small pepper, and a little salt; make it up with raw eggs into balls, some long, some round, and lay them about your salmon; put butter over all, and lid your pye; an hour will bake it.

To make a marrow pudding.

TAKE a quart of cream, and three Naples biscuits grated, a nutmeg grated, the yolks of ten eggs, the whites of five well beaten, and sugar to your taste; mix all well together, and put a little bit of butter in the bottom of your sauce-pan; then put in your stuff, and set it over the fire, and stir it till it is pretty thick; then pour it into your pan, with a quarter of a pound of currans that have been plumped in hot water; stir it together, and let it stand all night. The next day put some fine past rolled very thin at the bottom of your dish, and when the oven is ready, pour in your stuff, and on the top lay large pieces of marrow. Half an hour will bake it.

To make Whetstone cakes.

TAKE half a pound of fine flower, and half a pound of loaf-sugar searced, a spoonful of carraway-seeds dried, the yolk of one egg, the whites of three, a little rose-water, with ambergrease dissolved in it; mix it together, and roll it out as thin as a wafer;

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cut them with a glass; lay them on flowered paper, and bake them in a slow oven.

A made dish.

T A K E half a pound of almonds, blanch and beat them very fine; put to them a little rose or orange-flower-water in the beating; then take a quart of sweet thick cream, and boil it with whole cinnamon, and mace, and quartered dates; sweeten your cream with sugar to your taste, and mix it with your almonds, and stir it well together, and strain it out through a sieve. Let your cream cool, and thicken it with the yolks of six eggs; then garnish the deep dish, and lay paste at the bottom, and then put in sliced artichoke bottoms, being first boiled, and upon that a layer of marrow, sliced citron, and candied orange; so do till your dish is near full; then pour in your cream, so bake it without a lid; when it is baked, scrape sugar on it, and serve it up hot. Half an hour will bake it.

To make a chefnut pudding.

T A K E a dozen and half of chefnuts, put them in a skillet of water, and set them on the fire till they will blanch; then blanch them, and when cold put them in cold water, then stamp them in a mortar with orange-flower-water and sack till they are very small; mix them in two quarts of cream, and eighteen yolks of eggs, the whites of three or four; beat the eggs with sack, rose-water and sugar, put it in a dish with puff-paste; stick in some lumps of marrow or fresh butter, and bake it.

To make a brown-bread pudding.

T A K E half a pound of brown bread, and double the weight of it in beef-suet, a quarter of a pint of cream, the blood of a fowl, a whole nutmeg, some cinnamon, a spoonful of sugar, six yolks of eggs, three

three whites ; mix it all well together, and boil it in a wooden dish two hours ; serve it with sack and sugar, and butter melted.

To make a baked sack pudding.

TAKE a pint of cream, and turn it to a curd with sack ; then bruise the curd very small with a spoon, then grate in two Naples biscuits, or the inside of a stale penny loaf, and mix it well with the curd, and half a nutmeg grated, some fine sugar, and the yolks of four eggs, the whites of two, beaten with two spoonfuls of sack ; then melt half a pound of fresh butter, and stir all together till the oven is hot ; butter a dish, and put it in, and sift some sugar over it just as it is going into the oven ; half an hour will bake it.

To make Shrewsbury cakes.

TAKE to one pound of sugar three pounds of the finest flower, a nutmeg grated, some beaten cinnamon ; the sugar and spice must be sifted into the flower, and wet it with three eggs, and as much melted butter as will make it of a good thickness to roll into a paste ; mould it well and roll it, and cut it into what shape you please ; perfume them, and prick them before they go into the oven.

To make curd fritters.

TAKE a handful of curds, and a handful of flower, and ten eggs well beaten and strained, some sugar, and some cloves, mace, and nutmeg, a little saffron ; stir all well together, and fry them in very hot beef-dripping ; drop them in the pan by spoonfuls ; stir them about till they are of a fine yellow-brown ; drain them from the suet, and scrape sugar on them, when you serve them up.

To make fry'd toasts.

CHIP a manchet very well, and cut it round ways into toasts; and then take cream and eight eggs, seasoned with sack and sugar and nutmeg; and let these toasts steep in it about an hour; then fry them in sweet butter, serve them up with plain melted butter, or with butter, sack and sugar, as you please,

To make carrot, or parsnip puffs.

SCRAPE and boil your carrots and parsnips tender; then scrape or mash them very fine, add to a pint of pulp the crum of a penny-loaf grated, or some stale bisket, if you have it, some eggs, but four whites, a nutmeg grated, some orange-flower-water, sugar to your taste, a little sack, and mix it up with thick cream; they must be fry'd in rendered suet, the liquor very hot when you put them in; put in a good spoonful in a place.

To make a ratissa pudding.

TAKE a quart of cream, boil it with four or five laurel-leaves; then take them out, and break in half a pound of Naples bisket, half a pound of butter, some sack, nutmeg, and salt; take it off the fire, cover it up; when it is almost cold put in two ounces of almonds blanched, and beaten fine, and the yolks of five eggs; mix all well together, and bake it in a moderate oven half an hour; scrape sugar on it as it goes into the oven.

To make a florendine of veal.

TAKE the kidney of a loin of veal, fat and all, and mince it very fine; then chop a few herbs, and put to it, and add a few currans; season it with cloves, mace, nutmeg, and a little salt; and put in some yolks of eggs, and a handful of grated bread, a pippin or two chopp'd, some candied lemon-peel
minced

minced small, some sack, sugar, and orange-flower-water. Put a sheet of puff-paste at the bottom of your dish ; put this in, and cover it with another ; close it up, and when it is baked, scrape sugar on it ; and serve it hot.

To make oatmeal caudle.

TAKE two quarts of ale, and one of stale beer, and two quarts of water, mix them all together, and add to it two handfuls of pot-oatmeal, twelve cloves, five or six blades of mace, and a nutmeg quartered or bruised ; set it over the fire, and let it boil half an hour, stirring it all the while ; then strain it out through a sieve, and put in near a pound of fine sugar, and a bit of lemon-peel ; pour it into a pan, and cover it close, that it may not scum ; warm it as you use it.

To make salop.

TAKE a quart of water, and let it boil a quarter of an hour, and then put in a quarter of an ounce of salop finely powdered, and let it boil half an hour longer, stirring it all the while ; then season it with white-wine and juice of lemons, and sweeten it to your taste ; drink it in china cups, as chocolate ; it is a great sweetner of the blood.

Boil sago till it is tender and jellies, a spoonful and half to a quart of water, then season it as you do falop, and drink it in chocolate-dishes ; or if you please leave out the wine and lemon, and put in a pint of thick cream and a stick of cinnamon, and thicken it up with two or three eggs.

To make strong mead.

TAKE of spring-water what quantity you please, and make it more than blood-warm, and dissolve honey in it till it is strong enough to bear an egg, the breadth of a shilling ; then boil it gently, near

an hour, taking off the scum as it rises ; then put to about nine or ten gallons, seven or eight large blades of mace, three nutmegs quartered, twenty cloves, three or four sticks of cinnamon, two or three roots of ginger, and a quarter of an ounce of Jamaica pepper ; put these spices into the kettle to the honey and water, a whole lemon, with a sprig of sweet-brier, and a sprig of rosemary ; tie the brier and rosemary together, and when they have boiled a little while, take them out, and throw them away ; but let your liquor stand on the spice in a clean earthen pot, till the next day ; then strain it into a vessel that is fit for it, put the spice in a bag, and hang it in the vessel, stop it, and at three months draw it into bottles ; be sure that it is fine when it is bottled ; after it is bottled six weeks, it is fit to drink.

To make small white mead.

TAKE three gallons of spring-water, and make it hot, and dissolve in it three quarts of honey, and a pound of loaf-sugar ; and let it boil about half an hour, and scum it as long as any rises ; then pour it out into a tub, and squeeze in the juice of four lemons, put in the rinds of but two, twenty cloves, two races of ginger, a top of sweet-brier, and a top of rosemary ; let it stand in a tub till it is but blood-warm ; then make a brown toast, and spread it with two or three spoonfuls of ale-yeast ; put it into a vessel fit for it ; let it stand four or five days, then bottle it out.

To make very fine syllabubs.

TAKE a quart and half a pint of cream, a pint of rhenish, half a pint of sack, three lemons, near a pound of double refin'd sugar ; beat and sift the sugar, and put it to your cream ; grate off the yellow rind of your three lemons, and put that in ; squeeze the juice of the three lemons into your wine,
and

and put that to your cream, then beat all together with a whisk just half an hour; then take it up all together with a spoon, and fill your glasses; it will keep good nine or ten days, and is best three or four days old; these are called *the everlasting syllabubs*.

To make an oatmeal sack-posset.

TAKE a pint of milk, and mix in it two spoonfuls of flower of oatmeal, and one of sugar, put in a blade of mace, and let it boil till the rawness of the oatmeal is gone off; in the mean time have in readiness three spoonfuls of sack, and three of ale, and two of sugar, set them over the fire till scalding hot, then put them to your milk, give one stir, and let it stand on the fire a minute or two, and pour it in your bason; cover your bason with a pye-plate, and let it stand a little to settle.

To dress eggs with bread.

TAKE a penny loaf, soak it in a quart of hot milk for two hours, or till the bread is soft, then strain it through a coarse sieve, put to it two spoonfuls of orange-flower-water, or rose-water, sweeten it, grate in a little nutmeg, take a little dish, butter the bottom of it, break in as many eggs as will cover the bottom of the dish, pour in the bread and milk, set it in a tin oven before the fire, and half an hour will bake it; or it will do on a chaffing-dish of coals. Cover it close before the fire, or bake it in a flow oven.

Turkeys en bottiele in decanter bottles.

DRAW your turkeys and singe them well, then bone them from the back; you must not cut the rump off; then take some of the flesh off, and set it off with a sweet-bread, some marrow and bacon, pepper, salt, nutmeg, crums of bread, and eggs, and a little cream, and beat these well together in a mortar,

mortar, and it is good force-meat, then spread your turkey on the table the skin downwards, and wash it over with the yolk of egg, and spread a little force-meat over it about the thickness of a crown-piece, then lay a row of oysters and pistachoes, then force-meat again, then a row of sweet-breads, and morels and combs, and then a few slic'd chefnuts; do this until your body is full, then sew it up with a needle and silk, and turn it up, and wash it over with the yolk of egg, and flower it, and pass it in a pan, then stove it down very tender; or you may put it in your bottles. Let the bottles be made so as to be taken off in the middle, or cut with a diamond, and you must boil your turkey bottles and all in a kettle almost up to the top of the bottles for five hours, then take them out and clean your bottle, and take out the fat, and stick a nosegay on the top of your bottle, and so serve it; when you have an entertainment you must have two, one at the upper end of the table, the other at the lower end.

To make steeple cream.

TAKE five ounces of hart's-horn, and two ounces of ivory, and put them into a stone bottle, and fill it up with fair water to the neck, and put in a small quantity of gum-arabick, and gum-dragant; then tie up the bottle very close, and set it into a pot of water with hay at the bottom, let it boil six hours; then take it out and let it stand an hour before you open it, lest it fly in your face; then strain it in, and it will be a strong jelly; then take a pound of blanched almonds, and beat them very fine, and mix it with a pint of thick cream, and let it stand a little; then strain it out and mix it with a pound of jelly; set it over the fire till it is scalding hot, sweeten it to your taste with double-refined sugar; then take it off, and put in a little amber, and pour it out into small high gallipots like a sugar-loaf at top; when it is

A Table



is cold turn it out, and lay whipt cream about them in heaps.

To make blanched cream.

TAKE a quart of the thickest sweet cream you can get, season it with fine sugar and orange-flower-water; then boil it; then beat the whites of twenty eggs with a little cold cream, take out the treddles, and when the cream is on the fire and boils, pour in your eggs, stirring it very well till it comes to a thick curd; then take it up and pass it through a hair sieve; then beat it very well with a spoon till it is cold, and put it in dishes for use.

A rice pudding.

TAKE six ounces of the flower of rice, put it in a quart of milk, and let it boil till it is pretty thick, stirring it all the while; then pour it in a pan, and stir in it half a pound of butter, and six ounces of sugar. When it is cold, grate in a nutmeg, and beat and stir all this together; put a little fine paste at the bottom of your dish, and bake it.

To preserve apricots ripe.

GATHER your apricots of a fine colour, but not too ripe; weigh them, and to every pound of apricots put a pound of double refin'd sugar beaten and sifted; stone and pare your apricots; as you pare them, put them into your pan you do them in, with sugar strewed over and under them; let them not touch one another, but put sugar between, cover them up, and let them lie till the next day; then stir them gently, till the sugar is melted; then put them on a quick fire, and let them boil half an hour, scumming exceeding well all the while; then take it off, and cover it till it is quite cold, or till the next day; then boil it again, scumming it very well, till it is enough, so put it in pots.

To

To preserve green apricots.

TAKE green apricots, about the middle of *June*, or when the stone is hard; put them on the fire in cold water three or four hours; cover them close; but first take their weight in double-refin'd sugar; then pare them nicely; dip your sugar in water, and boil the water and sugar very well; then put in your apricots, and let them boil till they begin to open; then take out the stone, and close it up again, and put them in the syrup, and let them boil till they are enough, scumming all the while; then put them in pots.

For a looseness.

TAKE three large nutmegs, and the weight of them in cinnamon; grate and beat the spice extremely fine; make it into a moist paste with new-laid eggs, dry them in little cakes, in a shovel, over a gentle fire: eat the bigness of a half crown, first and last, and at four in the afternoon.

To make ribbon jelly.

TAKE out the great bones of four calves feet, and put the feet into a pot with ten quarts of water, three ounces of hart's-horn, three ounces of ising-glass, a nutmeg quartered, four blades of mace; then boil this till it comes to two quarts, and strain it through a fine flannel bag; let it stand twenty-four hours; then scrape off all the fat from the top very clean; then heat it, and put to it the whites of six eggs beaten to a froth; boil it a little, and strain it again through a flannel bag; then run the jelly into little high glasses; run every colour as thick as your finger; one colour must be thorough cold before you put another on, and that you run on must not be blood-warm for fear it mixes together; you must colour red with cochineel, green with spinage, yellow

low with saffron, blue with syrup of violets, white with thick cream, and sometimes the jelly by itself.

To make orange cream.

TAKE the juice of six oranges, set it on the fire, let it be scalding hot, but not boil ; beat three yolks of eggs with as much sugar as will make it sweet enough to your taste ; beat them up together, and let them have one boil up, keep it stirring, scum it, and put it into glasses, and serve it up cold.

Ragou of veal sweetbreads.

CUT your sweetbreads into pieces as big as a walnut, wash them and dry them, then burn some butter in a frying-pan, and when it is very hot put in the sweetbreads, stirring them till they are brown ; then pour in some gravy, with some mushrooms seasoned with pepper, salt, with a little all-spice, and stew them about half an hour, after which pour off your sauce through a sieve, and thicken it ; place your veal in the dish, and pour your sauce over it ; you may add to this cocks-combs blanched with truffles or morels, but mushrooms is enough if you can get them ; serve it with sliced lemon or orange.

To make a strong apple jelly.

LET your water boil in the pan you make it in, and when the apples are par'd and quarter'd, put them into your boiling water ; let there be no more water than will just cover them, and let it boil as fast as possible ; and when the apples are all to pieces, put in about a quart of water more, and let it boil half an hour longer, then run it through a jelly-bag, and use it as occasion for any sort of sweet-meat ; in the summer codlins are best, in the winter golden-runnets or winter-pippins.

To preserve raspberries whole.

TAKE the full weight of your raspberries in double-refin'd sugar, beaten and sifted; lay your raspberries single in the bottom of your preserving-pan, and put all your sugar over them; set them on a slow fire, till there is some syrup in the bottom of the pan; then set them on a quick fire, till all the sugar be thoroughly melted; give them two or three walms, scum them, and take them up, and put them in glasses.

Egg pyes.

BOIL twenty eggs hard, take the yolks and shred them with citron and lemon-peel, season them with sweet spice, and mix them with a quart of stuff for custards, ready made, set it all over the fire, let it gather to a body; the pyes being dry'd in the oven, fill them with this batter, as you do custards, and when they come out of the oven, stick them with slic'd citron, and strew them with coloured bisket.

A sack posset without eggs.

TAKE a quart of cream or new milk, and grate three Naples biskets in it, and let them boil in the cream; grate some nutmeg in it, and sweeten it to your taste; let it stand a little to cool, and then put half a pint of sack a little warm in your bason, and pour your cream to it, holding it up high in the pouring; let it stand a little, and serve it.

A sack-posset without cream or eggs.

TAKE half a pound of Jordan almonds, lay them all night in water, blanch and beat them in a stone mortar very fine, with a pint of orange-flower-water, or fair water a quart, and half a pound of sugar, a two-penny loaf of bread grated, so let it
boil

boil till it is thick, continually stirring it ; then warm half a pint of sack and put to it ; stir it well together, and put a little nutmeg and cinnamon in it.

To make a posset with ale : King William's posset.

TAKE a quart of cream, and mix with it a pint of ale, then beat the yolks of ten eggs, and the whites of four ; when they are well beaten, put them to the cream and ale ; sweeten it to your taste, and slice some nutmeg in it ; set it over the fire, and keep it stirring all the while ; and when it is thick, and before it boils, take it off, and pour it into the basin you serve it in to the table.

For a bearsense.

TAKE every night, going to rest, half a pint of mum, as warm as you can drink it at a draught, for three nights together.

To make red quince marmalade.

PAR E, core and quarter your quinces, then weigh them, and to a pound of quince allow a pound of single refin'd sugar beaten small, and to every pound of quince a pint of liquor ; make your liquor thus : put your parings and cores, and three or four quinces cut in pieces, into a large skillet, with water proportionable to the quantity of quinces you do ; cover it and set it over the fire, and let it boil two or three hours ; then put in a quart of barberries, and let them boil an hour, and strain all out ; then put your quince and liquor, and a quarter of your sugar, into a skillet or large preserving-pan, and let them boil together over a gentle fire ; cover it close, and take care it does not burn ; strew in the rest of your sugar by degrees, and stir it often from the bottom, but do not break the quince till it is near enough ; then break it in lumps as small as you like it ; when it is of a good colour and very tender, try some in a spoon ;

spoon ; if it jellies it is enough ; then take it off, and put it in gallipots ; when it is cold paper it up.

To make a pretty sort of lemon puffs.

TO a pound of double-refin'd sugar, finely beat and sifted, take the juice of two lemons, beat them together in a bowl ; and as you beat them, put in white of egg, first beat to a very high froth, till it is white as snow ; when you have beat all together some time, and put in the quantity of egg you design, which must be three at least to every pound of sugar ; then add the rind of two fair lemons, finely grated ; beat it till all is well mixed ; sift your papers with sugar, and drop on the puffs in small drops ; you may add any perfume you like ; but they are very good without.

To preserve green plums.

THE plums that will be the greenest are the white plums that are ripe in wheat harvest ; gather them about the middle of *July* whilst they are green ; when gathered, lay them in water twelve hours ; then scald them in two several waters, let not the first be too hot, but the second must boil before you put the plums in, and when they begin to shrivel, peel off the skin as you do codlins, keep them whole, and let a third water be made hot, and when it boils, put in your plums, and give them two or three walms ; then take them off the fire and cover them close for half a quarter of an hour, till you perceive them to look greenish and tender ; then take them out and weigh them with double-refin'd sugar, equal weight ; wet a quarter of a pound of your sugar in four spoonfuls of water ; set it on the fire, and when it begins to boil, take it off, and put in your plums one by one, and strew the rest of your sugar upon them, only saving a little to put in with your perfume, musk or ambergrease, which must be put in
a little

a little before they are done: let them boil softly on a moderate fire half an hour or more till they are green and the syrup thickish; put your plums in a pot or glasses; let the syrup have two or three walms more and put it to them, when they are cold paper them up.

Calves feet another way.

BOIL two calves feet, a bit of veal, a bit of beef, and the bottom of a white loaf; add no seasoning, but two or three blades of mace, a sliced nutmeg, and some salt; have some boiled rice to stir in after you have strained it from the bones and skins; put a boiled chicken in the middle, and sippets in the dish. This is very nourishing, and less offensive to weak stomachs than any soup that is made.

To make hart's-born jelly.

TAKE a large gallipot, and fill it full of hart's-horn, and then fill it full with spring-water, and tie a double paper over the gallipot, and set it in the baker's oven with household bread; in the morning take it out, and run it through a jelly-bag, and season with juice of lemons, and double-refin'd sugar, and the whites of eight eggs well beaten; let it have a boil, and run it through the jelly-bag again into your jelly-glasses; put a bit of lemon-peel in the bag.

To make calves foot jelly.

To four calves feet take a gallon of fair water, cut them in pieces, and put them in a pipkin close covered, and boil them softly till almost half be consumed; then run it through a sieve, and let it stand till it is cold; then with a knife take off the fat, and top and bottom, and the fine part of the jelly melt in a preserving-pan or skillet, and put in a pint of rhenish-wine, the juice of four or five lemons, double-refin'd sugar to your taste, the whites of eight eggs beaten

to a froth ; stir and boil all these together near half an hour ; then strain it through a sieve into a jelly-bag ; put into your jelly-bag a sprig of rosemary, and a piece of lemon-peel ; pass it through the bag till it is as clear as water. You may cut some lemon-peel like threads, and put in half the glasses.

To make vermicella.

MIX yolks of eggs and flower together into a pretty stiff paste, so as you can work it up cleverly, then roll it as thin as it is possible to roll the paste. Let it dry in the sun, when it is quite dry, with a very sharp knife cut it as thin as possible, and keep it in a dry place. It will run up like little worms, as vermicella does ; though the best way is to run it through a coarse sieve, whilst the paste is soft. If you want some to be made in haste, dry it by the fire, and cut it small. It will dry by the fire in a quarter of an hour. This far exceeds what comes from abroad, being fresher.

To fricassy almonds.

TAKE a pound of Jordan almonds, do not blanch them, or but one half of them ; beat the white of an egg very well, and pour it on your almonds, and wet them all over ; then take half a pound of double-refin'd sugar, and boil it to sugar again ; and put your almonds in, and stir them till as much sugar hangs on them as will ; then set them on plates, and put them into the oven to dry after bread is drawn, and let them stay in all night. They will keep the year round if you keep them dry, and are a pretty sweetmeat.

To make almond cakes.

BOIL a pound of double-refin'd sugar up to a thin candy ; then have in readiness half a pound of almonds blanched, and finely beaten with some rose
or

or orange-flower-water, the juice of one lemon, the peels of two grated into the juice, put all these together, stir them over a gentle fire till all the sugar is well melted, but be sure it does not boil after the lemon is in; then put it into your clear cake glasses: perfume them, and when they are a little dry, cut them into what shape you please.

To pot cheshire-cheese.

TAKE three pounds of cheshire-cheese, and put it into a mortar, with half a pound of the best fresh butter you can get; pound them together, and in the beating, add a glass or two of rich canary, and half an ounce of mace, so finely beaten and sifted that it may not be discerned; when all is extremely well mixed, press it hard down into a gallipot, cover it with melted butter, and keep it cool; a slice of this exceeds all the cream cheeses that can possibly be made, and is generally more acceptable.

A pottage jambo with Westphalia ham.

TAKE six pound of ham, six pound of brisket beef, four pound of mutton of a neck, and a knuckle of veal, wash them, put them into two gallons of water, and when it boils skim it clean, put in a faggot of thyme and parsley, some whole onions, whole Jamaica pepper, some cloves, mace and two heads of garlick, boil these all well together four hours until the quantity is half boiled away, then take out your piece of ham and skin it and cut it square, then strain all your broth; then take some endive, sorrel, and parsley, and a little chervil, a handful of each; chop it small, then take a stew-pan with a piece of brown butter, and fry your herbs, then put in some broth and gravy and your piece of ham in the middle, with a few thin slices in your soup, with some sliced French bread, then garnish your dish with

S 2

some

some chopt spinage, slices of ham and carrots sliced, and serve away hot ; you must skim it well.

Mushrooms Italian way.

THEY must be well cleansed, and tofs them up with rhenish wine, and four spoonfuls of oil and saffron, and a rocambole, then take some large ones and take out the beards, and put in a little bit of butter or oil, crums, thyme and parsley, and so broil them ; and when you tofs up your other mushrooms put in two yolks of eggs, a little cream, and squeeze in an orange, and garnish with fry'd mushrooms and broil'd ones.

Beef steaks rolliade and larded.

TAKE a rump of beef, and cut it broad and bone it, and then cut it in broad square pieces, and hack them very well, then wash them with the yolks of eggs, and season with shallots minced, pepper and salt, then spread over some good light force-meat, and roll them up and tie them tight, then have a stew-pan and a piece of butter, and pass them in a pan, and put in a little flower, and then some good broth and gravy, and stove them tender ; and when you serve them make a good cullis sauce, with shallots and ham cut in dice, and some sliced pickle cucumbers, and so serve it away quick and hot.

A white pot.

TAKE a quart of cream, boil it with some large mace, and when it is off the fire, season it as you would do a custard ; take seven or eight yolks of eggs, and beat them well together, with a spoonful or two of cream, and when your cream is almost cold, put the eggs to it, stirring them well together ; then take a dish that will hold the quantity, and more, of cream, take a two-penny loaf of mancher, cut

cut off all the crust, and slice it as thin as you can ; then lay a row of slices of bread at the bottom of the dish, and a few preserved damsons, or other dried sweetmeats upon the bread, with some good pieces of marrow with them ; then lay another row of bread upon that, and so of marrow and sweetmeats, till you come to the top ; then take a ladle and pour in your cream softly, till the dish is full ; let it be made two or three hours before you put it into the oven, that the bread may be well soak'd, and then bake it.

To stew a rump, leg, or neck of mutton.

BREAK the bones, and put them in a pot with a little whole pepper, mace and salt ; one nutmeg, one anchovy, one turnip ; a little branch of sweet herbs, two onions, a pint of ale, a quart of claret, one or two quarts of water, a hard crust of bread ; stop it up, and let it stew five hours, and serve it with toasts and the gravy. Put half this to mutton, and stew it two hours. So you bake ox-cheek.

A most excellent bitter, not inferior to Stoughton's drops.

TAKE two ounces of gentian-root, the rinds of nine oranges, they must be of the largest right Seville, and pared very thin, two drams of saffron, and two drams of cochineal ; infuse all in one quart of brandy, for forty eight hours, in the hottest sun ; then philter it through whited-brown paper : after this you may take from twenty drops to a tea-spoonful, in wine, beer, tea, or any liquor you like.

Fricandoo's glazze of sweet-breads.

TAKE six large breast sweet-breads ; you must lard them very well and close ; then take a large flat sauce-pan and cover the bottom with sheets of fat bacon ; then lay your sweetbreads the larded part

S 3

down

downwards, and put in two blades of mace, a quart of clear broth, and cover your stew-pan and stowe them quick until the liquor is all dissolved, and then they will come to fry; you may have them what colour you please, then strain off the fat, and put in a little good clear broth, about a gill, and strain it off then; when you dish up, pour some of this liquor over them.

A neck of veal stew'd.

TAKE a neck of veal and cut it in steaks, season them with salt, grated nutmeg, thyme and lemon-peel grated, and when you put it into your pan put to it some thick cream according to the quantity you do; let it stew gently till it is enough, then put into your pan two anchovies and some gravy or strong broth, a piece of butter rolled in flower; toss it up till it is thick, then put it in a dish and serve it hot; garnish with lemon.

To preserve apricots.

TAKE your apricots, stone and pare them, and take their weight in double-refin'd sugar beaten and sifted, and put your apricots in a silver cup or tankard, and cover them over with the sugar, and let them stand so all night; the next day put them in a preserving-pan, and set them on a gentle fire, and let them simmer a little while; then let them boil till they are tender and clear, taking them off sometimes to turn and scum; keep them under the liquor as they are doing, and with a small clean bodkin or great needle job them sometimes, that the syrup may penetrate into them; when they are enough, take them up and put them in glasses; boil and scum the syrup, and when it is cold put it on your apricots.

To stew ducks.

TAKE your ducks and season them with salt, pepper, and a few cloves, a shallot or two, with a piece of butter in the belly of each of them; put them in an earthen pan that will just hold them, then put half a pint of claret and as much strong gravy, and half a pound of butter under and over your ducks, and half a pint of water, a bunch of sweet herbs, some whole cloves, then cover the pan close; let them stew two hours and a half, then strain the liquor, and pour it over your ducks; serve them hot, and garnish with lemon sliced and raspings of bread; in this manner you stew easterlings or wid-geons.

To stew a hare.

BEAT it well in its own blood; then fry and cut it in little bits; put it into a stew-pan, with a pint of white wine and water alike, a bunch of sweet herbs, a little whole pepper, cloves, mace and salt, two slices of lemon, and two shallots; let this stew half enough; then put in fifty balls of forc'd-meat, one anchovy; half a pint of claret, eight ounces of links; let it stew till tender; thicken it with butter; serve it with sippets; lemon shred, and barberries; or use claret and no white wine, which you please.

Brisket beef, a-la-rouge trembleur.

TAKE a square piece of brisket beef about twelve pound, and let it lye four days in pump-water and salt as much as will cover it, put in a pound of bay salt, a pound of white salt, four ounces of peter-salt, let it be well stirred to dissolve, then take out your beef and boil it six hours, so that you may put a straw through it, then take it out and trim it, and take off the skin, and lay it in your dish, garnish

S 4

with

with raw parsley all round your dish ; this is the true French way.

An artichoke pye.

BOIL artichokes very well, take the bottoms, season them with a little mace, add a good quantity of butter. Make a layer of it in the bottom of the pye, put in the artichokes, strewing on a little salt and sugar, also some pieces of marrow wrapped up in the yolks of some eggs, with a few gooseberries or grapes. Upon these lay some dates, some yolks of hard eggs, citron, large mace, &c. then cover these with butter, bake it and pour in scalded white-wine.

Apple fritters.

TAKE the yolks of six eggs, and the whites of three, beat them well together, and put to them a pint of cream, or milk ; then put to it four or five spoonfuls of flower, a glass of brandy, half a nutmeg grated, and a little ginger and salt ; your batter must be pretty thick ; then slice your apples in rounds, and, dripping each round in batter, fry them in good lard, with a quick fire.

An excellent electuary for a consumption.

TAKE horehound, hart's-tongue, liver-wort, maiden-hair, agrimony, unfet hyssop, germander, and colts-foot, of each one handful ; boil them in a gallon of spring-water, till half be consumed ; then take three pounds of live honey, half an ounce of powder of elecampane, and an ounce of powder of aniseed ; sift them both through a sieve ; boil these together, till it come to the consistence of an electuary : take the quantity of a nutmeg fasting in the morning, and fast an hour after it : take the like quantity at night, when you go to bed.

11.

A pleasant and safe medicine, for the yellow jaundice.

ROAST a large lemon till it is soft; take care it do not break; cut it and squeeze it (while it is very hot) upon a dram of turmerick sliced or grated, and half a dram of saffron; pour upon these ingredients a pint of good white-wine; let all infuse one night; and in the morning fasting, take a quarter of a pint of this liquor; sweeten it to your taste with sugar-candy; or, if your stomach can bear it, the sugar-candy may be omitted; repeat this for four mornings, or longer, if you have occasion. It is for the most part a certain cure.

For St. Anthony's fire.

TAKE one part fine spirit or oil of turpentine, and one part finely rectify'd spirit of wine; mix and shake the glass, when you use it, anointing the face gently with a feather, or your finger, not covering it. Do it often, and it cures in a day or two; but take care not to come near your eyes. It softens and heals, though at first you think it inflames. You may put more or less spirit of wine, as you like.

To stew a pig.

TAKE a pig and roast it till it is hot; then skin and cut it in pieces; then put some white-wine and good gravy, some pepper, salt and nutmeg, an onion, a little sweet marjoram and some elder vinegar, with some butter into a stew-pan with your pig, and stew it gently; when it is enough lay it upon sippets, and garnish with lemon sliced.

A collar of mutton roasted.

YOU must take the breast and neck of mutton together, skin it in the whole piece, then parboil it, and prepare a mixture of crums of bread, a little pepper, salt, nutmeg, lemon-peel grated, and a little
tle

the sweet herbs; to this put the yolks of six hard eggs beat in a mortar, with five ounces of butter; mix this with the other ingredients, then take the inside of the mutton and strew it upon it, then roll it up as close as you can, bind it about with a fillet, then spit it; it must be spitted through the middle lengthways, and basted with butter, salting it every now and then; then take the grated bread and some of the same seasoning above, sprinkled upon it just before it is enough; when it is enough, serve it with strong gravy and lemon-juice, and garnish with lemon and orange sliced; if oysters are in season, add fry'd oysters.

Olives of beef roasted, or baked.

T A K E some of a buttock, or rump of beef, and cut some of it into thin slices, then hack them with the back of your knife, lard them with fat bacon, and season it with pepper, salt and nutmeg, some sweet marjoram, a little onion, some buttered eggs; then lay it on the slices of beef, and roll them up together round in a veal caul; you may roast them or bake them, then garnish with artichoke bottoms, fry'd lemon sliced, your sauce gravy, with a glass of claret; serve on sippets hot.

To roast a woodcock.

T A K E some gravy, some spice, and let them boil a little; then put in a piece of butter, a glass of red wine, let the guts of the woodcock run on sippets, or a toast, and lay it under the woodcock, and pour the sauce in the dish or basin; you must spit your woodcock under the wings.

Pullets a-la-creame.

L A R D and force your pullets of their own flesh, boil'd ham, mushrooms, sweet-breads, oysters, grated bread, the yolk of an egg, anchovies, a little cream,
spice

spice and herbs; roast them and pour on them a white ragou of mushrooms, oysters, sweet-breads, cock's-combs, truffles, morels and cream thickened with eggs.

A neats tongue roasted.

TAKE a pickled tongue, and boil it till the skin will come off, and when it is skinned, stick it with cloves, about two inches asunder, then put it on a spit, and wrap a veal caul over it, and roast it till it is enough; then take off the caul, and just froth it up, and serve it in a dish with gravy, and some venison or claret sauce in a plate, garnish it with raspings of bread sifted and lemon sliced.

A spring or sorrel tart.

SHRED the herbs small, then wring out a little of the juice of it, and put into a quart fourteen ounces of sugar, and the like quantity of currans; mix it, and fill the tarts, lid and baste it; then put in half a pint of thick cream, boiling it first, if it be raw; then strew on some fine powdered sugar, and serve it hot.

A fine way to pot a tongue.

TAKE a dried tongue, boil it till it is tender, then peel it; take a large fowl, bone it, a goose, and bone it; take a quarter of an ounce of mace, a quarter of an ounce of cloves, a large nutmeg, a quarter of an ounce of black pepper, beat all well together, a spoonful of salt, rub the inside of the fowl well, and the tongue. Put the tongue into the fowl, then season the goose, and fill the goose with the fowl and tongue; and the goose will look as if it was whole. Lay it in a pan that will just hold it, melt fresh butter enough to cover it, send it to the oven, and bake it an hour and half; then uncover the pot, and take out the meat. Carefully drain it from the butter,

butter, lay it on a coarse cloth till it is cold; and when the butter is cold, take off the hard fat from the gravy, and lay it before the fire to melt, put your meat into the pot again, and pour the butter over. If there is not enough, clarify more, and let the butter be an inch above the meat; and this will keep a great while, eats fine, and looks beautiful. When you cut it, it must be cut cross-ways down through, and looks very pretty. It makes a pretty corner-dish at table, or side-dish for supper. If you cut a slice down the middle quite through, lay it in a plate and garnish with green parsley and stertion-flowers. If you will be at the expence, bone a turkey, and put over the goose. Observe, when you put it to save a little of the spice to throw over it, before the last butter is put on, or the meat will not be seasoned enough.

To make a carp pye.

TAKE a large carp, scale, wash, and gut it clean; take an eel, boil it just a little tender, pick off all the meat, and mince it fine, with an equal quantity of crums of bread, a few sweet herbs, a little lemon-peel cut fine, a little pepper, salt, and grated nutmeg, an anchovy, half a pint of oysters parboiled, and chopped fine, the yolks of three hard eggs cut small, roll it up with a quarter of a pound of butter, and fill the belly of the carp. Make a good crust, cover the dish, and lay in your carp; save the liquor you boil your eel in, put in the eel bones, boil them with a little mace, whole pepper, an onion, some sweet herbs, and an anchovy. Boil it till there is about half a pint, strain it, add to it a quarter of a pint of white-wine, and a lump of butter mixed in a very little flower; boil it up, and pour into your pye. Put on the lid, and bake it an hour in a quick oven: if there be any force-meat left after filling the belly, make balls of it, and put into the pye. If you have
not

not liquor enough, boil a few small eels to make enough to fill your dish.

Paris pyes.

TAKE a capon, and parboil it a little ; bone and skin it ; then shred it extremely fine ; shred also as small, one pound of beef-suet ; beat a pound of blanched almonds, with so much sack, and orange-flower-water, as will keep them from oiling ; season all with nutmeg, cloves, and mace, a little salt, and twice as much fine sugar, as there is spice and salt ; mix all very well together, and make them into little puff-paste patties, to bake or fry : before you close them, you must lay candied orange, lemon, and citron-peel, in thin slices, with bits of marrow, and the kernels of pistachia nuts.

Note, That large chicken does as well as capon, and is an exact quantity for half the suet and almond.

To make a pelow.

TAKE two large fowls well singed and clean, a piece of bacon about two pounds, skinned and pared clean, put them into a pot with a pound of rice, and two gallons of water. When the water boils, let it boil three quarters of an hour, then take up the fowls and bacon, keep them hot, and drain all the water from the rice. Set it over a very slow fire till the rice is dry, then lay the rice in your dish, and the fowls and bacon on the top. When you can have hard eggs to garnish the dish, it is proper.

Or boil it this way ; fet on a large pot, nice and clean, take a quart of rice, tie it loose in a very clean cloth, put it in the water cold with the bacon. Let it boil an hour, then take up the rice, untie it, stir in one spoonful of the strong gravy, grate half a nutmeg, stir it well together, tie it up tight again, put it into the pot and the fowls. When they are enough,
take

take up the rice, lay it in your dish, and the fowls and bacon on the top.

Orange-flower-water.

TAKE two handfuls of the leaves of orange-flowers; without the yellow and green; infuse them in two quarts of water, with half a pound of sugar; strain it through a sieve or linnen cloth, and when you have done, cool and ice it (see the article iceing) or if you would make more dispatch, beat up the water with the flowers and sugar; by pouring it out of one vessel into another; strain the liquor and set it to cool.

The orange-flowers being very dear, and the water being commonly sold cheap, we need not wonder it is so badly made, it being for the most part nothing but an infusion of orange-flowers in common water; but if you would have it very good,

Take three pound of orange-flowers when they are in their prime, bruise them in a marble mortar, and put them into an earthen pitcher, adding three ounces of the peel of Seville oranges cut into small slices; you may also (if you have them) add small oranges about the size of a nut to the infusion; after they have been bruised pour upon them two pints of white-wine, and as many of balm water, which will dissolve and rarify the odoriferous parts of the ingredients, and render the scent more sensible; but if you have not balm water, you may put in wine instead of it or common water.

Stir all the ingredients with a stick, stop up the pitcher close, and set it to digest in hot horse dung for two days.

Then open it, and as quick as you can pour all into a large cucurbit of glass or earth, with a receiver and head fitted to it, and set it into a balneum mariæ, or vaporis, and distil the moisture with a strong fire, and you will have an excellent orange-flower-

flower-water, which you must keep in a bottle very well stopp'd.

This is good against vapours and malignant humours; it is given in hyfterick distempers, to provoke womens terms, and to fortify the stomach and brain; the dose is from two scruples to an ounce.

A fine bisket pudding.

TAKE a pint of cream, or milk, three penny Naples biskets grated; pour your milk or cream over it hot, and cover it close till it is cold; then put in some nutmeg grated, the yolks of four eggs, and two whites beaten, a little orange-flower-water, two ounces of powder sugar, and half a spoonful of flower; mix them well together, and boil it in a china bason buttered well on the inside; tie it in a cloth well flowered, and boil it an hour. Serve it, being turned out of the bottom, with butter, sack, and sugar.

To boil mullet, or any sort of fish.

SCALE your fish, and wash them, saving their liver, or tripes, roses, or spawn; boil them in water that is seasoned with salt, white-wine-vinegar, white-wine, a bunch of sweet herbs, a sliced lemon, one or two onions, some horse-radish; and when it boils up put in your fish; and for sauce, a pint of oysters with their liquor, a lobster bruised or minced, or shrimps, some white-wine, two or three anchovies, some large mace, a quartered nutmeg, a whole onion; let these have a boil up, and thicken it with butter and the yolks of two or three eggs: serve it on sippets, and garnish with lemon.

To butter shrimps.

ST EW a quart of shrimps in half a pint of white-wine, a nutmeg grated, and a good piece of butter; when the butter is melted, and they are hot through, beat

beat the yolks of four eggs with a little white-wine, and pour it in, and shake it well, till it is of the thickness you like; then dish it on sippets, and garnish with sliced lemon.

To butter crabs or lobsters.

YOUR crabs or lobsters being boiled and cold, take all the meat out of the shells and body, break the claws, and take out all their meat, mince it small, and put it all together, and add to it two or three spoonfuls of claret, a very little vinegar, a nutmeg grated; then let it boil up till it is thorough hot; then put in some butter melted, with some anchovies and gravy, and thicken up with the yolks of an egg or two; and when it is very hot put it in the large shell, and stick it with toasts.

To pickle girkins.

TAKE what quantity of cucumbers you think fit and put them in a stone jar, then take as much spring water as you think will cover them: to every gallon of water put as much salt as will make it bear an egg; set it on the fire, and let it boil two or three minutes, then pour it on the cucumbers and cover them with a pewter dish, and over that with a woollen cloth; tie them down close, and let them stand twenty-four hours, then take them out, lay them in a cloth, and another over them to dry them. When they are pretty dry, wipe your jar out with a dry cloth, put your cucumbers in, and with them a little dill and fennel, a very small quantity. For the pickle, to every three quarts of vinegar, one quart of spring water, till you think you have enough to cover them; put in a little bay salt and a little white salt, but not too much. To every gallon of pickle put one nutmeg cut in quarters, a quarter of an ounce of cloves, a quarter of an ounce of mace, a quarter of an ounce of whole pepper, and a large race of ginger sliced;
boil

boil all these together in a bell-metal or copper pot, pour it boiling hot on your cucumbers, and cover them as before. Let them stand two days, then boil your pickle again, and pour it on as before, and a third time, when they are cold cover them with a bladder and then a leather. Mind always to keep your pickles close covered, and never take them out with any thing but a wooden spoon, or one for the purpose. This pickle will do the next year, only boiling it up again.

You are to observe to put the spice in the jar with the cucumbers, and only boil the vinegar, water and salt, and pour over them. The boiling of your spice in all pickles spoils them, and loses the fine flavour of the spice.

To keep white bullis or pear plums.

GATHER them when full grown, and before they turn; pick out the largest, and to the small ones, put as much cold water as will make liquor to cover the fine ones; let these boil gently till they are soft, then strain the liquor from them, and let it stand till it is cool enough to bear your finger; then put your large ones into this pickle till they are quite cold; then you must put them into large-neck'd bottles, or small jars, and lay paper, cut fit, upon them, over which pour melted butter, or rather sweet oil: if you are careful in taking it off, this method seldom fails.

To make a great cake.

TAKE a peck of flower, by weight twelve pounds, twelve pounds of currans, two pounds of raisins of the sun, stoned and shred very small, two pounds of sugar, five pounds of butter, half a pint of sack, five or six eggs, half a pint of rose-water, three pints of the best ale yeast, five pints of cream, or strokings, an ounce of cinnamon, six nutmegs,
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and some cloves and mace ; divide your flower into two parts, boil the cream, and when it is almost cold mix it with the yeast ; then put it to the one half of the flower, working it very well ; set it before the fire, and cover it. Melt the butter and rose-water on a gentle fire, and beat the butter well with your hands ; the other flower must be set before the fire, and made as hot as you can, and your currans and raisins well mixed together, laid before the fire, and made very hot ; you must lay your spice and sugar over a chafing-dish of coals, and make all as hot as you can suffer your hand in ; then mix the flower and all the rest, with the other paste, and keep it hot till it is put into the oven ; when all is mixed, it will be no thicker than a pudding ; flower your paper well that is to be at the bottom, and set upon it a hoop, either of wood, or triple strong paper ; pour your cake into the hoop, and set it in the oven, then take six whites of new-laid eggs, and a pound of double-refined sugar, and beat the eggs to a froth with a little rose-water ; then put in the sugar, and beat it till it is as white as snow, and when your cake is ready to draw, ice it over with a spoon, and let it stand till it hardens.

To make beef hams.

You must take the leg of a fat, but small beef, the fat *Scotch* or *Welsh* cattle is best, and cut it ham-fashion. Take an ounce of bay-salt, an ounce of salt-petre, a pound of common salt, and a pound of coarse sugar (this quantity for about fourteen or fifteen pounds weight, and so accordingly, if you pickle the whole quarter) rub it with the above ingredients, turn it every day, and baste it well with the pickle for a month : take it out and roll it in bran or sawdust, then hang it in wood-smoke, where there is but little fire, and a constant smoke for a month ; then take it down, and hang it in a dry place.

place, not hot, and keep it for use. You may cut a piece off as you have occasion, and either boil it or cut it in rashers, and broil it with poached eggs, or boil a piece, and it eats fine cold, and will shiver like Dutch beef. After this beef is done, you may do a thick brisket of beef in the same pickle. Let it lay a month, rubbing it every day with the pickle, then boil it till it is tender, hang it in a dry place, and it eats finely cold cut in slices on a plate. It is a pretty thing for a side-dish, or for supper. A shoulder of mutton laid in this pickle a week, hung in wood-smoke two or three days, and then boiled with cabbage, is very good.

To make a fine seed or saffron cake.

YOU must take a quarter of a peck of fine flower, a pound and a half of butter, three ounces of carraway seeds, six eggs beat well, a quarter of an ounce of cloves and mace beat together very fine, a penny-worth of cinnamon beat, a pound of sugar, a penny-worth of rose-water, a penny-worth of saffron, a pint and a half of yeast, and a quart of milk; mix it all together lightly with your hands thus; first boil your milk and butter, then skim off the butter and mix it with your flower and a little of the milk; stir the yeast into the rest and strain it; mix it with the flower, put in your seed and spice, rose-water, tincture of saffron, sugar and eggs; beat it all up well with your hands lightly, and bake it in a hoop or pan, but be sure to butter the pan well. It will take an hour and a half in a quick oven. You may leave out the seed, if you chuse it, and I think it rather better without it, but that you must do as you like.

To make orange halves or quarters with the meat in them.

TAKE Seville oranges, rasp them round, and then cut them into halves; pick out the meat; boil

the halves very tender ; then chuse half of them that are the clearest and best, and put them into a cold thick syrup, made with fine sugar, and half a pint of water to each pound, pound the other half of the rinds very fine ; pick the kernels out of the orange-meat ; and to a pint of the meat, add half a pound of the pounded rinds ; scald this very well, and add a pound and a half of sifted sugar which stir very well in ; let it scald till the sugar is well melted ; then add the juice of a lemon or two ; put it into a broad earthen pan, set it into a stove ; let the half orange rinds lay three or four days in the syrup, boil them very briskly till they are clear, and the syrup is very thick ; put them by till they are cold ; then put them upon earthen plates, and set them in a stove ; and the next day if you think they have not sugar enough on them, dip them in the syrup, which runs from them ; they must not have dry sugar on them but only a gloss before they are quite dry, fill them with the orange-meat ; lay them on a sieve and set them to dry in a stove ; they will be done in a day or two.

To pickle nasturtium seeds.

THE seeds being full grown and gathered in a dry day put them in salt and water for two or three days ; then boil some vinegar with mace, ginger sliced and a few bay leaves for a quarter of an hour, and pour it upon them boiling hot into a jar, and cover them with a folded cloth, repeat the boiling and scalding them with it for three days successively, and when you pour it on the last time let it stand to cold before you stop it up, which is to be done very close in a jar.

N. B. The covering them with a folded cloth while hot, will let some of the steam of the pickle pass through it, and this will prevent the pickle from growing mouldy so soon as it otherwise does.

These,

These, and all other pickles should be set in a dry place, and looked into once a month, lest they grow mouldy, which if you find they incline to do, boil the pickle afresh, and pour it on them as before.

A pease soup.

BOIL a quart of split pease in a gallon of water; when they are quite soft, put in half a red herring, or two anchovies, a good deal of whole pepper black and white, two or three blades of mace, four or five cloves, a bundle of sweet herbs, a large onion, and the green tops of a bunch of salary, a good bundle of dried mint, cover them close, and let them boil softly, till there is about two quarts; then strain it off, and have ready the white part of the salary washed clean, and cut small, and stewed tender in a quart of water, some spinage picked and washed clean, put to the salary; let them stew till the water is quite wasted, and put it to your soup.

Take a French roll, take out the crum, fry the crust brown in a little fresh butter, take some spinage, stew it in a little butter, after it is boiled, and fill the roll; take the crum, cut it to pieces, beat it in a mortar with a raw egg, a little spinage, and a little sorrel, a little beaten mace, and a little nutmeg, and an anchovy; then mix it up with your hand, and roll them into balls with a little flower, and cut some bread into dice, and fry them crisp. Pour your soup into your dish, put in the balls and bread, and the roll in the middle. Garnish your dish with spinage: if it wants salt, you must season it to your palate, rub in some dried mint.

To boil onions, so that they shall lose their scent.

TAKE the largest onions, cut off the strings and the tops, without peeling off any of the skins; put them into salt and water and let them lie an hour,

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wash

wash them out, and put them into a kettle with a good quantity of water, and boil them till they are tender.

Then take them off, and take off as many skins as you think fit till you come to the white part; then pound them or bruise them, and toss them up with either butter or cream, if for boiled rabbits or a roasted turkey.

You may, if you please, bruise them and pass them through a cullender, and then put cream to them, which is the nicest way for a turkey. Or,

If you keep them whole, you may warm them in strong gravy well drawn with spice and sweet herbs, and thicken the gravy with burnt butter, adding a little white wine or claret, or a little ale.

This is sauce for a roasted turkey, or mutton or lamb roasted.

Mushroom gravy.

HAVING cleansed the mushrooms, save the parings, and wash them well from the dirt, and then put to them the gills which have been taken from the large bottoms, and then put them into the saucepan with a very little water, stirring them after till you have gotten all the juice from them, and set it by to cool; or else till you have stewed the mushrooms from which you pared them; and then add the liquor, of the stew'd mushrooms to the said liquor and boil them together, with about eighty cloves, a dram of mace, and two drams of whole pepper to every quart of liquor, boil it to the consumption of the third part, then strain it through a sieve into a dry earthen pan, let it stand till it is cold, and then put it up into dry bottles as directed for ketchup, that it may not grow mouldy; tie a piece of bladder or leather over the corks first softened in warm water, and set them in a dry place, and it will keep a long time.

Mustard

Mustard very excellent.

PROCURE the whitest seed you can, cast it into water two or three times, till no more of the husks will swim at the top ; then take the sound, which has sunk to the bottom, and dry it very well, with warm coarse cloths, and set it a little while before the fire ; then pound it fine enough to pass through a tiffany sieve ; then having sliced some horse-radish, and laid it in steep in strong vinegar, with a little lump of sugar (which some leave out) to temper the flower with ; and having poured it off from the horse-radish, put it all into a well glaz'd pot, with an onion or two, and having stopp'd it well with a cork, tie a bladder over it.

But this may be farther improved to make it yet more excellent, if instead of vinegar, water only or some good broth of powdered beef be made use of, and some of this mustard, adding verjuice, sugar, claret wine, and juice of lemon, it will be an excellent sauce for flesh or fish.

To pot pigeons, or fowls.

CUT off their legs, draw them, and wipe them with a cloth, but don't wash them. Season them pretty well with pepper and salt, put them in a pot, with as much butter as you think will cover them, when melted, and baked very tender ; then drain them very dry from the gravy, lay them on a cloth, and that will suck up all the gravy. Season them again with salt, mace, cloves, and pepper beaten fine, and put them down close into a pot. Take the butter, when cold, clear from the gravy, set it before the fire to melt, and pour over the birds ; if you have not enough, clarify some more, and let the butter be near an inch thick above the birds. Thus you may do all sorts of fowl. Only wild fowl should be boned,

Sauce for boiled chickens or lamb.

TAKE a little white-wine and a pint of claret, a few sprigs of sweet herbs, a little whole pepper and mace, three slices of lemon; let it stew a little. then put in a little parsley and spinage boiled green, and chopped a little; then beat it up thick with six ounces of fresh butter, and pour it over the meat, and serve it. Garnish it with lemon sliced, and barberries, grapes, and goosberries scalded, to their sauce in their season.

Sauce for roasted venison.

TAKE a little claret and water, a stick of cinnamon, a blade of mace, and a little grated white bread; let it stew with a little butter and sugar. Mix and serve it in the dish with it.

Artichokes to keep all the year.

BOIL as many artichokes as you intend to keep; boil them so as just the leaves will come out, then pull off all the leaves and choke, cut them from the strings, lay them on a tin plate, and put them in an oven where tarts are drawn; let them stand till the oven is heated again, take them out before the wood is put in, and set them in again after the tarts are drawn; so do till they are as dry as a board, then put them in a paper bag, and hang them in a dry place; when you use them lay them in warm water three or four hours before you use them, shifting the water often. Let the last water be boiling hot; they will be very tender, and eat as fine as fresh ones. You need not dry all your bottoms at once, as the leaves are good to eat; so boil a dozen at a time, and save the bottoms for this use.

To make dumplings when you have white bread.

TAKE the crum of a two-penny loaf grated fine, as much beef-suet shred as fine as possible, a little salt,

salt, half a small nutmeg grated, a large spoonful of sugar, beat two eggs with two spoonfuls of sack, mix all well together, and roll them up as big as a turkey's egg. Let the water boil, and throw them in, half an hour will boil them. For sauce, melt butter with a little sack, lay the dumplings in a dish, pour the sauce over them, and strew sugar all over the dish.

These are very pretty either at land or sea. You must observe to rub your hands with flower when you make them up.

The portable soup to carry abroad, you have in the sixth chapter.

Hare pye.

To two pounds of butter, put four pounds of flower, work it up light and quick, rubbing your butter first in your flower; then cut your hare to pieces and season it, and lay some good force-meat at bottom, with your hare intermixed; put some slices of bacon amongst it, then lid it, bake it three hours, make a good lea and put in, and skim off the fat.

To roast oysters.

LET your oysters be large, wash them clean; and having a batter of milk, flower, mace powdered, a little pepper and eggs; dip the oysters into it, and then into grated bread and powdered mace; put them on a skewer broadside to broadside or upon silver lark spits and lay them to the fire; then flower them well; basting them with butter till they are enough.

While they are roasting prepare the following sauce.

Take the oyster liquor into which put crums of bread, salt and pepper, a little grated nutmeg, and a blade or two of mace, and boil them till the bread is like a pulp, and tastes well of the spice; then

then add to it a glass of white-wine, and having mixed them well, pour it into a plate or dish, and lay the oysters in the sauce, and serve them up hot.

To make a chesnut pudding.

PUT a dozen and half of chesnuts in a skillet, or sauce-pan of water, boil them a quarter of an hour, then blanch and peel them, and beat them in a marble mortar, with a little orange-flower or rose-water and sack, till they are a fine thin paste; then beat up twelve eggs, with half the whites, and mix them well; grate half a nutmeg, a little salt, mix them with three pints of cream, and half a pound of melted butter; sweeten it to your palate, and mix all together. Lay a puff-paste all over the dish, pour in the mixture and bake it. When you cannot get cream, take three pints of milk, beat up the yolks of four eggs, and stir into the milk, set it over the fire, stirring it all the time, till it is scalding hot, then mix it in the room of the cream.

To make very good wigs.

TAKE a quarter of a peck of the finest flower, rub it into three quarters of a pound of fresh butter, till it is like grated bread, something more than half a pound of sugar, half a nutmeg, half a race of ginger grated, three eggs, yolks and whites beat very well, and put to them half a pint of thick ale-yeast, three or four spoonfuls of sack, make a hole in the flower, and pour in your yeast and eggs, as much milk just warm, as will make into a light paste. Let it stand before the fire to rise half an hour, then make it into a dozen and half of wigs, wash them over with egg just as they go into the oven; a quick oven and half an hour will bake them.

To make a French barley pudding.

PUT to a quart of cream six eggs well beaten, half the whites,

whites, sweeten to your palate, a little orange-flower-water, or rose-water, and a pound of melted butter ; then put in six handfuls of French barley, that has been boiled tender in milk, butter a dish and put it in. It will take as long baking as a venison-pasty.

To soufe a turkey, in imitation of sturgeon.

You must take a fine large turkey, dress it very clean, dry and bone it, then tye it up, as you do sturgeon ; put into the pot you boil it in, one quart of white-wine, one quart of water, one quart of good vinegar, a very large handful of salt, let it boil, skim it well, and then put in the turkey. When it is enough, take it out, and tie it tighter. Let the liquor boil a little longer ; and if you think the pickle wants more vinegar or salt, add it when it is cold, pour it upon the turkey. It will keep some months, covering it close from the air, and keeping it in a dry cool place. Eat it with oil, vinegar and sugar, just as you like it. Some admire it more than sturgeon ; it looks pretty covered with fennel for a side-dish.

To make a cheap rice pudding.

GET a quarter of a pound of rice, and half a pound of raisins stoned, and tie them in a cloth. Give the rice a great deal of room to swell. Boil it two hours ; when it is enough, turn it into your dish, and pour melted butter and sugar over it, with a little nutmeg.

White fricassée of tripe.

TAKE some lean tripe, and cut it in small square pieces, and put it in a stew-pan, and put to it a few capers, some white gravy, a glass of white-wine, a bunch of sweet herbs, some nutmeg grated, a little salt and pepper, and a shallot ; when it is stewed enough, strain off the sauce, and add to it some parsley boiled tender and shred small, with a little lemon.

mon-juice, thicken it with two or three eggs well beaten together, so that it does not curdle, and serve it hot on fry'd sippets; garnish with lemon sliced. Some thicken the sauce with cream and butter; they are both good.

To pickle radish pods.

MAKE a strong pickle, with cold spring-water and bay-salt, strong enough to bear an egg, then put your pods in, and lay a thin board on them, to keep them under water. Let them stand ten days, then drain them in a sieve, and lay them on a cloth to dry; then take white-wine-vinegar, as much as you think will cover them, boil it, and put your pods in a jar, with ginger, mace, cloves, and Jamaica pepper. Pour your vinegar boiling hot on, cover them with a coarse cloth, three or four times double, that the steam may come through a little, and let them stand two days. Repeat this two or three times; when it is cold, put in a pint of mustard-seed, and some horse-radish; cover it close.

To boil a custard pudding.

TAKE a pint of cream, out of which take two or three spoonfuls and mix with a spoonful of fine flower, set the rest to boil. When it is boiled take it off, and stir in the cold cream and flower very well; when it is cool, beat up five yolks and two whites of eggs, and stir in a little salt and some nutmeg, and two or three spoonfuls of sack, sweeten to your palate, butter a wooden bowl, and pour it in, tie a cloth over it, and boil it half an hour. When it is enough, untie the cloth, turn the pudding out into your dish, and pour melted butter over it.

To pickle golden pippins.

TAKE the finest pippins you can get, free from spots and bruises, put them into a preserving-pan of cold

cold spring-water, and set them on a charcoal fire. Keep them turning with a wooden spoon, till they will peel; do not let them boil. When they are boiled, peel them, and put them into the water again, with a quarter of a pint of the best vinegar, and a quarter of an ounce of allum, cover them very close with a pewter dish, and set them on the charcoal fire again, a slow fire not to boil; let them stand, turning them now and then, till they look green; then take them out, and lay them on a cloth to cool; when cold, make your pickle as for the peaches, only instead of made mustard, this must be mustard-seed whole. Cover them close, and keep them for use.

To make a rice soup.

TAKE two quarts of water, a pound of rice, a little cinnamon, cover it close, and let it simmer very softly till the rice is quite tender. Take out the cinnamon, then sweeten it to your palate, grate half a nutmeg, and let it stand till it is cold: then beat up the yolks of three eggs, with half a pint of white-wine, mix them very well, then stir them into the rice, set them on a slow fire, and keep stirring all the time for fear of curdling. When it is of a good thickness, and boils, take it up. Keep stirring it till you put it into your dish.

To make mutton hams.

You must take a hind-quarter of mutton, cut it like a ham, take one ounce of salt-petre, a pound of coarse sugar, a pound of common salt, mix them and rub your ham, lay it in a hollow tray with the skin downwards, baste it every day for a fortnight; then roll it in sawdust, and hang it in the wood-smoke a fortnight; then boil it, and hang it in a dry place, and cut it out in rashers. It does not eat well boiled, but eats finely broiled.

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To salt a ham.

TAKE a ham of sixteen pounds, rub it against the fire with half a pound of sugar; then take two pounds of bay-salt, and two ounces of salt-petre, and dry it for your use.

To make a cowslip pudding.

HAVING got the flowers of a peck of cowslips, cut them small, and pound them small, with half a pound of Naples biscuits grated, and three pints of cream. Boil them a little, then take them off the fire, and beat up sixteen eggs, with a little cream, and a little rose-water. Sweeten to your palate. Mix it all well together, butter a dish and pour it in. Bake it, and when it is enough, throw fine sugar over, and serve it up.

Note, New milk will do in all these puddings, when you have no cream.

Ducklings with green pease.

SCALD, pick and draw the fowls, and also blanch some lettuces; put the lettuce into fresh water, and squeeze them well, then cut them in pieces and set them over the fire in a stew-pan with a bit of butter; season with salt, pepper, parsley, and green onions minced, and set them a stewing in a white braise.

Put into the stew-pan slices of bacon, and then lay in the ducklings, seasoning them with salt, pepper and onions, cut into slices, sweet basil and slices of lemon, cover them alike at top and bottom with slices of bacon; wet them with broth and set them a simmering over a gentle fire.

Then put green peas into a stew-pan with a bit of butter over a stove with a gentle fire; stirring them now and then, when they are done, add some cullis and gravy, and make them boil; take off the fat, take care that it be well tasted; take out the ducks,

drain them, dish them, pour the ragoo of pease over them and serve them up hot.

A drink for the evil.

TAKE of white arch-angel, two handfals; of outlandish sweet fennel-seed bruised one ounce; of liquorice one ounce: boil these together in two wine-quarts of spring-water; stop it close, till half be consumed; when cold, strain it from the ingredients; add to the liquor two ounces of damask roses: let the party drink of this liquor, spring and fall, five, seven, or nine days together, as you best find it agree, three times in the day, a quarter of a pint, first and last, and at four in the afternoon.

Sage-wine, very good.

To twenty-eight pounds of *Malaga* raisins picked and shred, have twenty-eight quarts of spring-water well boiled, but let it be cool as milk from the cow, before you pour it on the raisins; then put in half a bushel of red sage grossly shred; stir all together, and let it stand six days, stirring it very well every day, and cover it as close as you can; then strain it off, and pour it into your vessel; it will soon be fine, but you may add two quarts of sack or white-wine to fine it: raisins of the sun will do as well as *Malaga*, if they cannot be had.

A cordial black-cherry-water, very good.

TAKE two quarts of strong claret, and four pounds of black-cherries full ripe, stamp them, and put them to the wine, with one handful of angelica, one handful of balm, and as much carduus, half as much mint, and as many rosemary-flowers as you can hold in both your hands, three handfals of clove-July-flowers, two ounces of cinnamon cut small, one ounce of nutmegs; put all these into a deep pot, let them be well stirred together, then cover it so close that

that no air can get in ; let it stand one day and a night ; then put it into your still, which you must also paste close ; and draw as much as runs good ; sweeten it with sugar-candy to your taste. It is good in any melancholy, or for the vapours.

To preserve oranges whole.

T A K E the best Bermudas or Seville oranges you can get, and pare them with a penknife very thin, and lay your oranges in water three or four days, shifting them every day ; then put them in a kettle with fair water, and put a board on them to keep them down in the water, and have a skillet on the fire with water, that may be ready to supply the kettle with boiling water ; as it wastes it must be filled up three or four times, while the oranges are doing, for they will take up seven or eight hours boiling ; they must be boiled till a wheat straw will run thro' them, then take them out, and scoop the seeds out of them very carefully, by making a little hole in the top, and weigh them ; to every pound of oranges put a pound and three quarters of double-refin'd sugar, beat well and sifted through a clean lawn sieve, fill your oranges with sugar, and strew some on them ; let them lie a little while, and make your jelly thus :

Take two dozen of pippins or John apples, and slice them into water, and when they are boiled tender strain the liquor from the pulp, and to every pound of orange you must have a pint and a half of this liquor, and put to it three quarters of the sugar you left in filling the orange, set it on the fire and let it boil, and skim it well, and put it in a clean earthen pan till it is cold, then put it in your skillet ; put in your oranges, and with a small bodkin job your oranges as they are boiling to let the syrup into them, strew on the rest of your sugar whilst they are boiling, and when they look clear take them up and

and put them in your glasses, but one in a glass just fit for them, and boil the syrup till it is almost a jelly, then fill up your glasses; when they are cold, paper them up, and keep them in a dry place.

To preserve orange-flowers.

PICK the flowers, and little oranges and stalks apart, boil the flowers in clear water till they are tender; boil the little oranges and stalks also in several waters, till the bitterness be quite gone: to a pound of flowers take three pounds of double-refin'd sugar, wet the sugar with water, and boil it to a syrup; then drain the flowers from their water, and put them into the syrup, boil them a little, and put them into glasses. .

Prawlings, or fry'd almonds.

TAKE a pound of the best Jordan almonds, rub them very clean from the dust: take their weight in loaf-sugar, wet it with orange-flower-water, and boil it to a syrup; then throw the almonds into it, and boil them to a candy, constantly stirring till they are dry; then put them into a dish, and take away the loose bits and knobs which will be about them: put the almonds again into the preserving-pan, and set them on a slow fire, till some of their oil comes from them into the bottom of the pan.

To roast a calf's-head.

AFTER the head is nicely wash'd and pick'd, take out the brains and tongue; make a large quantity of force-meat, with veal and suet well seasoned, fill the hole of the head; skewer it, and tie it together upon the spit: one hour and an half roasts it: beat up the brains with a little sage and parsley finely shred, a little salt, and the yolks of two or three eggs; boil and blanch the tongue, cut it in large dice, and fry that and the brains, as also some of the

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forc'd-meat in balls, and some slices of bacon. The sauce is strong broth, with oysters, mushrooms, capers, and a little white-wine thickened.

To make fry'd cream.

TAKE a quart of good new cream, the yolks of seven eggs, a bit of lemon-peel, a grated nutmeg, two spoonfuls of sack, as much orange-flower-water : butter your sauce-pan, and put it over the fire ; stir it all the while one way with a little white whisk, and as you stir, strew in flower very lightly, till it is thick and smooth, then it is boiled enough, and may be poured out upon a cheefe-plate or mazarine ; spread it with a knife exactly even, about half an inch thick, then cut it in diamond squares, and fry it in a pan full of boiling sweet suet.

A powder for worms.

TAKE one ounce of senna, a quarter of an ounce of whole worm-feed, a quarter of an ounce of tansy-feed, a quarter of an ounce of anniseed, a few leaves of wood-betony ; dry all these, and beat them together very fine ; mix it into a bolus with syrup of turnips. A child of nine years old may take a quarter of an ounce of this mixture ; so less or more for any other age. Drink water-gruel or posset-drink in the working. It is good for men or women, as well as children.

To stew carp brown.

SCALE them and cleanse them and pass them off in brown butter on both sides, or lay them in your pan raw ; strew all over some grated bread, pepper and salt, thyme and parsley minced ; put into them one quart of claret, and one pint of gravy, according to the largeness of your fish ; they must not be quite covered ; put in also four anchovies, some grated horse-radish, one shallot chopped small, two

slices

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slices of lemon, and a piece of bacon stuck with cloves : stew your carp one hour, then brown off a quartern of butter gold colour, with a spoonful of flower, and put to your carp, which will thicken it as cream ; fry some fippets with the roe and melt, and some parley ; so serve away hot.

A good milk-water for a surfeit, or worms.

TAKE of rue, wormwood, carduus, and mint, each three handfuls ; cut the herbs, and steep them all night in two quarts of milk ; distil it off next morning in a cold still ; from this quantity draw three pints ; then distill this water over again, with the same quantity of milk and herbs ; sweeten it to your taste, if for children ; but for grown people, it is best alone.

To make jelly pale and clear.

TAKE a pair of calves feet, and a leg of veal, it must be a large one, and only the knuckle used ; break the bones, and take out the marrow, and pick all the fat and black strings out of the feet ; soak the flesh in warm water, and shift it out into cold, changing it often ; lay it in water in the afternoon, and begin to make your jelly next morning, with two pots of spring water and one of white-wine ; boil this a-pace, and skim it very clean when it jellies ; strain it into a pot, and when it has stood a short time, the fat will rise that is in it, which take clean off ; then put your jelly into a bason, with the whites of eight eggs, shells and all, beat extremely well, some sugar, cinnamon, ginger, and a little mace ; let your spices be very good ; rose-water, and the juice of lemon to your taste ; there should be a little salt in the first boiling : when it is clear, put in musk and amber, if you will, and pass it through your jelly bag before the fire twice or thrice, as you see cause.

Half a pound of fugar, an ounce of cinnamon, and half an ounce of ginger to a quart of jelly. Let it stand on the fire two or three hours after the eggs and spice are in. Take heed of jogging it, that the scum be not broken.

When you have a mind, put the juice of almonds to some of this, and it will make it appear white jelly, of a very fine taste.

The best way of burning claret for a looseness.

TAK E a large quart bottle, that will hold more than a quart of wine; put to that quantity half an ounce of cinnamon, four large blades of mace, and a large nutmeg sliced; put a cork into the bottle, to keep in the steam; but don't stop it close or hard, for fear of breaking; set this bottle of wine and spice into a skillet of cold water, and let it simmer till the wine is a little wasted; sweeten it with loaf-sugar, and drink often, if the patient have a cold decay'd stomach and no fever.

To pickle codlins.

L E T the codlins be but half grown and without spots, for if they are spotted they are commonly worm-eaten; scald them in water till the skin will come off easily, then put them again into cold water, and a small piece of alum, to green in a brass pan over the fire; which they will soon do, if they are kept close covered.

Some advise that the codlins be green but near to their full growth, first scald them in a soft water, till the skin will peel off, and then having made a pickle of vinegar and bay salt, allowing a large spoonful of salt to a quart of vinegar, a quarter of an ounce of sliced ginger, three or four cloves of garlick, and a quarter of an ounce of white pepper; boil this in a brass pan with a piece of alum as big as a horse bean, for a quarter of an hour, and pour it hot upon your
codlins,

codlins, covering the mouth of the jar with a cloth, and let it stand by the fire side; boil the pickle till your codlins are as green as can be desired, and when they are quite cold, cork them close, and set them by in a dry place.

But there is one thing must however be observed in all picklings; that is, if the pickles do not come to their fine green colour presently by boiling often the pickle at first, yet by standing three or four weeks, and then boiling the pickles a-fresh, they will come to a good colour, and the pickles will keep the longer, when they are not brought to a colour too soon.

To stew cucumbers.

TAKE half a dozen of large green cucumbers that are not too full of seed, slice them; also shred a large onion moderately small.

Put these in a sauce-pan, set them over the fire, add a little salt, stir them now and then till they are tender, then pour them into a cullender, and let them drain as dry as they will be, then flower them and season them with pepper. Then burn some butter in a frying-pan, and when it is very hot put in the cucumbers, and keep them continually stirring till they are brown; then pour to them a moderate glass of claret; mix them well, and serve them hot under roast mutton or lamb; or you may serve them up in a plate of sippets fry'd, and dipp'd in mutton or beef gravy.

Lark, or sparrow pie.

YOU must have five dozen at least; lay betwixt every one a bit of bacon, as you do when you roast them, and a leaf of sage and a little force-meat at the bottom of your crust; put on some butter a-top and lid it; when baked for one hour, which will be sufficient, make a little thicken'd gravy, put in the juice of a lemon; season with pepper and salt, so serve it hot and quick.

A strong milk-water.

TAKE mint, sage, and balm, of each two good handfuls; rue, carduus, wormwood, and meadow-sweet, of each one handful; chop these herbs together; and put them with four quarts of new milk, and a whole nutmeg sliced, into a copper limbeck; from this quantity you may draw two quarts, if you keep an even slow fire till that quantity is drawn off: when you have drawn off what you design, mix it all together, for the use of any feverish or consumptive person.

To make anchovies.

TO a peck of sprats two pounds of common salt, a quarter of a pound of bay-salt, four pounds of salt-petre, two ounces of sal prunella, two-pennyworth of cochineal, pound all in a mortar, put them into a stone pot, a row of sprats, a layer of your compound, and so on to the top alternately. Press them hard down, cover them close, let them stand six months, and they will be fit for use. Observe that your sprats be very fresh, and do not wash nor wipe them, but just take them as they come out of the water.

Fry'd cream.

HAVING first butter'd your sauce-pan, set it on the fire with a quart of new cream, the yolks of seven eggs, a bit of lemon-peel, two spoonfuls of sack, as much orange-flower-water and a nutmeg grated; keep stirring all the while it is on the fire with a little whisk, and while you are stirring sprinkle in flower very lightly, till it is thick and smooth; when it is boiled enough pour it out upon a cheese-plate or mazarine; spread it with a knife exactly even about, half an inch thick, then cut it into diamond squares, fry it in a pan full of boiling sweet suet,

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A cullis of cray-fish.

SET the middle sort of cray-fish over the fire, seasoned with salt, pepper, sweet herbs and onions cut into slices, when they are enough, take them out, pick them, keep the tails, being scaled, and the rest pounded together with the shells in a mortar, the more they are pounded the better the cullis will be; then put in a piece of veal of about a pound, and a small piece of ham, and an onion divided into quarters, and let it sweat gently, and when it begins to stick to the pan, powder it a little, and moisten it with broth, adding cloves, sweet basil in sprigs, mushrooms, and a lemon pared and cut into slices. Then skim the fat clean off, make it relishing; take out the meat and thicken it a little with essence of ham.

Then put in the cray-fish, and strain it off, and keep it for use.

Beef steaks with oysters.

TAKE some tender beef-steaks; pepper them to your mind, without salt, which would make them hard; turn them often, till they are enough, which you will know by their feeling firm; then salt them to your mind.

For the sauce take oysters with their liquor, and wash them in salt and water; let the oyster liquor stand to settle, and then pour off the clear; stew them gently in this with a little mace or nutmeg, some whole pepper, a clove or two, and take care you do not stew them too much, for they will be hard; when they are almost enough, add a little white-wine, and a piece of butter rolled in flower to thicken it.

Some will put an anchovy or mushroom-ketchup into this sauce, which will make it very rich.

The floating island, a pretty dish for the middle of a table at a second course, or for supper.

Y O U may take a spoon-dish according to the size and quantity you would make, but a pretty deep glass dish is best, and set it on a china dish: first take a quart of the thickest cream you can get, make it pretty sweet with fine sugar, pour in a gill of sack, grate the yellow rind of a lemon in, and mill the cream till it is all of a thick froth, then as carefully as you can pour the thin from the froth into a dish; take a French roll, or as many as you want, cut it as thin as you can, lay a layer of that as light as possible on the cream, then a layer of curran jelly, then a very thin layer of roll, and then hartshorn jelly, then French roll, and over that whip your froth which you saved off the cream very well milled up, and lay at top as high as you can heap it; and as for the rim of the dish set it round with fruit or sweetmeats according to your fancy. This looks very pretty in the middle of a table with candles round it, and you may make it of as many different colours as you fancy, and according to what jellies and giams or sweetmeats you have, or at the bottom of your dish may put the thickest cream you can get, but that is as you fancy.

To pickle mushrooms for the sea.

W A S H them clean with a piece of flannel in salt and water, put them into a sauce-pan, and throw a little salt over them. Let them boil up three times in their own liquor, then throw them into a sieve to drain, and spread them on a clean cloth; let them lie till cold, then put them in wide-mouth'd bottles, put in with them a good deal of whole mace, a little nutmeg sliced, and a few cloves. Boil the sugar-vinegar of your own making, with a good deal of whole pepper, some races of ginger, and two or three bay-leaves; let it boil a few minutes, then strain it, when
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it is cold pour it on, and fill the bottle with mutton fat fry'd ; cork them, tie a bladder, then a leather over them, keep it down close and in as cool a place as possible. As to all other pickles, you have them in the chapter of pickles.

A receipt for making bread without barm, by the help of a leaven.

T A K E a lump of dough, about two pounds of your last making, which has been raised by barm, keep it by you in a wooden vessel, and cover it well with flower. This is your leaven ; then the night before you intend to bake put the said leaven to a peck of flower, and work them well together with warm water. Let it lie in a dry wooden vessel, well covered with a linnen cloth and a blanket, and keep it in a warm place. This dough kept warm will rise again next morning, and will be sufficient to mix with two or three bushels of flower, being worked up with warm water and a little salt. When it is well worked up, and thoroughly mixed with all the flower, let it be well covered with the linnen and blanket, until you find it rise ; then knead it well, and work it up into bricks or loaves, making the loaves broad, and not so thick and high as is frequently done, by which means the bread will be better baked. Then bake your bread.

Always keep by you two or more pounds of the dough of your last baking, well covered with flower to make leaven to serve from one baking day to another ; the more leaven is put to the flower the lighter and spungier the bread will be ; the fresher the leaven, the bread will be less sour.

To keep French beans all the year.

T A K E fine young beans, gather them of a very fine day, have a large stone jar ready clean and dry, lay a layer of salt at the bottom, and then a layer of beans,

beans, then salt, and then beans, and so on till the jar is full; cover them with salt, tie a coarse cloth over them, and a board on that, and then a weight to keep it close from all air; set them in a dry cellar, and when you use them take some out and cover them close again; wash them you took out very clean, and let them lie in soft water twenty-four hours, shifting the water often; when you boil them do not put any salt in the water. The best way of dressing them is, boil them with just the white heart of a small cabbage, then drain them, chop the cabbage, and put both into a sauce-pan, with a piece of butter as big as an egg rolled in flower; shake a little pepper, put in a quarter of a pint of good gravy, let them stew ten minutes, and then dish them up for a side dish. A pint of beans to the cabbage. You may do more or less, just as you please.

To make apple dumplings.

MAKE a good puff-paste, pare some large apples, cut them in quarters, and take out the cores very nicely; take a piece of crust, and roll it round, enough for one apple; if they are big, they will not look pretty, so roll the crust round each apple, and make them round like a ball, with a little flower in your hand. Have a pot of water boiling, take a clean cloth, dip it in the water, and shake flower over it. Tie each dumpling by itself, and put them in the water boiling, which keep boiling all the time; and if your crust is light and good, and the apples not too large, half an hour will boil them; but if the apples be large, they will take an hour's boiling. When they are enough, take them up, and lay them in a dish; throw fine sugar all over them, and send them to table. Have good fresh butter melted in a cup, and fine beaten sugar in a saucer.

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To make steeple cream.

T A K E five ounces of hart's-horn, and two ounces of ivory, and put them into a stone bottle, fill it up with fair water to the neck, put in a small quantity of gum arabick, and gum dragon; then tie up the bottle very close, and set it into a pot of water with hay at the bottom. Let it stand six hours, then take it out, and let it stand an hour before you open it, lest it fly in your face; then strain it in, and it will be a strong jelly; then take a pound of blanched almonds, beat them very fine, mix it with a pint of thick cream, and let it stand a little; then strain it out, and mix it with a pound of jelly, set it over the fire till it is scalding hot, sweeten it to your taste with double-refin'd sugar, then take it off, put in a little amber, and pour it into small high gallipots, like a sugar-loaf at top; when it is cold turn them out, and lay cold whipt cream about them in heaps; be sure it does not boil when the cream is in.

A good water for the spleen; a cordial.

T A K E four ounces of hart's-horn, one ounce of cardamums, one ounce of cinnamon, one ounce of saffron, two handfuls of red sage, as much balm; steep these twenty-four hours in two quarts of sack, or as much good brandy, which you please; distil it in a cold still as quick as you can, and let it drop on four ounces' of sugar-candy. Drink of this, when low-spirited.

Costiveness.

P R E S E R V E green wallnuts before the shell is hard, after they have lain a day and a night in water, having been first pricked full of holes; boil them and shift the water often till they are tender; stick in each a bit of candied orange-peel and take their weight in good Lisbon sugar; boil them up and take
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two, three, or four of these, when you are going to rest.

They are a gentle, wholesome and certain purge, and help a costive hot habit of body.

To make artificial asses milk.

TAKE two ounces of pearl-barley, two large spoonfuls of hart's-horn shavings, one ounce of eringo root, one ounce of China root, one ounce of preserved ginger, eighteen snails bruised with the shells; to be boiled in three quarts of water, till it comes to three pints, then boil a pint of new milk, mix it with the rest, and put in two ounces of balsam of Tolu. Take half a pint in the morning, and half a pint at night.

A certain remedy to take fire out of a burn.

BEAT an apple with fallad oil till it is a poultis pretty soft; bind it on the part, and as it dries lay on fresh. You must be sure to pare, core, and beat your apple well, for fear of breaking the skin of the burn: but if the skin be off, there is not any thing in nature so sure to take out the fire.

To preserve mulberries dry.

LET the mulberries not be too ripe; but rather a reddish green and tart, and having prepared a quantity of sugar equal to the mulberries, and brought it to its blown quality, throw in the mulberries, and give them a covered boiling; the sugar also may be melted with the juice of mulberries to clarify it. When they have boiled take the pan from the fire, scum it, and set it in the stove till the next day; then take them out, drain them from the syrup, and having dress'd them on slates, set them on a stove to dry, having first strew'd them with sugar. Turn them on the slates while they are drying, and put them up in boxes for use.

For

For the biting of a mad dog.

TAKE four ounces of rue, four ounces of London treacle, four spoonfuls of scrap'd pewter, and four ounces of garlick, stamp the garlick, and boil all in a pottle of stale strong ale; strain this drink; let that which is thick be applied to the wound, and take nine spoonfuls of the clear, for nine days together.

A lamb-pye with currans.

TAKE a leg and a loin of lamb, cut the flesh into small pieces, and season it with a little salt, cloves, mace, and nutmeg; then lay the lamb in your paste, and as many currans as you think proper, and some Lisbon sugar, a few raisins stoned and chopped small; add some force-meat balls, some yolks of hard eggs, with artichoke-bottoms, or potatoes that have been boiled and cut in dice, and candied orange and lemon-peel cut in slices; put butter on the top, and a little water; then close your pye, bake it gently, and when it is baked take off the top, and put in your caudle made of gravy from the bones, some white-wine and juice of lemon; thicken it with the yolks of two eggs, and a bit of butter. When you pour in your caudle, let it be hot, and shake it well in the pye; then serve it, having laid on the cover.

N. B. If you observe too much fat swimming on the liquor of your pye, take it off before you pour on the caudle.

A cordial mint-water.

TAKE two pound of mint, strip the leaves from the stalks, let them lie till the next day, then weigh them; take half a pound of liquorice, thin sliced, two ounces of anniseeds, the same quantity of carraway seeds; two pound of raisins of the sun stoned; steep

steep these together in two gallons of claret, distil it off in an alembick or cold still ; and if you do not like it so hot and strong, drop on a little fine sugar through a bag of saffron.

For stoppage of water in the stone.

TAKE four spoonfuls of the juice of parsley in a pint of white-wine ; sweeten it with syrup of marsh-mallows, and (if you can) drink the whole quantity at a draught.

To make a spoonful pudding.

TAKE a spoonful of flower, a spoonful of cream or milk, an egg, a little nutmeg, ginger and salt, mix all together, and boil it in a little wooden dish half an hour. You may add a few currans.

To pickle nektarines and apricots.

THEY are done the same as the peaches. All these strong pickles will waste with the keeping ; therefore you must fill them up with cold vinegar.

To pickle white plums.

TAKE the large white plums, and if they have stalks, let them remain on ; and do them as you do your peaches.

Beef steaks fry'd.

TAKE rump steaks, or any other tender part of the beef ; put some pepper and salt upon them, and then put them in a pan with a piece of butter and an onion, over a slow fire close covered ; and as the gravy draws pour it from the beef, still adding more butter at times, till your beef is enough ; then pour in your gravy with a glass of claret or strong beer ; then let
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it just boil up, and serve it hot, with juice of lemon or a little verjuice.

An apple-pye.

TAKE a dozen of apples, and scald them very tender, and take off the skin; then take the pap of them, and put to it twelve eggs, but half the whites; beat them very well, and take a penny-loaf grated, and a nutmeg grated, sugar to your taste, and a quarter of a pound of butter melted; mix all these together, and bake them in a dish; butter your dish, and take care that your oven be not too hot.

A veal-pye.

RAISE a high round pye, then cut a fillet of veal into three or four fillets, season it with savoury seasoning, and a little minced sage and sweet herbs: lay it in the pye, with slices of bacon at the bottom, and between each piece lay on butter, and close the pye. When it is baked and half cold, fill it up with clarified butter.

To make a bread and butter pudding.

GET a penny-loaf, and cut it into thin slices of bread and butter, as you do for tea. Butter your dish as you cut them, lay slices all over the dish, then strew a few currans, clean washed and picked, then a row of bread and butter, then a few currans, and so on, till all your bread and butter is in. Then take a pint of milk, beat up four eggs, a little salt, half a nutmeg grated, mix all together with sugar to your taste. Pour this over the bread, and bake it half an hour. A puff-paste under does best. You may put in two spoonfuls of rose-water.

To salt hams of bacon.

TAKE a peck of bay salt, and four ounces of salt-petre rock'd double-refin'd, and five pounds of brown

brown sugar ; put all these into as much spring-water as will make the pickle so strong that it will bear an egg ; the pickle must not be boiled ; put in your hams, and let them lie in it three weeks ; then take them out of the pickle, and dry them with a cloth, and rub them over with fresh salt, and send them to dry. The pickle will last three months. When you find it begin to decay, boil and scum it, and use it again, putting in some fresh salt.

Sweetmeat cream.

TAKE some good cream, and slice some preserved peaches into it, or apricots or plums ; sweeten the cream with fine sugar, or with the syrup the fruit was preserved in ; mix these well together, and serve it cold in china basons.

To make salop.

PUT half an ounce of salop to a pint of water, set it over the fire, and stir it till it is as thick as chocolate, and season it with rose-water or orange-flower-water or sack : if you like it better, a little juice of lemon and sugar. It is good for weak or consumptive people.

For a cough.

BOIL elecampane roots very tender, then pulp them through a sieve ; then take as much of the pulp of coddled pippins, and if there be a pound weight of both together, boil it in a pint and half of clarified honey for half an hour ; then take an ounce of powder of liquorice, and as much powder of anniseeds ; mix all these well together, and take of it a dram in a morning, in the afternoon and at night. This is also an excellent medicine in an asthma and shortness of breath.

For

For sweating in the night in a consumption.

DRINK a glass of tent or old Malaga with a toast every morning early, and sleep an hour after it.

This is good for consumptive persons or such as are weak in recovering after a long sickness.

To make comfits of various colours.

If you would have the comfits red infuse some red faunders in the water, till it is of as deep a colour as you desire it; or if you please cochineal, or syrup of mulberries.

If green, boil the juice of spinage with the sugar.

If yellow, put saffron in the water that you mix with the sugar.

Minc'd-pyes and egg-pyes the same way.

SHRED two pounds of lean meat, and two pounds of beef-suet, very fine; season it with an ounce of cloves, mace, and cinnamon, a little salt, a pound of sugar, eight candied lemons and citrons, and four ounces of dates, all shred or sliced, a little lemon-peel shred fine, and a pound of raisins of the sun, stoned and shred, three pounds of currans, a pint of sack, and the juice of three lemons, or verjuice; then mix all together, and it is fit to fill your pyes; the best meat is neats tongues, but beef, mutton, or veal are very good for present use. Shred the meat raw, if not, parboil the tongues till they will blanch, and when cold, shred; then boil the eggs hard, and shred them fine with no more than the weight of the eggs.

To make fish sauce to keep the whole year.

Y O U must take twenty-four anchovies, chop them, bones and all; put to them ten shallots cut small, a handful of scraped horse-radish, a quarter of an ounce of mace, a quart of white-wine, a pint of

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water,

water, one lemon cut into slices, half a pint of anchovy liquor, a pint of red wine, twelve cloves, twelve pepper corns; boil them together till it comes to a quart; strain it off, cover it close, and keep it in a cool dry place. Two spoonfuls will be sufficient for a pound of butter.

It is a pretty sauce either for boiled fowl, veal, &c. or in the room of gravy, lowering it with hot water, and thicken it with a piece of butter rolled in flower.

To pot dripping to fry fish, meat, or fritters, &c.

TAKE six pounds of good beef dripping, boil it in soft water, strain it into a pan, let it stand till cold; then take off the hard fat, and scrape off the gravy which sticks to the inside. Thus do eight times; when it is cold and hard, take it off clean from the water, put it into a large sauce-pan, with six bay-leaves, twelve cloves, half a pound of salt, and a quarter of a pound of whole pepper. Let the fat be all melted and just hot, let it stand till it is quite cold, then cover it up. Thus you may do what quantity you please. The best way to keep any sort of dripping is to turn the pot upside-down, and then no rats can get at it. If it will keep on ship-board, it will make as fine puff-paste crust, as any butter can do, or crust for puddings, &c.

To make sham brawn.

BOIL two pair of neats feet tender, take a piece of pork of the thick flank, and boil it almost enough, then pick off the flesh of the feet, and roll it up in the pork tight, like a collar of brawn; then take a strong cloth and some coarse tape, roll it tight round with the tape, then tie it up in a cloth, and boil it till a straw will run through it; then take it up, and hang it up in a cloth till it is quite cold; then put it into

into some fousing liquor, and use it at your own pleasure.

To pickle beet-root.

SET a pot of spring water on the fire, when it boils, put in your beets, and let them boil till they are tender; then peel them with a cloth, and lay them in a stone jar, take three quarts of vinegar, and two of spring-water, so do till you think you have enough to cover your beets. Put your vinegar and water in a pan, and salt to your taste. Stir it well together, till the salt is all melted, then pour them on the beets, and cover it with a bladder. Do not boil the pickle.

To keep damsons for tarts.

Wipe the damsons, put them into an earthen pot, and as you lay them in, between every layer strew in fine powdered sugar; two pound of sugar will be enough for six pound of damsons. When you have done, paste up the pot with rye dough; bake them with six-penny bread; when it is drawn, let it stand till it is cold, then cut a stick, put it down in the middle of your pot of damsons; cut a piece of white paper just round, fit to cover them; cut a hole in the middle for your stick to go through, then melt fresh butter, and pour upon the paper, and when you want to take out any damsons take out the paper by the stick, and when you have done put it down again; thus may you keep them all the year.

Paste for a big pye.

LAY down a peck of flower, work it up with three pounds of butter melted in a sauce-pan of boiling water, and make it into a stiff paste.

Another.

TO a peck of flower put three pounds of butter, make it boil in water, then make the paste very stiff, and very hot; for small pyes, put in a pound of butter to a quartern of flower.

Paste royal for patty-pans.

LAY down a pound of flower, work it up with half a pound of butter, two ounces of fine sugar and four eggs.

To make orange or lemon tarts.

TAKE six large lemons, and rub them very well with salt, and put them in water for two days, with a handful of salt in it; then change them into fresh water every day (without salt) for a fortnight, then boil them for two or three hours till they are tender, then cut them into half quarters, and then cut them three-corner-ways, as thin as you can; then take six pippins pared, cored, and quartered, and a pint of fair water. Let them boil till the pippins break; put the liquor to your orange or lemon, and half the pulp of the pippins well broken, and a pound of sugar. Boil these together a quarter of an hour, then put it in a gallipot, and squeeze an orange in it: if it be a lemon-tart, squeeze a lemon; two spoonfuls is enough for a tart. Your patty-pans must be small and shallow. Put fine puff-paste, and very thin; a little while will bake it. Just as your tarts are going into the oven, with a feather, or brush, do them over with melted butter, and then sift double-refined sugar over them; and this is a pretty iceing on them.

To make chicken broth.

YOU must take an old cock, or large fowl, flea it, then pick off all the fat, and break it all to pieces with a rolling-pin; put it into two quarts of water,
with

with a good crust of bread and a blade of mace. Let it boil softly till it is as good as you would have it. If you do it as it should be done, it will take five or six hours doing; pour it off, then put a quart more of boiling water, and cover it close. Let it boil softly till it is good, and strain it off. Season with a very little salt. When you boil a chicken save the liquor, and when the meat is eat, take the bones, then break them and put to the liquor you boiled the chicken in, with a blade of mace and a crust of bread. Let it boil till it is good, and strain it off.

Ortelans roasted.

YOU may either lard them or let them be plain, putting a vine-leaf betwixt them; when they are spitted, some crums of bread may be used as for larks; when you roast them, let them be spitted sideways, which is the best.

A rich cake.

TAKE a quarter and half of fine flower, and six pounds of currans, an ounce of cloves and mace, some cinnamon, two nutmegs, about a pound of sugar, some lemon, orange and citron candied and cut in thin pieces; a pint of any sweet wine, some orange-flower-water, a pint of yeast, a quart of cream, two pounds of butter melted, and pour in the middle; then strew some flower over it, and let it stand half an hour to rise; then knead it well together, and lay it before the fire to rise, and work it up very well; then put it in a hoop, and bake it two hours and a half in a gentle oven.

To pickle or bake herrings.

SCALE and wash them clean, cut off the heads, take out the rows, or wash them clean, and put them in again just as you like; season them with a little mace and cloves beat, a very little beaten pepper and salt,

salt, lay them in a deep pan, lay two or three bay-leaves between each lay; then put in half vinegar and half water or rap vinegar. Cover it close with a brown paper, and send it to the oven to bake; let it stand till cold, then pour off that pickle, and put fresh vinegar and water, and send them to the oven again to bake. Thus do sprats, but do not bake them the second time. Some use only all-spice, but that is not so good.

To preserve red currans.

FIRST mash the currans, strain them through a thin strainer; for every pint of juice take a pound and a half of sugar, and six spoonfuls of water; boil it up and scum it very well, then put in half a pound of stoned currans, make them boil as fast as you can, till the currans are clear and jelly very well; put them up in glasses or pots, and when they are cold, paper them as other sweetmeats are done.

You must stir all small fruit as they cool, to mix it with the jelly.

Lemon cream.

TAKE five large lemons, pare them as thin as possible, steep them all night in twenty spoonfuls of spring-water, with the juice of the lemons, then strain it through a jelly-bag into a silver sauce-pan, if you have one, the whites of six eggs beat well, ten ounces of double-refined sugar; set it over a very slow charcoal fire, stir it all the time one way, skim it, and when it is as hot as you can bear your fingers in, pour it into glasses.

To collar eels.

TAKE your eel and cut it open, take out the bones, cut off the head and tail; lay the eel flat on the dresser, and shred some sage as fine as possible, and mix it with black pepper beat, grated nutmeg and

and falt, lay it all over the eel, roll it up hard in little cloths, and tie both ends tight; then set over the fire some water, with pepper and falt, five or six cloves, three or four blades of mace, a bay-leaf or two; boil it, bones, head and tail, well together; then take out your heads and tails, put in your eels, and let them boil till they are tender; then take them out and boil the liquor longer, till you think there is enough to cover them. Take it off, and when cold, pour it over the eels, and cover it close; do not take off the cloths till you use them.

To make French flummery.

YOU must take a quart of cream and half an ounce of isinglass, beat it fine, and stir it into the cream. Let it boil softly over a slow fire a quarter of an hour, keep it stirring all the time; then take it off the fire, sweeten it to your palate, and put in a spoonful of rose-water, and a spoonful of orange-flower-water, strain it, and pour it into a glass or bason, or just what you please, and when it is cold, turn it out. It makes a fine side-dish. You may eat it with cream, wine, or what you please. Lay it round baked pears. It both looks very pretty, and eats fine.

To boil camphire roots.

TAKE a pound of camphire roots, scrape them clean, cut them into little pieces, and put them into three pints of water. Let them boil till there is about a pint, then strain it, and when it is cold, put it into a sauce-pan. If there is any settling at the bottom, throw it away, mix it with sugar to your palate, half a pint of mountain wine, and the juice of a lemon. Let it boil, then pour it into a clean earthen pot, and set it by for use. Some boil it in milk, and is very good, where it will agree, and is reckoned a very great strengthner.

To make brown caudle.

BOIL the gruel as above, with six spoonfuls of oatmeal, and strain it; then add a quart of ale not bitter, boil it, then sweeten it to your palate, and add half a pint of white wine. When you do not put white wine, let it be half ale.

Gingerbread cakes.

TAKE three pounds of flower, a pound of sugar, a pound of butter rubbed in very fine, with two ounces of ginger, and a grated nutmeg; mix it with a pound of treacle, and a quarter of a pint of cream, warmed together; then make up your bread stiff, roll them out, and make them in thin cakes. Bake them in a slack oven.

To dress crabs.

THE crabs being alive, boil them for about half an hour in a kettle with salt and water; when they are done take off the kettle, let them be cold, then take off their great shell to open them and put it on again; break their great claws and take off their little ones.

Lay a folded napkin in a dish, place the crabs in the middle with the broken claws round them.

Garnish the dish with parsley and serve it up.

An excellent water for the stone cholick.

PUR four pounds of haw-berries bruised into four quarts of strong white-wine; let it steep twenty-four hours; then draw off in a cold still, two quarts of very strong; and what runs after keep by itself: a quarter of a pint of the strongest has given ease in very bad fits at once taking; but if it comes up, you must repeat it till it does stay.

Quail

Quail-pye.

TAKE twelve quails, lard six, force the other six; then sheet a dish with puff-paste and lay them in, and between every one some force-meat and a hard egg, fresh mushrooms and diced sweetbreads, and cover the breast with bacon; then lid it, and when bak'd, put in some good gravy.

To make a cherry-pye.

MAKE a good crust, lay a little round the sides of your dish, throw sugar at the bottom, and lay in your fruit and sugar at top. A few red currans does well with them; put on your lid, and bake in a slack oven.

Make a plum-pye the same way, and a goosberry-pye. If you would have it red, let it stand a good while in the oven, after the bread is drawn. A custard is very good with the goosberry-pye.

To make rice cheefecakes.

TAKE a pound of ground rice, and boil it in a gallon of milk, with a little whole cinnamon, till it is of a good thickness; then pour it into a pan, and stir about three quarters of a pound of fresh butter in it; then let it stand covered till it is cold; put in twelve eggs, and leave half the whites out, and a pound of currans; grate in a small nutmeg, and sweeten it to your palate.

To distil walnut water.

TAKE a peck of fine green walnuts, bruise them well in a large mortar, put them in a pan, with a handful of balm bruised, put two quarts of good French brandy to them; cover them close, and let them lie three days; the next day distil them in a cold still; from this quantity draw three quarts, which you may do in a day.

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A liver pudding boiled.

GET the liver of a sheep when you kill one, and cut it as thin as you can, and chop it; mix it with as much suet shred fine, half as many crums of bread or biscuit grated, season it with some sweet herbs shred fine, a little nutmeg grated, a little beaten pepper, and an anchovy shred fine; mix all together with a little salt, or the anchovy liquor, with a piece of butter; fill the crust and close it; boil it three hours.

To make water gruel.

YOU must take a pint of water, and a large spoonful of oatmeal, then stir it together, and let it boil up three or four times, stirring it often. Do not let it boil over, then strain it through a sieve, salt it to your palate, put in a good piece of fresh butter, brew it with a spoon till the butter is all melted, then it will be fine and smooth, and very good. Some love a little pepper in it.

To make a pruen pudding.

TAKE a quart of milk, beat six eggs, half the whites, with half a pint of the milk, and four spoonfuls of flower, a little salt, and two spoonfuls of beaten ginger; then by degrees mix in all the milk, and a pound of pruens, tie it in a cloth, boil it an hour, melt butter and pour over it. Damsons eat well done this way in room of pruens.

A fine cake.

DRY a gallon of flower well before the fire, then take an ounce of cinnamon and nutmeg well beat, half a pound of orange, lemon and citron peels slic'd, four pounds of currans, a pound and a half of sugar, a gill of sack, a gill of cream, a gill of yeast, and two pounds and a half of butter melted; mix all these

these well together, let it stand half an hour before the fire to rise, then put it in the pan, and bake it, and when it is enough glaze it.

To make a gravy soup.

ONLY boil soft water, and put as much of the strong soup to it, as will make it to your palate. Let it boil; and if it wants, you must season it. The receipt for the soup, see above.

To make red marmalade.

SCALD the quinces tender in water, then cut them in quarters, core and pare the pieces; to four pounds of quince put three pounds of sugar, and four pints of water; boil the sugar and water to a syrup, then put in the quinces and cover it, let it stand all night over a very little fire, but not to boil; when they are red enough, put in a porringer full of jelly, or more, and boil them up as fast as you can; when it is enough put it up, but do not break the quince too much.

To fry morilles.

PREPARE as is before directed, and boil them in a little gravy gently, and when they begin to be tender, take them out of the liquor, and flower them very well; then fry them in hog's-lard: when they are thus prepared, make a sauce for them of the liquor or gravy or morilles were stewed in, seasoned with salt, nutmeg, and a little juice of lemon.

Hart's-born jelly with a chicken.

SCALD the chicken, and cut it in the middle; lay it in the water till night, then put it into a pipkin or silver skillet with four quarts of clean spring-water, four ounces of hart's-horn tied in tiffany, and a little salt; boil it very softly, and keep skimming it till it is reduced to three pints; then put in a little mace
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and cinnamon, and let it boil till it comes just to the quantity of three pints all together ; then pour it into a narrow-mouth'd pot, skim off the top, and set it on the fire again, with five or six ounces of fine sugar, the whites of three eggs, the juice of three lemons, and three spoonfuls of rose-water ; put in the juice and rose-water a little before it is taken from the fire : when the eggs are hard, pass it through a jelly bag, pouring it three or four times before a fire.

Minc'd-pyes.

SHRED a pound of neats tongues, parboil'd with two pounds of beef suet, five pippins, a green lemon-peel ; season it with an ounce of spice, a little salt, a pound of sugar, two pounds of currans, half a pint of sack, a little orange-flower-water, the juice of three or four lemons, a quarter of a pound of citron, lemon, and orange-peel. Mix these together, and fill the pyes.

To make a fine dish of lobsters.

TAKE three lobsters, boil the largest as above, and froth it before the fire. Take the other two boiled, and butter them as in the foregoing receipt. Take the two body shells, heat them hot, and fill them with the buttered meat. Lay the large lobster in the middle, and the two shells on each side ; and the two great claws of the middle lobster at each end ; and the four pieces of chines of the two lobsters broiled, and laid on each end. This, if nicely done, makes a pretty dish.

To dress a crab.

HAVING taken out the meat, and cleansed it from the skin, put it into a stew-pan, with half a pint of white-wine, a little nutmeg, pepper and salt, over a slow fire. Throw in a few crums of bread, beat up
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one yolk of an egg with one spoonful of vinegar, throw it in, then shake the sauce-pan round a minute, and serve it up on a plate.

To stew prawns, shrimps, or crawfish.

PICK out the tails, lay them by, about two quarts, take the bodies, give them a bruise, and put them into a pint of white-wine, with a blade of mace. Let them stew a quarter of an hour, stir them together, and strain them; then wash out the sauce-pan, put to it the strained liquor and tails: grate a small nutmeg in, add a little salt, and a quarter of a pound of butter rolled in flower; shake it all together, cut a pretty thin toast round a quarter of a peck loaf, toast it brown on both sides, cut it into six pieces, lay it close together in the bottom of your dish, and pour your fish and sauce over it. Send it to table hot. If it be crawfish or prawns, garnish your dish with some of the biggest claws laid thick round. Water will do in the room of wine, only add a spoonful of vinegar.

To make almond cheesecakes.

TAKE half a pound of Jordan almonds, and lay them in cold water all night; the next morning blanch them into cold water, then take them out, and dry them in a clean cloth, beat them very fine in a little orange-flower-water; then take six eggs, leave out four whites, beat them and strain them, then half a pound of white sugar, with a little beaten mace; beat them well together in a marble mortar, take ten ounces of good fresh butter, melt it, a little grated lemon-peel, and put them in the mortar with the other ingredients; mix all well together, and fill your patty-pans.

To make a flounder-pye.

GET some flounders, wash them clean, dry them
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in a cloth, juſt boil them; cut off the meat clean from the bones, lay a good cruſt over your diſh, and lay a little freſh butter at the bottom, and on that the fiſh; ſeaſon them with pepper and ſalt to your mind. Boil the bones in the water your fiſh was boiled in, with a little bit of horſe-radish, a little parſley, a very little bit of lemon-peel, and a cruſt of bread. Boil it till there is juſt enough liquor for the pye; then ſtrain it, and put it into your pye; put on the top cruſt and bake it.

Brockely in fallad.

BROCKELY is a pretty diſh, by way of fallad in the middle of a table. Boil it like aſparagus (in the beginning of the book you have an account how to clean it) lay it in your diſh, beat up oil and vinegar and a little ſalt. Garniſh with ſtertion buds.

Or boil it, and have plain butter in a cup. Or farce French rolls with it, and butter'd eggs together for change. Or farce your rolls with muſcles done the ſame way as oifters, only no wine.

To make potatoe cakes.

TAKE potatoes, boil them, peel them, beat them in a mortar, mix them with yolks of eggs, a little ſack, ſugar, a little beaten mace, a little nutmeg, a little cream or melted butter; work it up into a paſte, then make it into cakes, or juſt what ſhapes you pleaſe with moulds, fry them brown in freſh butter; lay them in plates or diſhes, melt butter with ſack and ſugar, and pour over them.

Carpſ larded wiſh eels in a ragou.

TAKE a live carp, ſcale and ſlice him from head to tail, in four or five ſlices, on one ſide to the bone, then take a good ſilver eel, and cut it as for lard, as long and as thick as your little finger, rolled in ſweet herbs,

herbs, powdered leaves, and savoury seasoning; then lard it thick on the sliced side, and fry it in a pan of lard; then make for it a ragou, with gravy, white-wine, claret, vinegar, the spawn, mushrooms, capers, grated nutmeg, mace, a little pepper and salt; thicken it with brown butter, and garnish it with sliced lemon.

A Shrewsbury-pye.

T A K E a couple of rabbits, cut them in pieces, season them well with pepper and salt; then take some fat pork, and season it in like manner; then take the rabbits livers parboil'd; some butter, eggs, pepper, and salt, a little sweet marjoram, and a little nutmeg; make this into balls, and lay it in your pye amongst the meat; then take artichoke bottoms boiled tender, cut in dice, and lay these likewise amongst the meat; then close your pye, and put in as much white-wine and water as you think proper. Bake it, and serve it hot.

To stew a carp.

B L E E D it under the lower fin in a pint of claret, or white-wine, half a pint of water, a few sprigs of sweet herbs, a little whole pepper, mace and salt, two slices of lemon; put all these and the carp raw in a stew-pan, stew it well on both sides, then put in half a pint of oysters plump'd; let them simmer a little; beat them up thick with a pound of fresh butter, or more. Serve it with sippets, barberries, and lemon sliced.

A skirret-pye.

T A K E your large skirrets, and blanch them, and put to them some nutmeg, and a little cinnamon and sugar; make your pye ready, lay in your skirrets, season also the marrow of three bones with cinnamon, sugar and grated bread; lay the marrow in your pye,
with

with the yolks of twelve hard eggs cut in halves, a few potatoes cut small and boiled, and candied orange-peel in slices; lay butter on the top and sides of your pye; your caudle must be white-wine, a little verjuice, some sack, and thicken it with the yolks of eggs, and when the pye is baked, pour it in, and serve it hot. Scrape sugar on it.

Fine egg-pye.

T A K E the yolks of twenty hard eggs, and chop them with double the quantity of beef-suet, six apples sliced small; then put to them a pound and a half of currans, half a pound of sugar, a little salt, some mace and nutmeg beat fine, and half a pint of sack, the juice of a lemon, candied orange and citron cut in pieces; you may put a lump of marrow on the top. Bake them in a gentle oven, and put the marrow only on them that are to be eaten hot.

Very good custards.

B O I L a quart of cream, sweeten it with fine powdered sugar; beat the yolks of sixteen eggs with four spoonfuls of orange-flower-water; stir these into the cream and strain all through a fine sieve; fill your cups or crust, bake them with care.

To make an eel-pye.

M A K E a good crust, clean, gut, and wash your eels very well, then cut them in pieces half as long as your finger; season them with pepper, salt, and a little beaten mace to your palate, either high or low. Fill your dish with eels, and put as much water as the dish will well hold; put on your cover, and bake them well.

Water pancakes.

T A K E a pint of water, four spoonfuls of flower, and a little salt; mix all these together, and beat the yolks

yolks and whites of eight eggs with two or three spoonfuls of sack put to it, first straining the eggs; the longer they stand before you fry them the better: just before you go to fry them, melt about half a pound of butter very thick, and stir it in, and butter your pan a little before you fry the first: one spoonful, or a little more, is enough for a pancake. You must not turn them, and take care you do not burn them as you fry them; slide them out of the pan on a hot water-dish, one upon another, and cover them with a warm cover, to keep them hot as the rest fry; when they are all done, lay them in a dish, and strew sugar over them. They fry light brown.

A calf's foot pudding.

TAKE two calves feet, shred them very fine, mix them with a penny white loaf grated, being scalded with a pint of cream; put to it half a pound of beef-suet shred, eight eggs, and a handful of plump'd currans; season it with sweet seasoning, sugar, sack, and orange-flower-water, and the marrow of two bones; put it in a veal caul, being washed over with the batter of eggs; then wet a cloth, and pour it therein, and when the pot boils, put it in, being tied up close; boil it about two hours. When it is boiled, turn it in a dish, stick on it sliced almonds and citron, then pour on it sack, verjuice, and drawn butter, and scrape on sugar.

To make a potatoe-pye.

BOIL three pounds of potatoes, peel them, make a good crust, and lay in your dish; lay at the bottom half a pound of butter, then lay in your potatoes, throw over them three tea spoonfuls of salt, and a small nutmeg grated all over, six eggs boiled hard and chopped fine; throw all over, a tea spoonful of pepper strewed all over, then half a pint of
Y white.

white-wine. Cover your pye and bake it half an hour, or till the crust is enough.

To make a salmon-pye.

MAKE a good crust, cleanse a piece of salmon well, season it with salt, mace and nutmeg, lay a little piece of butter at the bottom of the dish, and lay your salmon in. Melt butter according to your pye; take a lobster, boil it, pick out all the flesh, chop it small, bruise the body, mix it well with the butter, which must be very good; pour it over your salmon, put on the lid, and bake it well.

A Richmond-pudding.

TAKE a pound of beef-suet, shred very small, then take a pound of raisins of the sun and stone them; then put to them two spoonfuls of flower, six eggs beaten, a little sugar, half a nutmeg grated, and a little salt; mix these together, put it in your cloth well flowered, and boil it six hours, and serve it up.

To make a herring-pye.

SCALE, gut, and wash them very clean; cut off the heads, fins and tails. Make a good crust, cover your dish, then season your herrings with beaten mace, pepper and salt; put a little butter in the bottom of your dish, then a row of herrings; pare some apples, and cut them in thin slices all over; then peel some onions, and cut them in slices all over thick, lay a little butter on the top, put in a little water, lay on the lid, and bake it well.

Seed cake.

TAKE three pounds of fine flower, and two pounds of butter, rub it in the flower, eight eggs and four whites, a little cream, and five spoonfuls of yeast;

yeast; mix all together, and put it before the fire to rise, then put in three quarters of a pound of carraway-comfits, and put it in a hoop well butter'd. An hour and a half will bake it.

To make panado.

YOU must take a quart of water in a nice clean sauce-pan, a blade of mace, a large piece of crum of bread, let it boil two minutes, then take out the bread, and bruise it in a bason very fine. Mix as much water as will make it as thick as you would have it, the rest pour away, and sweeten to your palate. Put in a piece of butter as big as a walnut; do not put in any wine, it spoils it; you may grate in a little nutmeg. This is hearty and good diet for sick people.

To make fritters.

TAKE sherry and brandy, of each half a pint, two ounces of fine sugar, a quarter of an ounce of cinnamon, mace and ginger, four eggs well beat with a little salt, and eight ounces of Naples biscuits grated, or made wet in a pint of cream; mix all together, then make it as thick as batter for pancakes, with fine flower, and fry them in clarified hog's lard; the pan must be almost full; when it boils strike them off from a trencher with a knife into little bits. When they are fry'd, dust on them fine sugar, and serve them. Some pour on them the juice of orange. You may put all bread and no flower.

Irish pancakes.

TAKE a pint of cream, eight eggs and four whites; beat the eggs with a grated nutmeg, and sugar to your taste; then melt three ounces of fresh butter in the cream, and mix it with the eggs, and almost half a pint of flower; season your pan with a bit of butter, and fry them without turning. Your

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frying-

frying-pan must be very little, and so lay several one upon another, to serve at table.

To cure deafness.

DIP fine clean black wool in civet, and put it into the ear, and when it is grown dry, as it will in a day or two, dip it again and keep it moistened in the ear for three weeks or a month.

To make fairy butter.

TAKE the yolks of two hard eggs, and beat them in a marble mortar, with a large spoonful of orange-flower-water, and two tea spoonfuls of fine sugar beat to powder; beat this all together till it is fine paste, then mix it up with about as much fresh butter out of the churn, and force it through a fine strainer full of little holes into a plate. This is a pretty thing to set off a table at supper.

To make almond custards.

TAKE a pint of cream, blanch and beat a quarter of a pound of almonds fine, with two spoonfuls of rose-water, sweeten it to your palate; beat up the yolks of four eggs, stir all together one way over the fire till it is thick, then pour it out into cups, or you may bake it in little china cups.

Jelly of white currans.

TAKE your currans when they are just ripe, strip them from the stalks into a silver skillet, and cover them with spring-water (that is, half a pint of water to a pint of currans); set them upon a gentle fire of charcoal, and let them stew till the currans are dissolved; then let the clear juice run from them through a jelly bag, and to every pound of that take a pound of double-refined sugar, wet it with fair water, and boil it to a high candy; then put in your curran-juice, and let it have one boil; then put in
juice

juice of lemon to your taste, and let it have a heat, but boil no more after the lemon is in, then glass it.

To preserve walnuts green.

W I P E them very clean, and lay them in strong salt and water twenty-four hours ; then take them out and wipe them very clean, have ready a skillet of water boiling, throw them in, let them boil a minute, and take them out : lay them on a coarse cloth, and boil your sugar as above ; then just give your walnuts a scald in the sugar, take them up and lay them to cool. Put them in your preserving-pot, and pour on your syrup as above.

Portugal cakes.

P U T a pound of fine sugar, a pound of fresh butter, five eggs, and a little mace beat into a broad pan ; beat it up with your hands till it is very light, and looks curdling ; then put thereto a pound of flower, half a pound of currans very dry, beat them together, fill your heart-pans, and bake them in a slack oven. You may make seed cakes the same way, only put carraway-seeds instead of currans.

Stone cream.

B O I L in a quart of cream, a blade of mace and a stick of cinnamon ; put in eight spoonfuls of orange-flower-water ; sweeten these to your palate ; boil it till it is thick, then pour it out, keeping it stirring till it is almost cold ; then put in a spoonful of rennet, and put it into cups or glasses ; make it three or four hours before you use it.

To dress ducklings with onions.

S C A L D, pick, draw, truss and stuff the ducklings, as before ; cut the roots and ends off the roots of small onions, blanch them in scalding water ; then pick them and put them into a stew-pan with a little

broth and a little gravy, and set them over a gentle fire and let them simmer; when they are done, thicken them with a little cullis, and when the ducklings are done, take them out and drain them, dish them and pour your ragou of onions over them, and serve them up hot.

Plain pudding.

TAKE a quart of milk and boil it, then stir in some flower till it is thick, then put in half a pound of butter, six ounces of sugar, a nutmeg grated, a little salt, nine or ten eggs, but not all the whites; mix all well together, butter your dish, and put your pudding in. Three quarters of an hour will bake it.

For the cholick.

TAKE a quart of double-distilled aniseed-water; infuse in it one ounce of hiera picra; stop it very close, and keep it near the fire, where it must stand some days; shake the glass twice every day: take three or four spoonfuls of this in a fit when it is new; less will serve after it has stood a year or two.

Clouted cream.

TAKE eight eggs, with the whites of six of them, take a quart of milk and boil it; you must beat your eggs well, and let your milk cool a little; then mix your milk and eggs well together, then set it over a gentle fire, and stir them all the while, and when you perceive it to be thick enough, take it off the fire, and sweeten it to your mind, adding some rose-water, or orange-flower-water; put this in a deep china dish, and lay in the middle a pyramid of wild curds; or you may stir in some raspberry jam, or other fruits.

For a blow or hurt in the eye.

BEAT the leaves of eye-bright with a rotten apple;

ple; lay it on the eye as a poultis: repeat it as it grows dry. I think the juice of the eye-bright is best.

Surprising paste.

TAKE a pound of butter to a quartern of flower, and rub your butter very small in it; then mix it with six spoonfuls of water, but be sure you do not put more. It will be very short and good.

Paste for a pasty.

LAY down a peck of flower, work it up with six pounds of butter and four eggs, and make it into a stiff paste with cold water.

To bake an oatmeal pudding.

BOIL a quart of water, season it with a little salt; when the water boils, stir in the oatmeal, till it is so thick you cannot easily stir your spoon, then take it off the fire, stir in two spoonfuls of brandy, or a gill of mountain, and sweeten it to your palate. Grate in a little nutmeg, and stir in half a pound of currans clean washed and picked; then butter a pan, pour it in, and bake it half an hour.

To make another sack posset.

TAKE a quart of new milk, four Naples biskets, crumble them, and when the milk boils throw them in. Just give it one boil, take it off, grate in some nutmeg, and sweeten to your palate: then pour in half a pint of sack, stirring it all the time, and serve it up. You may crumble white bread instead of biskets.

To candy orange-flowers.

TAKE orange-flowers stiff and fresh gathered, boil them in a preserving-pan in a great quantity of spring-water, when they are tender take them up,
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drain them through a sieve, and dry them very well between napkins; take the weight in double-refin'd sugar, and to a pound of sugar half a pint of water; boil it till it will stand in a thick drop, and when it is almost cold, put it to your flowers in a china basin; shake them well together, and set them in a stove, or in the sun, and when they begin to candy, take them out, and lay them on glasses to dry; sift sugar over them, and turn them every day till they are crisp.

To make a beggar's pudding.

TAKE some stale bread, pour over it some hot water, till it is well soaked; then press out the water and wash the bread; add some powdered ginger, and nutmeg grated, a little salt, some rose-water or sack, some Lisbon sugar, and some currans; mix these well together, and lay it in a pan well butter'd on the sides, and when it is well flatted with a spoon, lay some pieces of butter on the top, bake it in a gentle oven, and serve it hot. You may turn it out of the pan when it is cold, and it will eat like a fine cheesecake.

Jelly of cherries.

TAKE an ale quart of running water, a pound of green pippins, and a pound of cherries, well coloured and free from spots; pull off the stalks, and break them between your fingers into the liquor, with three ounces of fine sugar, and boil them till they come to a pint of liquor; then strain it out into a gallipot, and when it is cold set it on the fire, and put to it six ounces of double-refin'd sugar; then put in a pound of fair chosen cherries, keeping the pan boiling, so that you cannot see one cherry; it must boil when you put in the cherries, and all the while it is boiling you must now and then shake the pan; when it has boiled some time, put in as much sugar

as

as will make your nine ounces a good pound ; never take it off, but whilst it is boiling put this last sugar in, and when it is boiled to a jelly take it off, and put it up in glasses.

Stew'd brisket of beef.

TAKE a piece of brisket of beef, rub your beef with common salt, and some salt-petre, and let it lay four days ; then lard the skin of it with fat bacon, and put it in a stew pan that will shut close, a lemon cut in half with the rind on, and lay them in with the beef ; then put in some sweet herbs, some whole cloves, half a nutmeg sliced, some pepper, an onion or three or four shallots ; half a pound of butter, a pint of claret or strong beer, and a quart of water ; shut your pan close, and let it stew gently six hours, till it is very tender ; then take some boiled turnip cut in dice, flower them and fry them brown, then pour off the liquor the beef was stewed in ; having strained it, thicken it with burnt butter, and mix your fry'd turnips with it, and pour all together over your beef ; garnish with lemon sliced and serve it hot.

To make drop biscuits.

TAKE a pound of fine loaf-sugar, beat it and serge it ; then take ten eggs, out of which take three yolks, beat the eggs very well, then put in your sugar, and beat them all together for an hour ; then put in a pound of fine flower dried and serged, and when cold put it in ; then beat all together a quarter of an hour, with a little rose-water ; then drop them upon paper, and bake them.

To preserve cherries.

GATHER your cherries of a bright red, not too ripe, weigh them, and to every pound of cherries put three quarters of a pound of double-refin'd sugar beat very fine ; stone your cherries, and strew some sugar

sugar over them as you stone them, to keep their colour ; take the rest of your sugar, and near half a pint of water, and boil and skim it ; then put in three spoonfuls of the juice of currans that was infused in water, give it another boil and skim, then put in your cherries, boil them till they are tender, then pour them into a china bason, cover them with paper, and set them by twenty-four hours ; then put them into your preserving pan, and boil them till they look clear, put them in your glasses clean from the syrup, and put the syrup on them, strained thro' a piece of muslin.

To boil pigeons.

LET your pigeons be cleaned, washed, drawn, and skinned : boil them in milk and water ten minutes, and pour over them sauce made thus. Take the livers parboiled, and bruise them fine with as much parsley boiled and chopped fine. Melt some butter, mix a little with the liver and parsley first, then mix all together, and pour over the pigeons.

A battalia pye.

TAKE four small chickens and squab pigeons, four sucking rabbits, cut them in pieces, and season them with savoury spice ; lay them in the pye, with four sweetbreads sliced, as many sheeps tongues and shiver'd palates, two pair of lamb-stones, twenty or thirty cocks-combs, with savoury balls and oysters ; lay on butter and close the pye with a hear.

To make raspberry giam.

TAKE a pint of this curran jelly, and a quart of raspberries, bruise them well together, set them over a slow fire, keeping them stirring all the time till it boils ; let it boil five or six minutes, pour it into your gallipots, paper as you do the curran jelly, and

and keep it for use. They will keep so two or three years, and have the full flavour of the raspberry.

Water tanfy.

TAKE twelve eggs and eight of the whites, beat them very well, and grate a penny-loaf, and put it in; put in a quarter of a pound of melted butter, and a pint of the juice of spinage. Sweeten it to your taste.

To boil salop.

IT is a hard stone ground to powder, and generally sold for one shilling an ounce; take a large tea spoonful of the powder and put it into a pint of boiling water, keep stirring it till it is like a fine jelly; then put wine and sugar to your palate and lemon, if it will agree.

To prepare fruit to candy at any time.

TAKE orange or lemon-peels, rub them with salt, and cut them in small pieces; keep them in water forty-eight hours, then put them in fresh water, and boil them till they are tender, shifting the water three times; have then your syrup ready made, a pound of sugar to a pint of water boiled together; then boil your peels in it till they are clear, and set it by for use, letting it first cool.

Apricots, peaches, plums, and such like, may be preserved for future use by boiling them only in the syrup till they are a little tender, and when they are cool set them by in gallipots, boiling the syrup a-fresh three times, once a week, and it will keep good for use twelve months.

A recipe for colds and coughs, by Dr. Bracken of Lancaster.

TAKE of the herbs betony and coltsfoot dried, of each an ounce, best tobacco half an ounce, choicest

cest white amber in powder three drachms, freshest squinanch, or camel's hay, and of the herb ros solis, not with the oblong but with the round leaf, of each half an ounce, cut the herbs in the manner of tobacco, and sprinkle the powder of amber amongst them, and smoke two or three pipes of it a day for a fortnight; during which time use the following lozenges.

Take best Spanish juice of liquorice an ounce, double-refin'd sugar two ounces, gum arabic finely powdered, two drachms; extract of opium, or London laudanum, one scruple, or twenty grains, all well beaten or pounded together, then with mucilage of gum tragacanth, form into small lozenges, to be dissolved leisurely in the mouth and swallowed down as gently as possible.

Calves feet jelly.

BOIL a pair of calves feet in water, with the meat cut off the bones, season it as the hart's-horn jellies, and when cold take the feet from the top, and the dross from the bottom, and keep it for use.

To candy fruit.

YOU must first preserve your fruit, then dip them into warm water to take off the syrup, then sift on them some fine sugar, till they are white, then set them on a sieve in a very gentle oven, taking them out to turn three times; let them not be cold till they are dry, and they will look very clear.

Asparagus forced in French rolls.

TAKE three French rolls, take out all the crum, by first cutting a piece of the top crust off; but be careful that the crust fits again the same place. Fry the rolls brown in fresh butter, then take a pint of cream, the yolks of six eggs beat fine, a little salt and nutmeg, stir them well together over a slow fire, till

till it begins to be thick. Have ready a hundred of small grafs boiled, then save tops enough to stick the rolls with; the rest cut small and put into the cream, fill the loaves with them. Before you fry the rolls, make holes thick in the top crust to stick the grafs in; then lay on the piece of crust, and stick the grafs in, that it may look as if it was growing. It makes a pretty side-dish at a second course.

To make oyster loaves.

Fry the French rolls as above, take half a pint of oysters, stew them in their own liquor, then take out the oysters with a fork, strain the liquor to them, put them into a sauce-pan again, with a glass of white-wine, a little beaten mace, a little grated nutmeg, a quarter of a pound of butter rolled in flower, shake them well together, then put them into the rolls, and these make a pretty side-dish for a first course. You may rub in the crums of two rolls, and tofs up with the oysters.

A hare-pye.

Cut the hare in pieces, and break the bones, and lay them in the pye. Lay on balls, sliced lemon, butter, and close it with the yolks of hard eggs.

Artichoke or potatoe-pye.

TAKE artichoke-bottoms, season them with a little mace and cinnamon sliced, eight ounces of candied lemon and citron sliced, eringo-roots and prunellas, a slit of each, two ounces of barberries, eight ounces of marrow, eight ounces of raisins of the sun stoned, and two ounces of sugar; butter the bottom of the pye, and put in all, one with the other, and eight ounces of butter on the top lid; bake it; then put on a lear, made as for the chicken pye.

To

To force a leg of lamb, veal, pork or fowl.

TAKE out the meat at the greatest end, and turn back the skin; keep it whole, then cut the bone half off, and take all the marrow. Make all the forc'd meat, as above directed, then put it into the skin again. Shape it as before; then sew a bladder over it, and wet the bladder first. Roast it an hour or more. If large, serve it with colliflowers, french-beans or spinage boiled laid round and butter'd; garnish with lemons sliced and barberries.

To preserve the great white plumb.

TO a pound of plums put three quarters of a pound of double-refin'd sugar in lumps; dip your sugar in water, and boil and skim it very well; slit your plums down the seam, and put them into the syrup with the slit downward; let them stew over the fire a quarter of an hour, skim them very well, and take them off, and when cold turn them, and cover them up, and turn them in the syrup two or three times every day, for five or six days together; then put them in pots.

To keep gooseberries.

GATHER them when dry, full grown, and not ripe; pick them one by one, put them into glass bottles that are very clean and dry, and cork them close with new corks; then put a kettle of water on the fire, and put in the bottles with care; wet not the corks, but let the water come up to the necks; make a gentle fire till they are a little codled and turned white, do not take them up till cold, then pitch the corks all over, or wax them close and thick; then set them in a cold dry cellar.

N. B. You may keep damsons or bullace the same way.

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A quaking pudding.

T A K E a quart of cream, and beat two or three spoonfuls of flower of rice, a penny-white loaf grated, and seven eggs; season it with sweet spice, a little angel-water, butter the cloth, and tie it slack, and when the pot boils, put it in, and boil it an hour; then put it in a dish, and stick on it sliced citron. Let the sauce be sack and orange-flower-water, with the juice of lemons, and drawn butter.

Red quinces whole.

T A K E six of the finest quinces, core and scald them tender, drain them from the water, and when they are cold pare them; then take their weight in good sugar, a pint of water to every pound of sugar, boil it to a syrup, skim it well, then put in the quinces, and let them stand all night; when they are red enough, boil them as the marmalade, with two porringers full of jelly. When they are as soft as you can run a straw through them, put them into glasses, let the liquor boil till it is a jelly, and then pour it over the quinces.

To burn butter.

S H A K E some flower upon two or three ounces of butter, put it into a hot frying-pan that it may hiss; let it boil, and do not stir it; when it turns brown, put in the liquor you intend to thicken, and keep it quick stirring; boil it well or it will taste raw.

Oysters to scollop.

P U T your oysters into scollop shells, leaving the liquor, which set by to settle; then put a moderate quantity of liquor into each shell, with some whole pepper and a blade of mace; then put in a bit of butter, and cover all with grated bread; set them over the fire on a gridiron; and when they are enough,
give

give the grated bread in the top of the shells a browning with a red hot iron, and serve them up.

A lamb-stone and sweetbread-pye.

BOIL, blanch and slice them, and season them with flavoury seasoning; lay them in the pye with slic'd artichoke-bottoms, lay on butter, close the pye with a lear.

Lemon jelly.

TAKE five large lemons and squeeze out the juice, and beat the whites of six eggs very well; put to it twenty spoonfuls of spring-water, and ten ounces of double-refin'd sugar beat and sifted; mix all together, and strain it through a jelly-bag, and set it over a gentle fire, with a bit of lemon-peel in it; stir it all the while and skim it very clean; when it is as hot as you can bear your finger in it, take it off, and take out the peel, and pour your jelly into glasses.

Raspberry fool.

YOU must have a pint of raspberries, squeeze them and strain the juice with orange-flower-water, put to it five ounces of fine sugar, then put a pint of cream over the fire, let it boil up, then put in the juice, give it one stir round, then put it into your bason, stir it a little in the bason, and when it is cold use it.

To stew oysters.

TAKE a quart of oysters, and having cleared them well from bits of shells, and other filth in their own liquor; then strain that liquor, and put to it a large blade of mace, and a small nutmeg sliced and a little salt; boil the oysters in it, scumming it clean; when they are almost enough; put in some parsley shred fine, and you may add a shallot if you like it; then shred the yolks of four eggs fine, put them in
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with near half a pound of butter; keep continually shaking them.

Pigeons in furtout.

CLEAN your pigeons well; then make a forcing for them; tie a large scotch collop on the breast of each; spit and cover them with paper, and roast them; then make for them a ragou and sliced orange.

A swan pye.

SKIN and bone the swan, lard it with bacon, and season it with savoury spice, and a few bay-leaves powdered; lay it in the pye, stick it with cloves, lay on butter, and close the pye; fill it up as aforesaid.

Eggs with lettuce.

SCALD some cabbage lettuce in fair water, squeeze them well, then slice them, and toss them up in a sauce-pan with a piece of butter, season them with pepper, salt, and a little nutmeg. Let them stew half an hour, chop them well together, when they are enough, lay them in your dish, fry some eggs nicely in butter and lay on them. Garnish with Seville orange.

Dr. Mead's receipt, for the cure of the bite of a mad dog.

LET the patient be blooded at the arm nine or ten ounces. Take of the herb called in Latin, *lichen cinereus terrestris*, in English, ash-coloured ground liverwort, cleaned, dried and powdered, half an ounce, and black pepper powdered two drams; mix these well together, and divide the powder into four doses, one of which must be taken every morning fasting, for four mornings successively, in half a pint of cow's milk warm. After these four doses are taken, the patient must go into the cold bath, or a
Z cold

cold spring, or river, every morning fasting for a month. He must be dipt all over, but not stay in (with his head above water) longer than half a minute, if the water be very cold. After this he must go in three times a week, for a fortnight longer.

N. B. The lichen is a very common herb, and grows generally in sandy and barren soils all over *England*. The right time to gather it is in the months of *October* and *November*.

For the spleen.

TAKE a quarter of a pound of madder-roots, beat them as small as you can, and then they cannot be known; put them, thus beaten, into a glass bottle, and fill it with white-wine; stop it up close, and it may be drank in three days time. When you use it, shake your bottle, and pour the liquor through a small hair sieve, putting in the powder again in your bottles. This is not to be taken when the fit is on. Drink a quarter of a pint every morning, and as much at night, fasting an hour before and an hour after it. This bottle, when the liquor is out, must be filled up again with wine. The second steeping is as good as the first. The longer it is steep'd the better. *Probatum est.*

To jug a hare.

WHEN you have cas'd your hare, turn the blood out of the body into your jug, then cut your hare to pieces, but do not wash it; then take three quarters of a pound of fat bacon, and cut it in slices; pour in then to the blood near a pint of strong old pale beer, and put in an onion stuck with twelve cloves, and a bunch of sweet herbs; then season your hare with pepper and salt, a little nutmeg, and a little lemon-peel; then put your hare in your jug, a layer of hare, and a layer of bacon; then stop the jug close, that no steam can come out, and put the jug
in

in a kettle of water over the fire, and let it stew three hours; then strain off the liquor, and thicken it with burnt butter; serve it hot, and garnish with sliced lemon.

A stew'd cod.

T A K E your cod and lay it in thin slices at the bottom of a dish, with a pint of gravy, and half a pint of white-wine, some oysters and their liquor, some salt and pepper, a little nutmeg, and let it stew till it is almost enough, then thicken it with a piece of butter rolled in flower, let it stew a little longer, serve it hot, garnish with lemon sliced.

For a pleurisy without bleeding.

T A K E a quart of milk, and make a posset-drink thereof with a temperate ale; put therein, whilst it is hot, three balls of stone horse's dung in a rag, and when the posset-drink is cool enough, wring the rag hard with your hands into the posset-drink: to qualify the taste of it, put a few fennel and carraway-seeds into it, then warm half a pint as warm as the patient can drink it, and put a spoonful of the best oil into it, and stir them together. Drink this twice a day.

To boil fego.

P U T a large spoonful of fego into three quarters of a pint of water; stir it, and boil it softly till it is as thick as you would have it, then put in wine and sugar, with a little nutmeg to your palate.

An orange pudding.

T A K E the peel of two Seville oranges, boiled up as for a florentine of oranges and apples; pound them as the carrots, and season them as aforesaid.

Shrewsbury cakes.

TAKE a pound of butter, a pound of double-refin'd sugar sifted fine, and put to it a little mace beat, and four eggs; beat them all together with your hands, till it is very light, and looks curdling; then put to them a pound and a half of flower, and roll them out into little cakes.

To roll a breast of mutton.

BONE the mutton, make a savoury forc'd meat for it, wash it over with the batter of eggs, then spread the forc'd meat on it; roll it in a collar and bind it with pack-thread; then roast it; put under it a regalia of cucumbers.

Umble or calves feet pye.

BOIL the umbles of a deer, and when cold shred them small, with as much deer or beef-suet as equals the weight of the meat; then to five pounds put one ounce of cloves, mace, cinnamon, a little salt, eight ounces of candied lemon sliced, a pound of sugar, a pound of currans, a pint of sack, and the juice of two lemons; mix all together, and it is fit to fill your pyes. Boil calves feet almost enough and shred them.

To make a ratifia pudding.

GET a quart of cream, boil it with four or five laurel leaves, then take them out, and break in half a pound of Naples biscuits, half a pound of butter, some sack, nutmeg, and a little salt. Take it off the fire, cover it up, when it is almost cold, put in two ounces of blanched almonds beat fine, and the yolks of five eggs. Mix all well together, and bake it in a moderate oven half an hour. Scrape sugar on it as it goes into the oven.

Mutton

Mutton chops stew'd.

CUT your chops thin, take two earthen pans, put one over the other, lay your chops between, and burn brown paper under them.

To jelly fish.

CLEANSE living tench, draw and boil them in as much water as will cover them, with a little vinegar and salt, five or six bay-leaves, large mace, whole cloves, and a faggot of sweet herbs; when boiled, take out three or four you intend to jelly, leave the rest in, put to them a little ising-glass steeped in fair water and boil it more; when it is jelly, beat the whites of four eggs, and mind that it curdles not; set it on the fire again till it riseth with a thick scum, then strain it through a napkin, and tie it up again till it is clear, and lay the fish you intend to jelly in a dish, and run the jelly on them.

The same way may be done craw-fish, prawns, or carps.

For an ague. By Dr. Mead.

TAKE a dram of powder of myrrh, mix it in a spoonful of sack, and take it, drinking a glass of sack after it. Do this, as near as you can, an hour before the fit comes on.

A millet pudding.

TAKE half a pound of millet, to two quarts of milk; boil it over night, and in the morning put six ounces of sugar, six ounces of butter melted, seven eggs, half a nutmeg, and a little rasped bread; stir it all together, put a thin paste at the bottom of the dish, and bake it three quarters of an hour.

To make baked custards.

ONE pint of cream, boil with mace and cinnamon;

mon ; when cold take four eggs, two whites left out, a little rose and orange-flower-water and sack, nutmeg and fugar to your palate, mix them well together, and bake them in china cups.

To cure the dead palsy.

TAKE two artichokes, stalks and all, and beat them in a mortar till you get a good quantity of liquor ; put to it the same quantity of white-wine-vinegar and mountain wine mixed, and take half a quarter of a pint in the morning fasting, and as much at night.

An excellent remedy for a sore throat, which, taken in time, will prevent a quinsy.

TAKE five spoonfuls of syrup of elder-berries, and mix with one spoonful of honey, and as much salt prunel (in powder) as will lie on a shilling : take a tea-spoonful of this as often as you can.

For convulsion fits.

GET a dozen of live moles, when with young ; stick them with a knife in the throat, till they are dead ; then open them, and take out all the intrails ; put them in an earthen pan, and by degrees dry them in an oven till they are fit to powder ; then powder and sift them through a fine sieve ; give the child as much as will lie on a half crown, in black cherry-water, once in three hours, for three times, then every night going to rest, for three times. If you fear a return, give it three nights before the full and new of the moon.

I dare say this is an approved receipt, because I had it from a very choice hand ; but I should fear it would be impossible to make a young child take so much of so loathsome a thing as this powder must needs be.

A

A mouth water to cure a canker.

TAKE of juice of sage and honey-suckle, of each six spoonfuls; of white-wine-vinegar, two spoonfuls; roch allum, one ounce; take double the weight of the whole in honey; boil it to a thick syrup; scum it very clean, and when it is cold, put it up for your use: this, with syrup of mulberries, is good for any sore mouth.

A good sere-cloth.

TAKE a pint and half of fallad oil, half a pound of red lead, a quarter of a pound of white lead, a quarter of a pound of castle soap, two ounces of bees-wax, two ounces of oil of bays, two ounces of barrows-grease; boil the leads in the oils till they look brown; then put in the rest, keeping it stirring till it works; then make it into rolls, first oiling your hands: this should boil five hours.

An excellent way to make the purging syrup of roses.

TAKE damask roses, before they are full blown, cut off the white, then pour upon them two quarts of succory water boiling; let this infuse in the embers an hour; then strain it very dry, and pour that liquor upon as many more roses, so cut, as it will cover; let this infuse as before, then strain it, and to every pint of this liquor, put near two pounds of sugar; it is the best purging syrup, for almost all uses that is made.

A most incomparable spring water to sweeten the blood, and ease all wandering pains.

TAKE the leaves both of the garden and sea scurvy-grass, wash and pick all clean, of each six pounds; press out the juice of the sea scurvy-grass, put also the juice of brook-lime and water-cresses, of each one quart; of the best white-wine one gallon;

Z 4

twelve

twelve Seville oranges ; of Irish and briony roots sliced, one pound ; horse-radish roots, two pounds ; winter bark sliced, half a pound ; nutmegs bruised, a quarter of a pound ; let all these steep four days, and then distil them in a limbeck : take six spoonfuls every morning, and at four in the afternoon.

An admirable powder for any sore mouth, thrush, or canker.

T A K E of red sage, red fennel, plantain, woodbine and rue, of each one handful ; and of allum, four ounces ; shred the herbs and beat the allum ; then heat all in a clean shovel ; keep them continually stirring ; and when they are very well mixed, and seem quite dry from the juice, spread them to cool ; and when they are cold beat them to a very fine powder, which you must sift ; you may use it dry, or mix it with honey. It is recommended as infallible to cure any sort of sore mouth.

For sore nipples, or kibe heels.

T A K E a pint of the best sallad oil, half a pound of red lead, one ounce of red sealing-wax, and an ounce of rosin, six ounces of bees-wax ; put all these together, and let them boil to a salve ; as soon as ever it turns black it is enough, then put it out presently or it will be too hard : When you use it you must melt it, and anoint the place grieved with your finger ; spread it on a cloth and keep a plaister on it. This may be very good, but I think nothing so effectually cures kibe heels, as doing them with camphirized spirits, before they break.

To make extract of amber.

T A K E two drams of good ambergrease, as much sugar-candy, twelve grains of musk, and six grains of civet ; beat all small together, and put this mixture into a bottle that has a glass stopper ; pour
upon

upon these ingredients four ounces of highly rectify'd spirit of wine ; set it in warm embers for twenty-four hours ; while it is warm separate the clear from the dross : this extract is much better for all sorts of use than ambergrease ; five or six drops in any thing give a most noble perfume ; half this quantity will last a great many years ; but it is proper in all families distant from *London*, because often prescribed in cordials.

An excellent and approv'd process for the eyes, if the rheum be violent, and they have specks.

TAKE hemlock, two ounces ; pound it in a wooden bowl, and add one thimble full of bay-salt, and as much bole-armoniac as will serve to spread it on a thick cloth ; lay it to the wrist, and renew it every twelve hours, as long as you have occasion : if but one eye is affected, lay it to the contrary wrist.

Red-rose-water, one ounce ; tutty and white sugar finely powdered, of each one ounce ; shake them well, and let it settle, and wash your eye with a fine rag three or four times a day.

A good drink in the rickets.

TAKE currans and raisins of the sun stoned, of each one handful ; maiden-hair, yarrow and speedwell, of each one handful ; a large handful of liverwort ; a handful of dragons leaves ; nine leaves of harts-tongue ; a spoonful of aniseeds, and an ounce of liquorice sliced ; boil all these in three quarts of small ale till half be consumed ; then strain it, and put it in little bottles, and drink a draught of it every morning, and at four in the afternoon.

To make good gingerbread without butter.

TAKE two pounds of treacle ; candied orange, lemon and citron-peel, of each a quarter of a pound ; as much candied ginger, all sliced thin ; one ounce

of

of carraway-feed, and one ounce of coriander-feed, with one ounce of beaten ginger; mix in as much flower as will make it a soft paste; lay it in cakes on tin plates, and bake it in a quick oven; keep it dry, and it will be good some months.

To collar a breast of mutton, to eat hot.

TAKE a large breast of mutton, bone it, and take out all the gristles, rub it all over with the yolk of an egg, season it with pepper, salt, and nutmeg, parsley, thyme, sweet-marjoram, all shred small, shallot, if you love it; wash and cut an anchovy in bits, strew all this over the meat, roll it up hard, tie it with tape, and put it into boiling water; when it is tender, take it out, cut it in round slices, not too thin; pour over it a sauce made of gravy, spice, anchovy, claret, onion, a few sweet herbs, strained and thickened with butter and shred pickles. Garnish with pickles.

For the canker.

TAKE a quarter of a pound of honey, the quantity of a wallnut, of allum beat fine; take woodbine leaves, columbine leaves, briar leaves and red sage, forrel and violet leaves, of each one handful; two or three sprigs of rue; stamp all the leaves; strain the juice, and boil it with the honey and allum; scum it clean, and wash the mouth often with it.

To draw an imposthume out of the ear.

TAKE camomile and burn it between two tiles, and put it in a cloth; apply it as hot to the ear as it can be suffer'd; repeat it till you find ease.

To pickle oysters.

TAKE a peck of very large oysters, when carefully opened without cutting; wash them three or four times in their own liquor; strain the liquor, and
put

put that into a skillet : when it boils, put in your oysters with half an ounce of white pepper, and five or six blades of mace : let them boil till they begin to shrivel up ; then take them out of the liquor and cover them close, while the spice and liquor boil a quarter of an hour longer ; then pour it on the oysters ; and always keep them as much from the air as you can, to keep their colour.

A very good pease soup.

PUT three or four pounds of lean coarse beef, with three pints of pease into two gallons of water ; let it boil till the meat is all to rags ; and half an hour before you strain it out, put in two or three anchovies ; then strain it from the husks and meat, and put into the sauce-pan as much as you want for that meal, with an onion stuck with cloves, a race of ginger bruised, a little faggot of thyme, savoury and parsley, and a little pepper ; let it boil thus near half an hour : stir in a piece of butter, and fry some forc'd-meat balls, bacon, and French bread cut in dice, with spinage boiled green to put to it in the dish.

An ointment for the evil, or rickets.

TAKE leaves of osmond-royal, St. john's-wort, wormwood, centaury, white horehound, germander, ground pine, golden-rod, carduus, southernwood, camomile, tansey, penny-royal, sage, mint, rue, lillies of the valley, angelica, meadow-saxifrage, of each an ounce ; shred it small, and add of oil, one quart ; deer-suet and claret, of each one pint ; mace one ounce. Boil these till all the watry part is consumed : strain it and anoint the belly and joints with it all the spring and fall. This has done great cures on weakly children.

A syrup for an old cough, and to cleanse the breast.

TAKE liquorice and maiden-hair, of each two ounces ;

ounces; dried hyssop, one ounce; aniseeds, two drams: infuse all one day and night, in two quarts of spring water; let them boil on a soft fire till half be consumed; strain it hard, and put to it a pound and half of clarify'd honey, and good white-wine-vinegar, as much as will make it pretty sharp; then boil it again till it is a thick syrup; keep it for use, and if you would add a grateful taste, drop in three or four drops of oil of cinnamon: this is not only safe but very highly recommended to be taken first and last.

An excellent remedy for the stone colick.

T A K E, three mornings together, six spoonfuls of milk-water cold distilled, and as much good white-wine; and before you drink it, slice a spoonful of ginger very thin; wet it with some of this mixture, swallow it, and drink the rest after it; do this for three mornings, and the three following mornings take two spoonfuls of the best salad oil you can get; strew a little sugar upon it, and swallow it down, drinking after it a draught of warm ale sweetened with honey; take these two medicines interchangeably for nine mornings together: this has been very often approved with admirable success in violent fits.

A shrimp pye.

T A K E a quart of shrimps, clean pick'd from the shells; if they are very salt in the boiling, season them only with a little cloves and mace, but if they want salt, shred two or three anchovies very fine, and mix them with the spice, and season the shrimps; you may make a good crust, because they do not want much baking; put a pretty deal of butter over and under them, one glass of white-wine, and set it in the oven: where shrimps are to be had, this is not an expensive but a very delicious dish.

Lemon-

Lemon-cream the best way.

T A K E three smooth fair lemons, pare them, and squeeze out the juice ; cut the peel in small pieces, and put it to the juice ; for two or three hours, cover it close ; and when it tastes of the peel, add to it the whites of four eggs, and the yolks of two ; beat this well with two spoonfuls of orange-flower-water ; then put all these to a pint of fair water, strain it, and sweeten it with double-refin'd sugar ; set it over a gentle fire, and stir it carefully till it is as thick as cream : put it into your jelly-glasses.

For a shortness of breath.

T A K E flower of brimstone and elecampane-root finely powdered, of each an equal quantity ; mix this into an electuary with clarified honey, and take it whenever you cough, or find it difficult to breathe.

For a canker in the mouth or gums.

M I X forty drops of spirit of vitriol in an ounce of honey of roses ; keep the fore place always moist with this mixture, and it is a certain cure.

A gargle in the palsey.

P U T a large spoonful of mustard-seed bruised into a pint of white-wine ; drop in spirit of vitriol to make it sharp, and wash your mouth often in a day ; hold it as long at the root of your tongue as you can endure it at a time.

To pot salmon, as at Newcastle.

T A K E a side of salmon, scale and wipe it very clean, but do not wash it ; salt it very well, and let it lie till the salt be melted and drained from it ; then season it with beat mace and cloves and whole pepper ; lay in three or four bay-leaves, and cover it all over with butter : when it is
well

well baked, take it out, and let it drain from the gravy; then put it into your pot to keep, and, when cold, cover it with clarified butter. Thus you may do carp, tench, trout, or any other fish.

Icing for tarts.

T A K E a quarter of a pound of fine loaf-sugar, beat it very fine and sift it; put it into a very clean mortar, with the white of one egg, and two spoonfuls of rose or orange-flower-water; stir it all one way till your tarts are baked and almost cold; then strike them all over the top with a small bunch of feathers dipped in this icing, and set them into your cool oven again till they are hardened; take care they do not grow discoloured by standing too long.

Egg minc'd pyes.

T A K E six eggs, boil them very hard and shred them small; shred double the quantity of good suet very fine; put currans, neatly wash'd and pick'd, one pound, or more, if your eggs were large; the peel of one lemon very fine shred, half the juice, and five or six spoonfuls of sack, mace, nutmeg, sugar, and a little salt; and candied citron or orange-peel, if you would have them rich:

For the gravel.

T A K E half a pint of ale, boil it and scum it very clean; then set it off the fire, till you beat up the yolks of two new-laid eggs with one spoonful of honey; mix it with the ale, when it is cold enough to mix without curdling: drink this draught nine mornings.

To stew pigeons.

T A K E six pigeons with the giblets, cut the pigeons in quarters, and put them in the stew-pan, with two blades of mace, a little pepper and salt, and just water enough to stew them without burning;
when

when they are tender, thicken the liquor with the yolk of one egg, three spoonfuls of thick sweet cream, a bit of butter, and a little shred thyme and parsley; shake them all up together, and garnish it with lemon.

In a strong fit of the asthma.

T A K E three ounces of linseed oil, cold drawn; one ounce of the syrup of balsam of Tolu, shook well together; drink all, or as much of this as you can, fasting; it will cause a little vomit, and perhaps a stool, but has often relieved, when squills and bleeding have failed; tho' squills in extremity are almost a specifick for that distemper.

A salve for a burn or scald, which will effectually take out the fire.

T A K E a pint of fallad oil, half a pound of white-lead, and a quarter of a pound of virgins wax; boil all together softly till it looks of a dark brown colour, then roll into rolls.

To make stone-cream.

T A K E a pint and half of thick cream, boil in it a blade of mace and a stick of cinnamon, and six spoonfuls of orange-flower-water, sweeten it to your taste, and boil it till thick; then pour it out, and keep it stirring till it is almost cold; then put in a small spoonful of runnet, and put it into your cups or glasses: make it three or four hours before you use it; it is good.

A certain and immediate cure for a bruise.

M A K E a poultis of bran and urine, apply it as hot as you can bear it; if it is very bad, repeat it as it cools, and do it as soon as you can, to prevent its swelling, which the air is apt to occasion.

Milk-

Milk-water.

CARDUUS and wormwood, of each one handful; spear-mint, two handfuls: pick and cut the herbs, and pour upon them a pint of sack; let them stand all night, and next day put them into a cold still, with a gallon of new milk or new whey clarified: draw off while it runs good.

For an asthma, incomparable.

TAKE juice of hyssop, juice of elecampane-root, of each one pound; boil these to a syrup, with double their weight in honey or sugar-candy: take one spoonful of this syrup in two spoonfuls of hyssop-water, and one spoonful of compound briony-water: take this three times a day.



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